



the carillon

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march 7, 2024

looking for the prize in the box since 1962

carillonregina.com



And they thought,
"Let them eat cake!"
was insensitive....



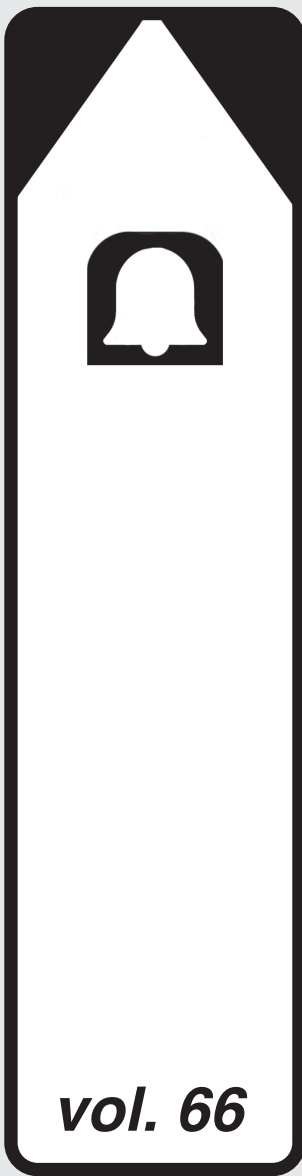
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the carillon



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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 march 7, 2024 | volume 66, issue 20 | carillonregina.com



And they thought,

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Have you heard the people sing? Singing the songs of people incredibly done with being a wallet for the upper class to cinch tighter and tighter? Us too! Thankfully, we've had the pleasure of filling these pages with information on grocery gouges, sustainable fashion, the punk ideology behind libraries, social media being used to subvert oppression, and much more. We promise to continue trying to point our readers toward hope as harms increasingly come to light, but for now I'll leave you with this quote:

"We live in capitalism, its power seems inescapable — but then, so did the divine right of kings. Any human power can be resisted and changed by human beings. Resistance and change often begin in art. Very often in our art, the art of words."

- Ursula K. Le Guin (November 19, 2014)

Illegitimi non carborundum

holly funk
 editor-in-chief

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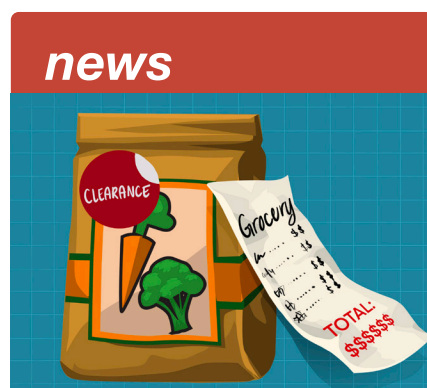
visa cap concerns p. 3

Students at the U of R share their thoughts on the international student visa cap announced for 2024; potential implications explored.



manic pixie who now? p. 7

While the manic pixie dream girl trope took media by storm for a time, many are now calling for more genuine conveyance of the girls as more than just accessories to boys.



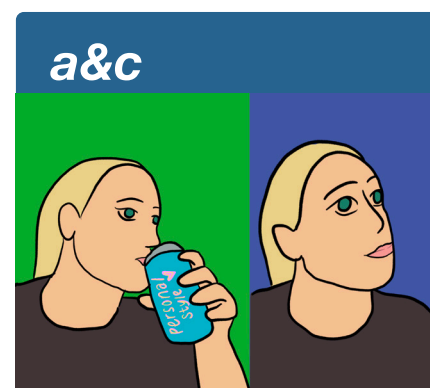
Regina resources p. 5

While grocery prices continue to skyrocket, Victoria Baht shares resources Regina residents can use to lighten their financial load and better load their plates.



grocery gouges p. 11

Get the scoop on how (not) nutritious cereal for dinner is, what's recommended by nutritionists instead, and learn about even more grocery resources for those in Regina.



personal style p. 6

Trends abound, but a personal sense of style is eternal. Read lee lim's recommendations for how to delve more deeply and develop a distinct sense of "you" through your wardrobe.



library ideology p. 14

Maren Savarese Knopf outlines the commonalities between the values held in punk culture and the practical functions libraries provide.

Student visas cap concerns U of R students

Federal government announced plans to cut study permits by 35 per cent in January

shivangi sharma
news writer

In January 2024, the federal government announced a two-year cap on study permits for international students seeking education at Canadian institutions. According to the government's statement, this cap is meant to address the housing shortages faced by students in Canada.

In 2024, the government plans to issue 360,000 study permits. This figure is around 35 per cent less than the number of study permits issued in 2023. The cap is not strictly a national cap, but instead is dependent on each province. The caps for each province are to be calculated based on population size. The provinces which saw the lowest amounts of international enrolment will have the largest decrease in the num-

degrees as well as elementary and secondary education will not be included in the cap.

Minister of Immigration, Refugees and Citizenship in Canada, Marc Miller, said in his statement that, "International students are vital to Canada and enrich our communities. As such, we have an obligation to ensure that they have access to the resources they need for an enriching academic experience. In Canada today, this isn't always the case. [...] we are announcing additional measures to protect a system that has become so lucrative that it has opened a path for its abuse. Enough is enough. Through the decisive measures announced today, we are striking the right balance for Canada and ensuring the integrity of our immigration system while setting students up for the success they hope for."

the annual granting of study permits for foreign students attending post-secondary institutions nationwide since 2018. According to the data presented, the nationwide explosion in the number of students can be traced to a handful of schools, predominantly in Ontario – the vast majority of which are public institutions.

The report also argued that an increase in international students led to a housing crisis because the institutions were too profit-hungry to recognize a mounting crisis. Richard Kurland, an immigration lawyer and policy analyst in Vancouver, characterized this situation as a "cash cow," with each student potentially generating a minimum of \$20,000 for educational institutions. This trend involves thousands of students.

The number of international students also spiked significantly

"I'm shocked that it's got to this state," said Earl Blaney, an immigration consultant and advocate for international students in London, Ontario to *CBC* after looking at the data set. "The problem is everyone else has been clapping along, because everyone's making a ton of money off this."

Changes to federal immigration rules through the 2010s gave foreign students three-year work permits for completing just about any post-secondary program in Canada, and an easier pathway to citizenship. "It was foreseeable that the volume of students coming to pursue permanent residency in Canada, with education being just incidental, would skyrocket," said Blaney.

"What was not foreseeable is the fact that the government would do nothing about it during that period, despite the fact that

land. "It's Darwinism. If you put a lot of creatures in one basket, at some point they're going to eat each other if there's insufficient food." The issue of shortage of skilled labour, which was largely addressed by immigration, is also bound to worsen.

Students, both aspiring and continuing, had different responses to these changes. Ramla Said-Ahmed, a final-year Bachelor of Science student at the University of Regina, thinks that while it's important that the government takes measures to address the housing crisis, it's also bothersome that the government has not done anything over the years when the crisis first began. "They should not have let the crisis escalate to begin with," Said-Ahmed said.

Daxit Vasoya, a third-year Computer Science student whose cousins have applied for study permits for the upcoming fall se-



Student visa not included.

Image: jackmac34 via Pixabay and Gadini via Pixabay, manipulated by lee lim

ber of study permits granted to them this year.

Changes to the post-graduation work permit were also announced. Starting Sept 1, 2024, international students studying at privately owned educational institutions will not be eligible for the post-graduation work permit.

It's also important to note that the extension of study permits for already-enrolled students will not be affected. Students pursuing master's and doctoral

The announcement came to the dismay of aspiring students and provincial governments alike. A report published by *CBC* revealed which colleges and universities account for the biggest share of growth in international student numbers in Canada by analyzing data which was previously undisclosed to the public.

The data, obtained through access to information requests to Immigration, Refugees and Citizenship Canada (IRCC), outlines

in 2018 after Premier Doug Ford took office. The following year, post-graduation funding saw a cut and domestic tuition was reduced by 10 per cent, all while a program was launched to attract international students while charging them lucrative tuition fees.

Ontario's public colleges accounted for more than 40 per cent of the 435,000 study permits issued to colleges and universities nationwide in 2023.

they were well aware that this was going on."

A drop in the number of international students also means a significant reduction in the revenue generated by the tuition fees paid by these students. Ontario is expected to lose about \$1.5 billion in revenue following the cap. It is also being predicted that a battle over the shrinking pie of foreign students may ensue.

"Schools are being pitted against other schools," said Kur-

mester, also voiced concerns. "My cousins wanted to study in Canada. Even though their applications have not been denied, the government's announcement has put them under a lot of stress," he said.

The measures taken by the Federal Government are understandable, but the unpleasant chain of events that they may set in motion for the students whose applications will not be approved can also not be denied.

“I’m shocked that it’s got to this state... The problem is everyone else has been clapping along, because everyone’s making a ton of money off this.”

Earl Blaney

Let's talk about sex trafficking

The Centre encourages conversations about sex trafficking with new resource

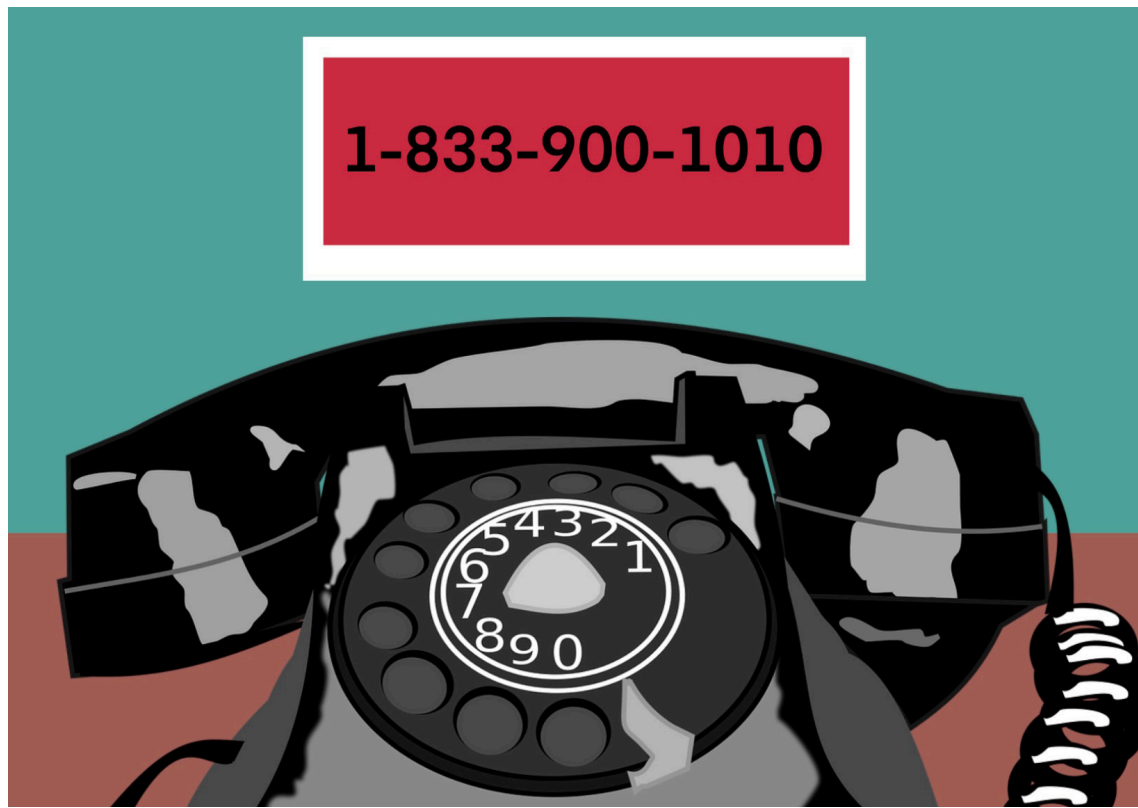
shivangi sharma
news writer

The Canadian Centre to End Human Trafficking (the Centre), launched their new "Its Time to T.A.L.K." resource to commemorate National Human Trafficking Awareness Day observed on February 22.

The release followed research conducted by Survey Methodology from January 17- 19 of this year. The survey was conducted, in French and English, among a representative sample of 1,505 online Canadians who are members of the Angus Reid Forum.

The Angus Reid Forum is one of Canada's best-known online public opinion communities. The forum is not-for-profit and non-partisan. The Angus Reid Institute's work as a research foundation utilizes the forum for polling research and policy analysis.

The results of the survey show that 74 per cent of Canadians surveyed believe that sex trafficking is prevalent in Canada. Despite this, more than 70 percent admitted that they have never had a conversation with a friend or family member about protecting themselves against sex trafficking. In fact, only 15 per cent of Canadians feel confident enough in their knowledge about the issue to start a conversation.



The Centre also offers a 24/7 support line.

OpenClipart-Vectors via Pixabay, manipulated by lee lim

A lack of awareness about the topic is one of the primary reasons why traffickers are successful in targeting unsuspecting victims. Their behaviour often goes unnoticed due in part to a lack of knowledge and discomfort in talk about the sex trafficking.

The T.A.L.K. initiative by the Canadian Centre to End Human Trafficking is actually an acronym that reads as follows:

Teach Yourself About the Issue
Approach the Conversation with Care

Listen and Adapt
Know There is Help

The Centre's decision to launch the initiative came as a result of calls received seeking information. The need for informative resources was also highlighted when the results of the survey revealed that 68 per cent

of Canadians surveyed are open to having a conversation with a young person about sex trafficking, but either need to understand the subject better or feel it's difficult to find the right words.

"Sex trafficking is a complex and serious social issue that is not going away on its own," said Julia Drydyk, Executive Director at the Centre. "We understand the topic may seem overwhelm-

ing, but the reality is that we all need to start talking about it if we ever hope to end sex trafficking in Canada. That's where we believe this resource can make a tangible difference."

The T.A.L.K. initiative aims to facilitate informed conversation about the issue and offer easily accessible resources which can be used to educate oneself, and to address the most pressing information gaps that were revealed in the survey.

Conversations about an issue as sensitive and concerning as sex trafficking can seem daunting. This is precisely why educating oneself and having informed conversations with others around can make a big difference in addressing the discomfort and stigma associated with the subject. The Centre's initiative is an important tool to assist in this.

The Canadian Centre to End Human Trafficking was established in 2016 as the national backbone organization to facilitate innovative policy development and knowledge-sharing to end human trafficking in Canada.

The Centre launched a hotline in 2019 for localized, trauma-informed support and referrals for those impacted by this crime. The Hotline is accessible 24/7 by phone, chat, web form, and email. Their phone number (pictured) is 1-833-900-1010.

CESL supports for students

The CESL offers multiple free resources to help students prepare for a competitive job market

Navigating the world of job searching, resume building, and interview preparation can be daunting for any student. At the University of Regina (U of R), the Career Education Department at the Centre for Experiential and Service Learning (CESL) works to empower students.

The department aims to support students and alumni alike by offering a range of services from career development sessions and job boards to specialized employer events and co-op opportunities. Free for all U of R students, the Career Education Department is one way to turn aspirations into achievements.

On February 28, CESL hosted career and skills workshops over Zoom. The workshops centred around social media for career connections, customizing resumes, student employment development, and computer skills.

Kevin Fiessel, the manager of Career Education emphasized the importance of these workshops equipping students with essential skills for the job market. He stressed the fact that CESL offers career and interview workshops that focus on developing great interviewing skills.

Simply type in uregina.ca/carecentre and you'll be able to browse CESL's main website portal to familiarize yourself with what it means to be a "Ca-



If you needed a reason to celebrate, here's a perfect one.

Image: garten-gg via Pixabay, manipulated by lee lim

reer-ready Global Citizen."

The workshops offered by CESL extend far beyond the classroom and campus.

Fiessel also elaborated on the CESL's outreach strategy. "Students should know of UR Path,"

he stated. "A strong web presence makes sure that students know about what we offer." UR Path serves as a comprehensive online hub for these workshops, career resources, and information.

The workshop on social me-

dia for career connections covered topics like optimizing profiles, connecting with industry professionals, joining relevant groups, and sharing content strategically. In today's increasingly digital world, emphasis is placed on the role of social media in personal branding, creating a positive online image, and expanding one's professional network.

The customizing resumes workshop highlighted practical tips on how students should showcase their skills, experiences, and accomplishments to stand out in the competitive job market. The session also covered the strategic use of keywords and formatting techniques to make the resumes visually appealing and scannable by recruiters.

Interlinked with the previous two workshops, the student employment development session explored strategies for successful job searching and career development.

One key benefit that these workshops provide to U of R students is that students get the opportunity to work towards gaining practical experience in both paid and volunteer positions, ensuring that they graduate not just with a degree but also as career-ready individuals.

Apart from workshop sessions, CESL also offers student employment services, experiential

badges, volunteer connections, career exploration, and counselling programs.

What sets CESL apart is that these career exploration workshops and counselling sessions are available to students even after they have graduated. "Every one of our services we offer to current students is also provided to alumni, free of charge," Fiessel notes. CESL continues to be a significant resource that students can turn to at any stage of their career journey.

Recognizing that each student's career path is unique, CESL also leverages flexible resources and workshop sessions to meet individual needs. As Kevin Fiessel aptly puts it, "We [CESL] encourage U of R [students] to reach out to us if they require career counselling."

Whether you are navigating the challenges of your first job, considering a career change, or simply seeking an advancement in your current field, CESL offers multiple resources to take steps toward your goals.

nazeemah noorally
staff writer

Grocery shopping resources in Regina

Apps and coupons can help students save when visiting grocery stores

victoria baht
staff writer

Since 2020, grocery stores and food prices have been out of sorts. In 2020, toilet paper, hand sanitizer, and canned foods quickly went out of stock. Today, with food prices skyrocketing, many are finding it hard to get ahead while keeping their fridges and pantries stocked.

Despite this, there are multiple apps that those with access to a smartphone can download in an attempt to make food budgeting more manageable.

One such app is Flipp. Many remember having flyers delivered to our houses as children. Today, some companies have moved away from paper flyers in an attempt to reduce paper use, which is where apps like Flipp come into

Canadian Superstore, No Frills, Fresh Co. and more stores will allow price-matching on items sold by their competitors. So, next time you go grocery shopping, one place to look is the Flipp app. Before checkout, it's worth collecting which deals you would like to use on certain items, then show them to cashier at the store and, if the store offers price-matching, have your items price matched.

A second resource, the Flashfood app, connects shoppers to stores offering items nearing their expiry date at a discounted price. Flashfood helps costumers searching for lower prices, yes, but it also helps in the reduction of food waste. The app aims to help stores sell items before their best-before date meaning that they are staying away from the waste, and can be used rather than discarded.

The Flashfood website claims that they serve in over 2,000 stores across Canada. In Regina, some grocery stores in the Flashfood app include Wholesale club, both Real Canadian Superstore locations, and Mike's Independent Grocer. In total, there are currently six grocery stores across the city offering discounts through the Flashfood app.

If you're not in a cooking mood, you may want to look into our third resource under discussion: Too Good to Go. Too Good to Go is extremely similar to Flashfood. The primary difference between the two is that Too Good to Go primarily works with restaurants and fast-food locations, while Flashfood is more grocery-oriented and does not work with any Regina restaurants at present.

Too Good to Go is another

app-based resource that requires access to a smartphone. After downloading the app and creating an account, users can search for surprise bags of food from restaurants near them. Some restaurants in Regina who make use of Too Good to Go include Tim Hortons, Wild Sage Kitchen & Bar, Sinfully Sweet, Auntie Maggie's Caribbean meals, Trifon's Pizza, and Queen City Cakes. Once you have chosen a location and a bag, you can make your purchase through the app. Pickup times vary, but generally range from 4-6 p.m..

A Too Good to Go order that I recently picked up from Tim Hortons cost \$4.99 and in total I got a muffin, two doughnuts, a croissant, and three baked twists. Each bag varies, and the items differ bag to bag, so each one is a surprise.

Another way to save money in-store and at restaurants is to look around and keep an eye out for coupons. Coupons can usually be found on shelves, at registers or at entrances of grocery stores. Coupons usually work so you can buy multiple items at a good price, or single items at a lower price.

The last way is to save money on food is by downloading and signing up for a reward system. If you have a grocery store or a restaurant that you visit on a regular basis, they may have an app for collecting points and offering deals at their location.

One example is the President's Choice PC Optimum Card. They have a points system where you can earn points on certain food products, earning points when shopping at Loblaws stores, such as Superstore or Shoppers



Since when are we paying to save stores a trip to the dump?

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

play. According to Flipp, the app helps individuals “save time and money weekly with digital ads on Flipp.”

All you have to do is add in your postal code and it will generate the latest deals near you. When I added my postal code, it created weekly flyers for stores such as Walmart, Safeway, Co-op, and other stores in my area.

One thing that might seem like a hassle to buyers is having to go to different locations to get the deals that they want. However, many big-box stores offer price matching.

An article by *CTV News* titled “Price matching is like a game in Canada, here’s how to play” states: “price matching is when a customer shows a lower competitor price for the same item at a grocery store and receives that item for a lower price.”

According to the article, Real

“While saving money on food is possible, it does take work to navigate the system, and with some apps, such as the Flashfood app, you run the risk of consuming expired food.”

Victoria Baht

Drug Mart, purchasing fuel at participating locations, and more.

While saving money on food is possible, it does take work to navigate the system. With some apps, such as the Flashfood app, you may run the risk of consuming expired food. Shoppers are able to utilize these resources and coupons to reduce costs and find bargains.

However, *CBC* reports that food prices for some essentials are expected to fall over the next few months, but they still estimate that grocery bills will increase by about \$700. Bakery items, meat, and vegetables will all cost an average of 5-7 per cent more this year, *CBC* reports.

It's worth noting that while apps like Flipp and Flashfood exist and can help with the cost of living crisis, they're ultimately bandages on bullet wounds.

Build-a-wardrobe

Curating all by yourself, handsome?

lee lim
 graphics editor

Is personal style a myth in a world full of trends? Well, not exactly. While it can be hard to find and create personal style in the world we live in, it doesn't have to be.

Let me start by acknowledging that trends can have their pros too. Sometimes, trends can be amazing tools for inspiration, especially when people are just starting to get into fashion or upgrading their current wardrobe into something they love even more.

There are no strict rules on how to develop personal style, but with the availability of curated style personas online, it sometimes feels easier to pick and choose what to replicate. For someone who is just beginning to ponder on self-expression through clothes, accessories, or anything else they want to wear, it can be helpful to see what the mainstream fashionistas are doing.

Social media has been the primary platform for generating microtrends, but it is also a hub for learning about fashion and it introduces the opportunity of creating a community with other enthusiasts who may not live in your area or who want to remain anonymous. Thus, we cannot disregard the individuals online who have played with popular styles to discover their own amidst the pressure to conform.

This includes creators like @wisdm, @seannaltman, @jeaunicassanova, @juliaadang, and many more. These creators have made a name for themselves with their brilliant fashion artistry and continue to inspire their followers by imparting styling tips and tricks or providing a guide to building personal style.

The great Yohji Yamamoto said, "Start copying what you

we should venture outside of the internet and experience the life around us.

In issue 19 of *the Carillon*, my article on overconsumption had stressed the importance of microtrends contributing to the way clothes are marketed with a certain lifestyle or virtue. When we rely on our For You Page and what's trending to dictate our likes and dislikes we end up losing our autonomy in what we wear, meaning the real battle in a world full of trends is building a personal filter and finding an exit in the

with us if we do not have a solid foundation of style preference to build off of.

Besides, there is something so beautiful about seeing a closet filled with clothes that have been bought with a certain consideration and intent. Fast fashion makes it seem like we have to buy everything to grant ourselves an immersive experience. For example, we can acquire the librarian aesthetic by wearing a cardigan and a maxi skirt.

But when we partake in slow fashion, we can truly examine

getting dressed. It is guaranteed that each of us can point to one or two garments that we consider to be essential.

This might mean a shirt you frequently wear to school, a pair of pants that goes with everything, or shoes that are for sure painless after hours of wearing them. One can assume that there is an underlying relationship between these essentials; it might be comfort, colour, material, fit, but most importantly it is something that *you* like.

Another way to think about

of the garment. Oversized tops, bottoms, or chunky shoes might become your best friend.

If you're a sucker for detail, texture can give that extra oomph! Satin, ruffles, sequins, or knitwear can be an effortless way to present a vibe. Knitwear, for example, can signal coziness and safety. Creating depth can also be an interesting avenue to explore. If the weather permits, layering a statement coat over a plain shirt can add another level of personality to an otherwise lifeless outfit.

You might be thinking that



Sip from this pool of wisdom and you're sure to love it!

Illustration: lee lim

echo chamber that's been built by an algorithm.

It might seem difficult to find inspiration outside of social media, but the key is to take it slow. Fashion is something that grows, it is not passive and neither is our personal style. Rushing into

what resonates with us and we might discover our identities not through buying into an artificial experience, but by living our lives authentically.

So, if we take away the internet, how do we begin to build a wardrobe? It starts by looking

personal style is asking: what message or story do we want to tell with our clothing? For example, in most cultures, colours like red or yellow are associated with feelings such as intensity, boldness, passion, or optimism.

With the usage of an atten-

there's no way it's that serious. In response, I'd like to clearly state my intention for writing this article because I didn't write it to give you a step-by-step guide on how to dress.

I won't be giving you a formula to follow, as personal style is something that only you get to form for yourself. No one can provide you the experience that comes with time when figuring out what you really like, devoid of the influence from ready-made styles.

The process can certainly be boring and grueling, which can make it tempting to refuse to experiment. What I hope to show to you readers is the importance of thinking deeper about what we put on our backs and why we do so.

Fashion is subjective and it can become a playground for anyone willing to go out of their comfort zone – that's what makes it so fun! Self discovery is a journey that requires patience, and finding your own style is reliant upon the trek you're willing to make.

As the brilliant Iris Apfel (1921-2024) said, "Great personal style is an extreme curiosity about yourself."

“

...the majority of what we accumulate won't stick with us if we do not have a solid foundation of style preference to build off of.”

lee lim

love... At the end of the copy you will find yourself." However, this does not mean that we should exclusively only replicate trends or fashion content creators, but that

building a complete wardrobe will not serve anyone in the long run. Rushing will not only hurt the wallet, and the majority of what we accumulate won't stick

at what we already have. If the current wardrobe is plagued by microtrends, I propose that you survey what you mostly gravitate to when you're in a rush while

tion-grabbing colour palette, we can signal a certain mood through a bright red jacket. If your goal was to take up space figuratively and physically, look at the volume

Justice for the manic pixie dream girl

Leaning into stereotypes is lazy writing, and so is using people as props

maren savarese knopf
staff writer

The manic pixie dream girl is a well-established pop culture cliché and stereotype. The term was coined by Nathan Rabin in his review of *Elizabethtown* to describe the bubbly, charismatic flight attendant played by Kirsten Dunst.

The manic pixie dream girl is not like the other girls! She's fun-loving, free-spirited, and ethereal. She has bizarre and niche interests as well as an uncommon name like 'Stargirl' or 'Water' which she gave to herself.

girl stereotype for her whimsy – says the following: “I brake for birds! I rock a lot of polka dots! I have touched glitter in the past 24 hours! I spent my entire day talking to children! And I find it fundamentally strange that you're not a dessert person; that's just weird and it freaks me out! And I'm sorry I don't talk like Murphy Brown! And I hate your pantsuit. I wish it had ribbons on it or something to make it slightly cuter!”

The manic pixie dream girl might have blue hair. She might have forgotten to wash her laundry this week – but it's okay, she can wear mismatching socks and

is your love story about the way I teach you to live.”

Whatever it is that makes the manic pixie dream girl the character she is, we never get to see her internal monologue. The presence of internal dialogue would make her a real person, and this would defeat her purpose.

We often don't discover why manic pixie dream girl is compelled to do the things she does. However, in *Finding Alaska*, the manic pixie dream girl has a rare moment of self-realization where she tells the male protagonist, “You never get me. That's the whole point.”

Rabin explains, “The manic

she exists only in the male imagination that “taps into a particular male fantasy: of being saved from depression and ennui by a fantasy woman who sweeps in like a glittery breeze to save you from yourself, then disappears once her work is done,” says Rabin.

Her stereotype is not real. Women are not some mysterious oddities whose purpose is to change men. This is a very harmful stereotype and one conditioned of women and femme-presenting people through patriarchal ideals of femininity.

Where the manic pixie dream girl exists for the betterment of others, women and femmes – like

Rabin has suggested, “I'd like to join Kazan and Green in calling for the death of the ‘Patriarchal Lie’ of the Manic Pixie Dream Girl trope. I would welcome its erasure from public discourse. I'd applaud an end to articles about its countless different permutations. Let's all try to write better, more nuanced and multidimensional female characters: women with rich inner lives and complicated emotions and total autonomy, who might strum ukuleles or dance in the rain, even when there are no men around to marvel at their free-spiritedness.”

Stereotype tropes like the manic pixie dream girl are tired,

“ Whatever it is that makes the manic pixie dream girl the character she is, we never get to see her internal monologue. The presence of internal dialogue would make her a real person, and this would defeat her purpose.”

Maren Savarese Knopf

More importantly, the manic pixie dream girl is almost exclusively White, heterosexual, able-bodied, and beautiful (if a little unconventional in her style preferences).

In John Green's novel *Looking for Alaska*, she is the type of woman who works unknowingly in the service of men, making them “irretrievably different” by teaching them to let go and love life. Her character is one for men to put to use in weighing their measurements of logic and sensibility against those of mystery and wonder.

In *New Girl*, Jessica Day – a character commonly associated with the manic pixie dream

there is a sort of charm in that, isn't there? Maybe she has a strange obsession with astrology. She's weird and quirky.

Olivia Gatwood wrote the following in her “Manic Pixie Dream Girl” poem: “You wanna know my name? You never call me by it anyway. / If I had to guess, it would probably be a season, or after a dead actress who you loved as a child. / But this isn't about me! / This is about you, and your cubicle job, your white bedroom, your white Honda, your white mother. // Manic pixie dream girl says I'm going to save you. / Says, don't worry, you are still the lead role. / This

pixie dream girl exists solely in the fevered imagination of sensitive writer-directors to teach broodingly soulful young men to embrace life and its infinite mysteries and adventures.” As such, her character is never meant to be fully intelligible as more than one-dimensional. Rather, the contours that make a person dimensional are flattened.

Manic pixie dream girl appeals to the male gaze. Her allure is her mystery, but the moment anything knowable is discovered, the illusion of her is destroyed. Manic pixie dream girl cannot be both a mystery and a knowable human woman. Because of this,

all people – hold personal beliefs, fears, desires, and ambitions that make them dimensional and holistic beings.

Unlike manic pixie dream girls, women and femmes are not passive characters in the stories of others, never the main character even when stories are about them. They have interesting stories too and are those who are best situated to tell them. What perhaps makes them the most interesting is not their mystery but the complexity of human experience – especially one riddled with navigating dominant systems.

Since publishing his original critique of this character trope,

over done, and harmful. Although, I am not quite ready to do away with manic pixie dream girl. I don't want to see her death; I want to know her.

I suggest we allow her voice to be heard and get to know who she is – apart from who she makes other characters become. Who is the woman who brakes for birds in *New Girl*? Who is the femme who changes her hair colour everyday?

More importantly, we need a diverse range of complex femme characters beyond the White, cis-het, able-bodied, manic pixie dream girl.



Family gaming, trains, and boards

All aboard! Fun awaits those who choose to play this game

victoria baht
staff writer

My family is a big card and board game type of family. For as long as I can remember, we've been spending time during the holidays and family gatherings sitting around the table playing a game.

We could and would go anywhere from playing long card games of *War* or *Uno* to playing board games such as *Sequence* and *Monopoly*. As I got older, the more challenging the games got and the more options that came open to play.

Now, there are many different types of board games out there in the world. In my mind, there are two types of games you can play. There is casual play, where you do not have to have too much strategy involved and it can just be a fun time. Or, there are board games that involve a great deal of strategy, last a long time, and require all your attention.

This past holiday season my family discovered and bought a new board game known as *Ticket to Ride: Rails and Sails*. *Ticket to Ride* is the type of board game that requires a great deal of time, attention, and strategy when playing it, making it a great option for people who don't want the fun to end.

Before we bought this version, my family just had the original

Ticket to Ride, which is why we knew we had to get this version as soon as we saw it. The game's publisher, Days of Wonder, lists over a dozen different versions, expansions boards, and even a

Although there are many different versions of *Ticket to Ride*, this article will specifically discuss the Rails and Sails version. Now, the objective of the Rails and Sails version of *Ticket to Ride*

game so you can look forward to learning the game with friends or family and playing it together.

First, my absolute favourite part of the game is quite honestly the details. The work that was put

The design of these maps is also extraordinary! What with all the different locations to look at, the different colourations so you always know where you're supposed to play your pieces, the art on the board, and more. It is a beautifully eye-catching board and, just in general, super cool.

Second, not only is the board cool, but the challenge of the game is also just as rewarding each time you play. As previously mentioned, one of the objectives of the game is to complete routes. As a player you try and complete a route that can be big or small; that is totally up to the player, and the challenge they want to have throughout the game.

Third, I honestly like the strategy that goes into the game. Rails and Sails can be played with two to five players. In my experience, I find the more players that are involved in the game, the more challenging the game becomes. As you play with more players, the harder it becomes to accomplish your route since someone may snag part of a route you were trying to grab.

Ticket to Ride: Rails and Sails is a great game to play. If you want to try out this version or another version of the series, I highly recommend it. If you do try it out, I hope you have a great time!



What's the training regiment to play this?

Photo: Victoria Baht

handful of easier adaptations to play with younger children to further add to the adventure.

For any trivia fans out there, the game was created by American game designer Alan R. Moon, and originally published in 2004.

is to gain the most points. Points are earned by accomplishing the completion of routes between locations and building harbours.

We are not going to get into all the nitty-gritty details of this game. We will only be talking about my favourite parts of the

into making this board game is evident, even when only looking at the design of the board. The board itself is *huge* and, not only that, but it is double-sided too. In the Rails and Sails version, you can choose to play either "The World" or "The Great Lakes."

Marching into Regina events

Need ideas for what to do this month? We have you covered

March is a crazy time of year. Getting back from the break, homework assignments piling up... Why not give yourself a break and check out one of these March events?

Voice of the People Constitutional Reform

There will be several sessions of the Voice of the People Constitutional Reform for "proposed amendments to the Constitution of the Métis Nation – Saskatchewan and related legislation" all across Saskatchewan.

On March 8 there will be a session in Saskatoon, one will be in Lloydminster on March 14, another in North Battleford on March 15, Nipawin on March 19, Tisdale on March 20, and La Ronge on March 27. They'll be in Regina in early April, so if you're interested you can check it out at metisnationssk.com/constitutional-reform/.

Family, Fairies, Wishes & War: A Showcase of Short Plays

From March 13 to March 16, the University of Regina's Devised Theatre 220 class will be putting on their production of *Family, Fairies, Wishes & War: A Showcase of Short Plays*. All six plays performed were written by



Métis rights are under construction; have your voice heard!
Image: OpenIcons via Pixabay and via Wikipedia, manipulated by lee lim

University of Regina (U of R) students. Each show will start at 7:30 p.m., with the exception of the matinee on Friday at 1 p.m., and will be at the Shu-Box Theatre in the Riddell Centre.

Tickets cost \$20 for adults, \$15 for non-U of R students and seniors, and are free for U of R students with their student ID. It's a great opportunity to support fellow students and see some live theatre. You can learn more at showpass.com/fringe-festival-production.

The House at Pooh Corner

If you're like me and you were a huge Winnie the Pooh fan as a kid, *The House at Pooh Corner* is a must-attend event.

From March 22 to 23, the Do It With Class Young People's Theatre will be performing Robert Ursan's *The House at Pooh Corner* at the Riddell Centre in the U of R. The show will start at 7 p.m. on Friday and Saturday and there's a 2 p.m. matinee on Saturday. Tickets are \$25 for non-students and \$15 for students and seniors.

You can learn more at tourismregina.com/calendar/the-house-at-pooh-corner-a-new-musical.

The Prom

Local theatre company Ster-

ling Productions will be putting on their next rendition of *The Prom* at the Conexus Arts Centre from March 26 to 28. *The Prom* is a story about a girl named Emma from Indiana who wants to go to the prom, but the school won't let her. So, four Broadway stars head all the way down to Emma's hometown to throw her their own prom.

It's a fun show with upbeat music and a great message. Learn more at conexusartscentre.ca/the-prom.

All Ages Drag Show

The Gay & Lesbian Community of Regina will be hosting an All Ages Drag Show on March 30 from 6 p.m. to 10 p.m.. It's a great opportunity to support local drag and have some fun! The event will take place at Q Nightclub & Lounge downtown and while all ages are allowed to come to see the drag show on the dance floor, you must be 19 to go into the lounge.

I hope you have a wonderful March and that, if you choose to go to any of these events, you have a great time.

will bright
a&c writer

XOMG POP!? More like OMG STOP!

What is up with their treatment of these girls?

will bright
a&c writer

JoJo Siwa is one of the most prominent social figures from the last several years. She started as a dancer, first on *Abby's Ultimate Dance Competition*, then on *Dance Moms*. Her rise to fame took off in 2016 with her song "Boomerang" and then she became a Nickelodeon star.

Siwa had several different ventures including *JoJo Siwa: My World*, *The JoJo and BowBow Show Show*, multiple other TV shows, and her 2021 movie *The J Team*.

The group was originally comprised of six girls: Kinley Cunningham, Leigha Sanderson, Kiya Barczyszyn, Dallas Skye, Brooklynn Pitts, and Tinie T Andreyan. A seventh, Bella Llerena, was added later.

As of writing this article, the only remaining members are Skye, Pitts, Andreyan, and a new member, Penelope LeMieux. Jessalyn has claimed that the XOMG POP! girls are almost like her daughters, and that's how she views them.

But not all that glitters is gold.

On February 13, 2024, *Roll-*

ing Stone came out with an article called "JoJo Siwa Promised Them Pop Stardom. They Say They Were 'Thrown in the Trash.'" The article focused on Leigha Sanderson and her mother Anjie Sanderson, reportedly because they were the only former mem-

bers of XOMG POP! to not sign a non-disclosure agreement. Leigha was born with spina bifida, a birth defect where the spine and spinal cord are unable to form correctly. When she was invited onto SDPR, it was like a

dream come true. For the next two years, it was anything but a dream. The Sandersons allege that almost everything was paid out of their own pocket, including food and transportation. In an Instagram live, Anjie says that her contract said the food and transportation would be paid for. They were never paid for social media content or music videos. Even though the recording contract claimed the performers would receive \$10,000, Anjie and Leigha only got \$4,000.

Even though they had a content house, the girls and their

mothers weren't allowed to stay in the house. Instead, the Sandersons slept on inflatable mattresses in the dance studio of another member of the group. It came to a point where two of the mothers, including Anjie, worked for Jessalyn Siwa doing tasks like scrubbing toilets in JoJo's home. The girls were allegedly pitted against each other, creating a competitive environment. They were offered money if their daughters' TikTok got the most views. sloppy. This isn't good enough," through the girls' headsets during a performance. If she believes the girls are performing poorly, she will tell them and make them start again.

Even though Leigha had known health issues, Jessalyn allegedly dismissed them. Only three weeks after Leigha had spinal surgery, when she was only cleared for light activity, Jessalyn still had her rehearse for a video shoot. Right before that surgery, Leigha began bleeding out of her bellybutton during a rehearsal, and Jessalyn just told her to use a maxi pad to stop the bleeding. JoJo herself has even stated that her mother doesn't care if she's tired and will critique her on things like how she looks and sounds. She was never allowed to be hurt because Jessalyn would

claimed that each girl had to perform their routines one at a time and then the others had to critique their performance. Leigha believes that the statements were not constructive, they were mean. On *Dance Moms*, right before JoJo was invited to be a permanent member of the team, Abby had each girl write down positive and negative things about JoJo.

Leigha has said that the girls were made to do stamina training by JoJo and they had to wear sweatshirts and sweatpants and perform with the heat turned up as high as possible over and over again. She claims that the girls nearly passed out, and that it was especially dangerous for her because of the medication she was on.

In the Instagram live, Leigha and Anjie say that another member of the group was almost fired because she was struggling to breathe during a rehearsal because of the air at the location they were in.

The first girl to leave was Kiya Barczyszyn, who was fired in fall 2022. Anjie stated in a Reddit Ask Me Anything that Kiya and her mother were informed by the Siwas' lawyer that they were no longer members of the group. The other girls were told at home by their parents, and according to Anjie, JoJo framed it to the girls as Kiya just not being in the group anymore.

The Sandersons were fired from the group in May of 2023, but in July of 2023 her image was still used in merchandise even though the Sandersons never saw any money from the merchandise.

It appears that Jessalyn and JoJo are still trying to make XOMG POP! into the next big thing, but many of the promises made like tours, movies, and brand deals just haven't happened, and don't appear to be happening.

Most of the mothers still in the group told *Rolling Stone* that XOMG POP! has been a positive experience for them and their kids, and those that have left the group declined to comment, but Anjie states that they all signed NDAs.



Image: romanen via Pixabay, manipulated by lee lim

Is the experience worth the price?

During that time, you couldn't go into any major store without seeing some sort of JoJo Siwa merchandise. Siwa herself claims that the JoJo Siwa brand is worth over a billion dollars.

JoJo's mother Jessalyn was really the one to push JoJo into the spotlight. When JoJo was young, Jessalyn would wake her up in the night to get her to do her dance solos for her friends. She started bleaching JoJo's hair blonde when she was two. She has stated that "JoJo Siwa wouldn't be who she was without me."

Siwas Dance Pop Revolution (SDPR) is a reality style competition show where JoJo and Jessalyn attempt to build a supergroup of young singers and dancers called XOMG POP!. JoJo relates it to wanting to build a group similar to the Jackson Five in terms of ages of performers and fame.

When SDPR was released in 2021, it didn't take long for the audience to realize what it truly was: Jessalyn Siwa trying to prove that she could replicate what she did with JoJo and make new child stars. She states that since she had so much fun the first time, she wants to do it again.

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In an Instagram live, Leigha

It's unclear what will happen next with XOMG POP!. The Siwas haven't made any sort of statement or comments about the Sandersons or the *Rolling Stone* article.

Will Bright

“Right before that surgery, Leigha began bleeding out of her bellybutton during a rehearsal, and Jessalyn just told her to use a maxi pad to stop the bleeding.”

Consumers call for Kellogg boycott

The bigger they are, the harder they fall

holly funk
 editor-in-chief

In an article aptly named “Let them eat Flakes,” *The Guardian* included recent comments from Kellogg’s chief executive officer (CEO) Gary Pilnick where he advised those experiencing financial strain and food insecurity to eat Kellogg cereal for dinner.

“If you think about the cost of cereal for a family versus what they might otherwise do, that’s going to be much more affordable,” Pilnick explained. He proceeded to note that as consumers continue to be “under pressure” when it comes to their grocery budgets, he expects the trend of consumers eating cereal for dinner to continue trending upward.

The Guardian article notes that “Kellogg’s has been touting its ‘cereal for dinner’ campaign since about 2022, when food prices increased by 9.9 per cent, more than in any year since 1979, according to the US agriculture department’s economic research service.”

The article also notes information from the Bureau of Labour Statistics showing that cereal prices have increased 28 per cent since January 2020. This calls into question the motivation behind CEO Pilnick pushing for cereal sales at this time, which author Marianne Williamson deemed in an X post to be “exploiting the hungry for financial gain.”

Content creators have reacted with scorn for both the CEO and company since, with TikTok creators especially up-in-arms about the topic. Kal, a creator by the username @funkyfrogbait, offered a satirical response to Pilnick’s message: “Wait a minute, you’re telling me that your solution to poverty is telling families to feed their kids the sugary, unhealthy, cardboard flakes for dinner that the company that pays you a million dollars a year just so happens to sell?”

of Regina (U of R), noted that she has noticed an increase in grocery store prices. “Before it wasn’t that much, but after COVID it’s kind of increased. So I pretty much spend like, every second-week we go shop for groceries and it’s pretty much \$100 each.” Her timeline estimate aligns with the Bureau of Labour Statistics’ report on the timing of price increases.

An associate professor in Visual Arts at the U of R, Karla

bourhood grocery store and I don’t want it to disappear,” McManus also commented that she has noticed certain items no longer being stocked by the store. “I have noticed things disappearing sometimes from the shelves that I used to buy that they don’t carry anymore. And I don’t know if that’s reflective of pricing issues, maybe they don’t want to sell it anymore because people weren’t buying it, or maybe the way that

of groceries was a lot more. It’s not as bad as places in the north, but it’s definitely an example of where we just don’t have the distribution.”

In *CBC* coverage from Feb 15, 2023, recent statistics on child poverty rates in Saskatchewan were shared from reporting based on tax filing data from the First Call Child and Youth Advocacy Society.

Child poverty rates had been

elsewhere in the country, higher child poverty rates than most elsewhere in the country, and grocery companies like Kellogg increasing the price of their products by nearly a third in just four years. Where do we go from here?

Creator @tallgirl6234 has taken to TikTok in advocacy of a three-month boycott on all Kellogg’s products – and products of companies related to Kellogg – beginning Apr 1, 2024. “We



Kellogg’s at it yet again.

Photo: lee lim

McManus, said, “I definitely have noticed the increase in the cost of the things that I buy regularly,” when asked about grocery budgets, grocery trips, and whether she’s had to cut anything out of her regular grocery trips.

“I always try to buy organic apples because they are one of the number one pesticide-heavy

I shop is different than the average shopper shops at that store. So, there’s nothing really that I stopped buying, except I’ve noticed that some things have disappeared from the shelves.”

Predating the recent price gouging of companies like Kellogg, McManus shared her unpleasant realization upon moving

on the rise for 25 years and only recently took a downturn with the financial aid offered through the beginnings of the COVID-19 pandemic. The report notes poverty rates will likely increase again with those supports disappearing, and Saskatchewan will likely retain its position as the province with the third-highest child pov-

erty rate in Canada. Miguel Sanchez, co-author on the report, estimated 55,000 children living in conditions of poverty across the province.

Saskatchewan families are left amidst a troubling constellation. Grocery prices higher than start this April first, turning April Fool’s Day into Fuck You Fools Day; we’re no longer going to just buy into this bullshit.”

To justify the boycott, @tallgirl6234 said it’s “to teach them a lesson that our demand is: ‘You raised your prices by 28 per cent. Lower them by 25 per cent, or we’ll keep going.’ For three months you don’t buy Eggos, you buy the store brand.”

Other TikTok users like Ebbby Moyer (@ebbymoyer) have begun making videos that show viewers how to make cereal similar to what Kellogg sells for a fraction of the price with pantry ingredients, demonstrating alternatives for those who do wish to boycott but still hope to have their favourite staples around.

“There’s no reason for you to have jacked up your prices the way that you did except to screw us,” @tallgirl6234 comments toward the end of her video, “and, you know what? Now we’re going to screw you. While eating some other brand’s cereal.”

“We start this April first, turning April Fool’s Day into Fuck You Fools Day; we’re no longer going to just buy into this bullshit.”

@tallgirl6234

Later in the same video Kal remarks, “Do you want to know what else is sugary, CEO Gary Pilnick? Cake! Guys, bring out the guillotine.”

Kim Suriyadet, a third-year Biology student at the University

fruits,” McManus continued, “but yeah the price has gone up. So whereas I used to maybe always buy organic things in the fruits and vegetables, now I do a little bit less.”

Being a regular shopper at a local grocer “because it’s a neigh-

to Regina from Montreal that grocery costs across the board were higher. “I was in Montreal for 10 years and I had a store I could walk to, and it had a lot of organic things and they were pretty cheap. So, already when I moved here I noticed the cost

erty rate in Canada. Miguel Sanchez, co-author on the report, estimated 55,000 children living in conditions of poverty across the province.

Saskatchewan families are left amidst a troubling constellation. Grocery prices higher than

Adequate nutrition should be accessible

Cereal is not the option, so what is?

kimberley kaufman
s&h editor

“Take it with a grain of salt” is a popular idiom that people tend to whip out to excuse advice given by those of higher social standing or with greater perceived success than ourselves.

Spurred on by a February 21 statement by Kellogg’s Chief Executive Officer Gary Pilnick, the internet has started to flood with criticism and warnings from nutritionists about following this advice. Additionally, this event has

as the first things you eat in a day set the stage for a person’s energy levels and productivity for the rest of the day.

Beginning the day with sugary food sets a person up for midday crashes, negatively affecting their ability to focus on their work. For children, Gustafson recommended breakfast that has protein in it. An article from *KelownaNow* said, “[Protein] helps stabilize blood sugar, preventing energy spikes and crashes in the day.”

Instead of cereal, which is often high in sugar and carbohy-

drates, low in fibre, and nutritional value, Gustafson recommended “nutrient-dense foods that are not processed and are one single ingredient, keeping you satisfied longer and eating less,” according to the *KelownaNow* article.

Nutrient-dense foods are typically whole and unprocessed foods like fruits, vegetables, and unprocessed/low-processed meats. However, anyone can tell you that these things are expensive, especially when they are out of season. Inflation trends in recent years offer no respite for this issue.

On Nov 24, 2022, Shahidul Islam, Associate Professor in the Department of Anthropology, Economics, and Political Science at MacEwan University, pub-

lished an article through *The Conversation* on this topic. In 2022, “A recent study from the non-profit Angus Reid Institute found nearly 60 per cent of Canadians are struggling to provide food for their families. When they can afford to buy good, many cannot afford to buy enough, or buy the food they want.”

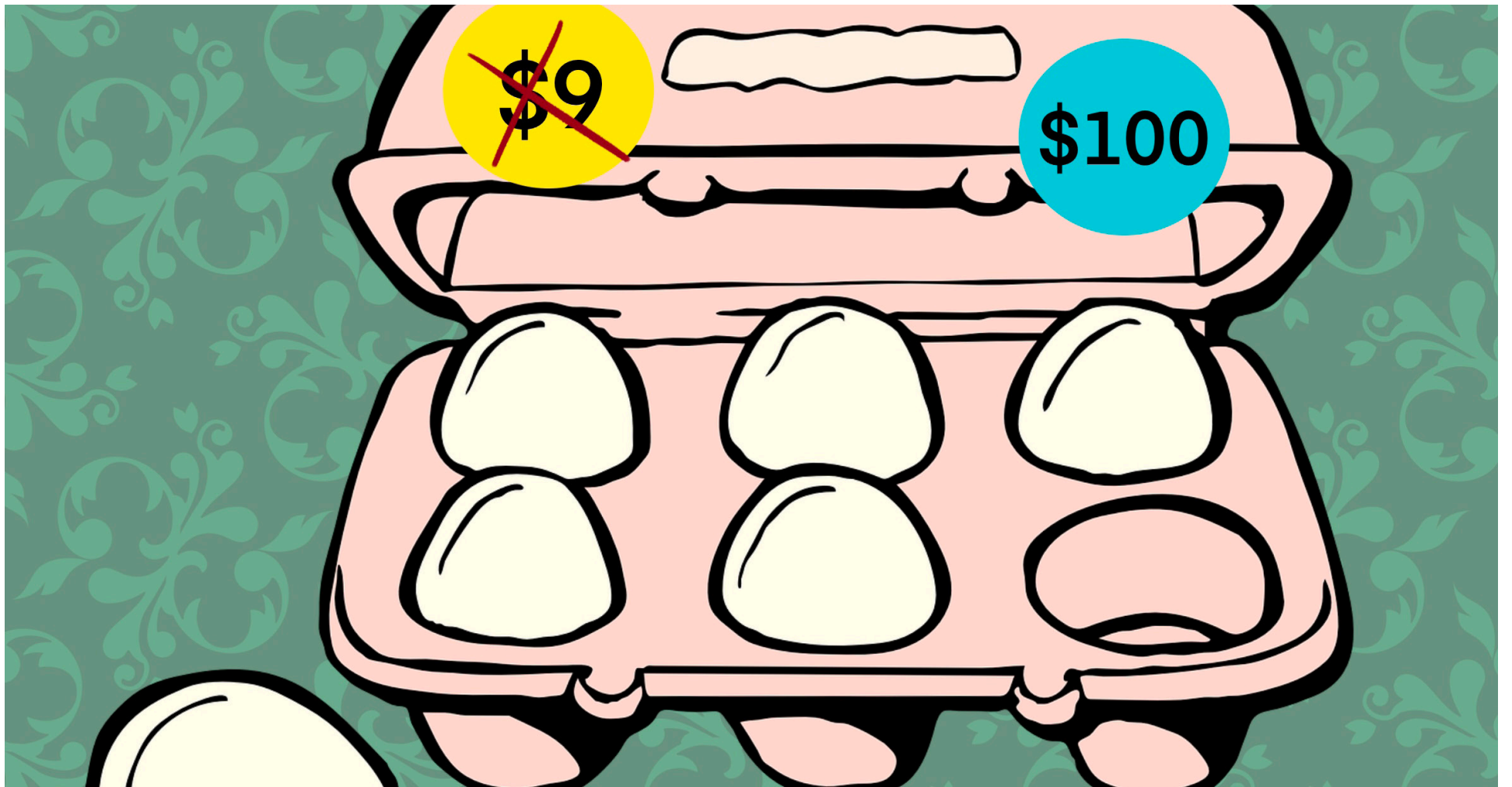
Islam explained that high costs of food force people to skip meals or eat lower quality foods, resulting in insufficient nutrition. “Food, shelter and transportation account for over 60 per cent of a household’s expenses. If only

Family Baskets, and Mobile Stores. The Good Food Box is “A box packed with a variety of fresh fruits and vegetables that can help you save up to 50 [per cent] off your produce bill. Produce is received, packed and shipped to depots across Regina the same day to ensure customers receive fresh items.” Orders are placed every two weeks and can be picked up at several locations in Regina.

Frozen Meals is a program with “nutritious and convenient meals that are appropriate for several diets and delivered right to your door.” The Family Bas-

spoke with CEO John Bailey about the project and its expected completion.

The food hub is expected to launch in early summer this year, but until then it continues to offer food support at its primary location on 445 Winnipeg Street. The Regina Foodbank offers food hampers at no financial cost. According to their website, “there is no eligibility criteria to receive a food hamper. You will not be asked to commit volunteer hours, prove your income range, have Canadian citizenship status, etc., to receive a food hamper.”



If eggs get this expensive, maybe I will stick to cereal...

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

“However, there are programs and services available in Regina for people with food insecurity.”

Kimberley Kaufman

brought to light the increasingly dire problems associated with inflation and high costs of living.

A nutritionist based in Kelowna, British Columbia, Tania Gustafson, explained that eating cereal in the evening sets a person up for failure. In an interview with *NowMedia*, Gustafson said, “Your blood sugar’s going to spike, your heart rate goes up, so rather than being conducive to bringing all those things down and helping you relax to get a good sleep at night, you’re all wound up.”

Gustafson also noted that cereal is typically high in sugar, making it less than ideal as a breakfast food, let alone a dinner meal. Breakfast is said to be the most important meal of the day,

drates, low in fibre, and nutritional value, Gustafson recommended “nutrient-dense foods that are not processed and are one single ingredient, keeping you satisfied longer and eating less,” according to the *KelownaNow* article.

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food prices were subject to high inflation, households would be able to divert income from shelter and transportation to cover it. At the moment, however, high inflation spans across all three areas, meaning Canadians are having trouble putting food on the table, keeping a roof over their heads and affording transportation.”

Although this information is over a year old, inflation is still a pressing issue and is being felt increasingly by consumers. However, there are programs and services available in Regina for people with food insecurity.

REACH provides several community programs aimed at addressing Regina’s food insecurity issue. These programs include Good Food Box, Frozen Meals,

ket program is available to those accessing Saskatchewan Income Support and Saskatchewan Assured Income for Disability, and offers a box of healthy food sold at the “lowest cost possible.”

REACH Mobile Stores are weekly pop-up markets found around Regina. On March 4, 2024, the REACH website stated the YWCA has a Mobile Store open on Mondays from 12:30 p.m. to 1:30 p.m. Each program and its registration information can be found on the REACH website.

Another option for Regina residents is the Regina Foodbank. On Nov 30, 2022, *CJME* spoke to the Regina Foodbank about its plan for a downtown food hub. On February 1, 2024, *CJME*

However, when registering, “You will be asked to provide 1) proof of address, and 2) government-issued identification for each individual in your household if you are able to.” Food hampers must be scheduled but can be scheduled for pickup, drive-thru, or delivery.

Unfortunately, this can mean that people who may need help are unable to receive it since houseless people are unable to provide proof of address. Still, these services are a step in the right direction toward making nutrition easily accessible. Inflation has made it incredibly difficult to live a healthy life, and there are limited options subsidized by the government.

Working out with one hand 2.0

Same hand, somehow new possibilities?

shae sackman
production manager

Learning to exercise with one hand poses a unique challenge when much of the equipment and exercises are designed with two in mind. In a previous piece, I highlighted the creative problem-solving required to use exercise equipment when one does not fit the assumptions of its design.

How do you bench press with only one hand? Is a tricep push-down possible with no palm or fingers to manipulate the handle into place?

Disability is often conceptualized as a status. It is applied to individuals at some point in their lives, and once that status is applied, the assumption is that it is a permanent status. Having a disability means you are disabled, end of story.

Tobin Siebers' *Disability Theory* investigates the resulting societies of this sort of system. Medical models we use for diagnosis and treatment contribute to this unidimensional and linear understanding of the experience of disability.

However, individual experiences of disability are not this neat and tidy. Humans are temporal creatures, and we move through time. We grow, change, develop, strengthen, fluctuate, deteriorate, and mend over and over again. Disability – if only tempo-

rary – is an inevitable experience.

Sprained ankles, strained shoulders, broken arms, and pinched nerves all disable too, even if it's only temporary. Injuries from sports or exercise are incredibly common, and an affected part of the body requires you to reconsider how you should move through the world. Congenital disabilities can demand different sorts of attention or care in all stages of life.

The fluid nature of disability and our embodied experience demands a never-ending re-engagement with our understanding of ourselves, the world, our limits, and our possibilities. This undertaking is frustrating, but there are resources that offer some perspective that may surprise you.

Social media: actually useful for once?

While social media is fraught with many problematic aspects, the ubiquity of platforms has provided space for individuals and their disabilities. Instagram reels of athletes with limb differences lifting weights using innovative solutions show countless other ways to exercise.

Using common gym equipment like chains, straps, hooks, and exercise machines like the assisted dip machine in alternative ways opens up new possibilities. Accommodating a disability al-



Just do it! And then do it again! And then again, but differently this time!

Photo: Shae Sackman

lows those with disabilities to have new embodied experiences.

Revisiting old enemies to make new friends!

Learning (or re-learning) how your body works and what

it can do is an ongoing process. Going back to equipment or exercises that once were not possible or that caused pain or frustration and gaining new insight about yourself each time demonstrates precisely why disability cannot possibly be a static experience.

At one time, bench pressing with one hand seemed impossible. After learning which muscles were working and what the proper form was, I discovered I had just enough wrist to press against the bar to be effective. Despite gaining this understanding, bench press remained impossible.

However, revisiting a machine I had failed to use again and again and listening to my body helped me broker a new relationship with my experience of it. Eventually, using padding to make up the difference in the length of my arms and thinking specifically about which angles to utilize with a limb I use in quirky ways, my embodied experience of my disability in this context changed.

Disability is a part of every human life in a multitude of ways. We all have experience with it in form or another, and conceptualizations of disability as merely something to be cured or as something that is static is deeply problematic.

Medical models and understandings of disability damage our ability to engage and fully understand our embodied experiences. Viewing disability as a static, unchanging label requires us to directly ignore the fact that humans grow, change, and learn as they move through life.

Take a chance this winter

Slip and fall on the ice no more – learn to skate on it instead!

Ice skating is a fun recreational winter activity for all ages, but there are some things you should know about it. Skating can be done as long as you have access to ice skates and solid ice, but it is always recommended that a person skates in dedicated ice rinks and with the proper equipment.

The skating season lasts all winter long, but some smaller ice rinks will shut down as soon as the weather goes over 0 C because the cost to run their ice plant is too great. For those unfamiliar with Regina skating programming, check the drop-in program schedule on the Real District website for the Co-operators Centres skating program times.

The Co-operators Centre, located at 1700 Elphinstone Street, currently offers public skating on weekdays from 2:30 p.m. to 3:30 p.m. They also offer Parent & Tot, Drop-in Hockey, Figure Skating, and Senior Skate sessions on weekdays as well.

Public Skate, Parent & Tot, and Senior Skate sessions are free of charge, but the other sessions are not. Rates are found on the website, as well as additional rules for each type of skating session. Helmets are only mandatory for Drop-In Ice & Ball Hockey, but are strongly recommended for all sessions.

Staying safe is important; while ice can be more forgiving

than concrete, they both hurt to wipe out on.

Other indoor arenas like the Al Ritchie Arena, Clarence Mahon Arena, and Murray Balfour Arena currently offer public skating hours. Their times and fees can be found on the regina.ca website under the "Recreation Facilities" webpage under the "Parks, Recreation & Culture" section.

Outdoor ice rinks can be

found around Regina, but the City of Regina will no longer be maintaining the condition of the ice (flooding and cleaning) after Mar 8, 2024. Outdoor rinks currently open for skating, according to the regina.ca website, include Sherwood Park, McNab Park, Joanne Goulet (Westhill), Eastview

Park, Leslie Park, City Square Plaza/Victoria Park, Lakeview Park, Mike Badham Park, Glencairn Park, University Park, Imperial School, and McMurchy Park. A comprehensive list can be found on the City of Regina website.

It's also important to note that skating on lakes, ponds, or creeks is never 100 per cent safe, as there can be free-flowing water beneath the surface or ice may be

Exchange selling second-hand sports equipment of all kinds. Online markets such as Facebook Marketplace or VarageSale are also great places to look for second-hand skates.

If buying equipment is out of your budget or you feel you will only need them for a short period of time, consider borrowing skates from a friend or loaning out equipment from Ehrlo Sport Venture Library. According to

partment, ice skating is great for cardiovascular health. Their website says, "Skating works nearly every muscle group in the body, and gliding requires synchronized movement of the legs, which is important for joint flexibility. It also builds up the leg and abdominal muscles."

Skating also improves your coordination and balance. Learning to stand and skate can be a challenge, but after the wobbles go away, balancing on a thin blade can improve your overall sense of balance and coordination. Since skating is a low-impact form of exercising, more challenging than walking but easier on the joints than running, it has the added benefit of stress reduction found in most cardiovascular exercises.

Ice skating can be a great winter activity if you know where to go, what to wear, and where to get it. Check out local rinks and arenas before the season is up, and remember to dress for the weather. The insides of ice rinks may not be as cold as the average Regina winter day, but remember that ice is only ice in sub-zero temperatures. Stay warm everyone!



You can skate on lakes, but we have a perfectly good arena to use instead.

Photo: 995645 via Pixabay

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more than you bargained for. If you are wanting a dose of fresh air and sunshine while skating, the official outdoor ice rinks in the city are the way to go.

Ice skating equipment can be bought at dedicated stores like Extreme Hockey or Sports Exchange in Regina, with Sports

their website, "all you need is to come in and provide your name, contact information, and one piece of ID."

Ice skating, like all sports, is beneficial for your physical and mental health. According to the City of Kettering's Parks, Recreation and Cultural Arts De-

kimberley kaufman
s&h editor

A university that speaks your language

Electives can be a way to get in touch with one's roots

nazeemah noorally
staff writer

University is not just about ticking off boxes and fulfilling degree requirements. It is also about self-discovery, intellectual growth and, perhaps, finding a new passion. That's exactly where electives come in. These courses are often underestimated yet they can add to your GPA, or bring it down if not chosen wisely.

Do you find it hard to choose which electives to take? Meet Degree Audit, your virtual academic advisor, accessible at the tip of your fingers through UR Self Service. This tool provides a comprehensive roadmap for all the courses available at the University of Regina (U of R), whether it be part of your Bachelor's degree, concurrent program, or even for a standalone certificate. In this article, let us delve into the often-overlooked realm of language electives, with a particular focus on an express desire for more classes on Asian languages.

Like many institutions across Canada, the U of R attracts a great deal of international students every year. The last Fall semester had seen a record-breaking enrollment surge, totaling 16,860 students. This increase in enrolment, especially in international students, adds to the diversity of the campus.

However, as we celebrate this diversity, a gap becomes apparent – an unmet need for courses in Asian languages, such as Arabic and Urdu. While it is impressive to note that at the U of R we do have a main hub for French-speaking students in La Cité universitaire francophone which is centered on Fransaskois (French-Saskatchewan) culture, there is a noticeable absence of language courses that cater to the specific needs and interests of the multilingual student community.

In addressing this gap, the faculty, staff, and administration can come together to advocate for more inclusive curriculum options. For instance, the introduction of Urdu and Arabic classes, with their rich histories and global relevance, would lead to more meaningful connections as elective classes.

These languages capture the essence of history, philosophies, and vibrant culture. Urdu, a major language of South Asia, holds a distinguished position as an Indo-Aryan language, closely related to Hindi with both sharing the same Indic base. Although phonologically and grammatically close, at the lexical level, they have developed into independent languages due to extensive borrowing from different sources.

Urdu, influenced by Arabic and Persian, is a linguistic asset that is intertwined with the culture of the Indian subcontinent. Arabic, on the other hand, stands as a language with deep historical and religious roots. It beckons students to an intellectual exploration of classical literature, modern media, and an understanding of Islamic civilization and Middle Eastern cultures.

Imagine having an Urdu or Arabic 101 course that you could take at the university. It would be an opportunity for international students to practice and refine

society, and human emotions.

For instance, Mirza Ghalib is considered as the "Poet of the East" and is an iconic figure in Urdu literature. His ghazals and poems are a blend of philosophical musings and exquisite linguistic beauty. His poetry explores themes of love, loss, existential reflections, and the complexities of life. Each of his verses carries a layer of meaning and emotion.

As for Faiz Ahmed Faiz, he is celebrated for his revolutionary and socially conscious poetry. His works, found in collec-

ties of his time. Known for his raw honesty, Manto's tales, such as Toba Tek Singh and Khol Do explore the human psyche during partition and societal upheaval. His narrative style, coupled with a keen observation of human nature, makes Manto's short stories a compelling and thought-provoking read.

As for Arabic literature, it boasts a rich heritage with classics that delve into diverse genres including poetry, philosophy, and storytelling. Some Arabic classics that offer profound insights into the cul-



It might surprise many closed-minded people, but learning a foreign language actually does not kill you.

Image: Mohamed_hassan via Pixabay

their language skills, thus helping them stay connected to their cultural roots. For domestic students, learning a new language is a plus. It offers a captivating insight into different cultures, histories, and philosophies. It gives them a chance to explore the poetic beauty and historical significance of languages rich in literary tradition.

Some famous classics that one can enjoy reading in Urdu literature include Mirza Ghalib's poetry, Faiz Ahmed Faiz's works, Prem Chand's novels, Intikhab-e-Kalam-e-Iqbal, and Manto's short stories, among others. Each of these poets and authors offers a unique flavor and perspective on life,

tions like "Nuskha Hai Wafa" and "Dast-e-Saba" reflect deep engagement with political and societal issues. Faiz's poetry resonates with his passion for justice, freedom, and human rights. Muhammad Iqbal, a philosopher, poet, and politician is considered one of the pillars of Urdu literature. "Intikhab Kalam-e-Iqbal" is a compilation of his poetic works that explore spiritual and philosophical themes. It is a journey into the complexities of human existence, self-realization, and the pursuit of a higher purpose.

Saadat Hasan Manto's short stories are a reflection of the socio-political reali-

ty, history, and human experience include "One Thousand and One Nights" (Arabian Nights) or Alf Laylah wa-Laylah, The Muqaddimah by Ibn Khaldun, and The Rihla by Ibn Battuta among others. One Thousand and One Nights provides a collection of Middle Eastern folk tales, fables, adventures, mysteries, and many more through the form of an imaginatively framed story.

The Muqaddimah is authored by the medieval historian Ibn Khaldun and lays the foundation for sociology and historiography. It explores the cyclical nature of societies; the role of geography, and the factors influencing the rise and fall of civilizations. Ibn Battuta provides readers with a vivid depiction of cultures, societies, and historical events from his own experiences with The Rihla.

Thus, the call for Arabic and Urdu courses goes beyond addressing a gap in the curriculum, it is a call for a more inclusive and culturally enriched university environment. The introduction of these language courses will certainly help transform the campus into a vibrant hub of cultural exchange. As we advocate for these additions, let us envision a university community where students not only fulfill the academic requirements but also embark on a journey of cultural exploration and linguistic enrichment.

“...there is a noticeable absence of language courses that cater to the specific needs and interests of the diverse multilingual student community.”

■ Nazeemah Noorally

Nothing's more punk than a library

A sanctuary that promotes open access to information, and that's just to start

maren savarese knopf
staff writer

As of January 2024, Canada has 642 public library systems across the country that boast 3,350 branches. The earliest free, publicly funded library in Canada was in Saint John, New Brunswick, established in 1883. Of today's existing libraries, the Toronto Public Library is the busiest with over 2.8 million users.

In Regina, approximately 45 per cent of residents are active borrowers from the Regina Public Library (RPL) according to a 2022 annual general report. This amounts to approximately 101,134 active library cards across the city. According to RPL, the commitment and priority of the library is "centred on its aspiration to drive social vitality and economic prosperity for the people of Regina".

In recent years, several movements have associated libraries with punk aspirations and subcultures, asking "what's more punk than the public library?" in the process. Likewise, various posts on social media suggest that if someone were to pitch the idea of libraries today, they would be considered too radically socialist.

Libraries have deep histories in broadening literacy and anti-fascism. Moreover, they have also played a critical role in distributing anti-oppressive knowledge, such as with the African-American libraries and literary societies in 19th century Jim Crow-era US.

Libraries are and have always been a political endeavour as they are built upon the principle of open and free access to information, and community support. Punk ethics value similar open-ended access, and

question dominant systems and ideals. As such, libraries today generally function on the founding principle of facilitating access to information and equipping people with literary skills, a principle that is absolutely and fabulously radical and punk.

Moreover, modern public libraries have shifted into offering services and programming beyond reading and literacy. They offer critical warm up spaces in the winter, access to public washrooms, telephones, free Wi-Fi, and often have free programming that might include food services and beyond.

In 2023, Montreal libraries made headlines after proposing to hire staff to support and facilitate the non-literary needs of library patrons. Roxann Fournier-Hoyt, a librarian in Montreal, explained how librarians have been challenged with increasing needs from community which are unrelated to literacy. She said on the topic, "even though it's not really within our mission to do that, we're all of the personality type that, 'Goddammit, I'm going to help you anyway.'"

Part of what makes libraries a potentially powerful site for addressing social inequities beyond literacy is that they are generally easily accessible and open. They exist in the communities they serve. No appointment is needed, allowing people to avoid a wall of bureaucratic hoops and paperwork.

In 2021, the city of Drummondville, approximately 100 kilometres outside of Montreal, hired a social worker to address the changing needs of library patrons in response to what they call an "unprecedented housing crisis" compounded with exacerbated mental health challenges.

The Drummondville library has had

great success, and regularly receives calls across other municipalities within the province of Quebec with questions on how they too can begin such services.

What is interesting here is that the punk ethics of solidarity, anti-oppression, and open access seem to be entrenched in libraries. Although entrenched, libraries are not without their contradictions and for a long time included only literature from settler colonial perspectives.

As such, punk ideas surrounding mutual aid and 'on the ground' community level support might help us to reimagine what libraries are and could be. For example, what would it look like to have a library where staff are trained in harm reduction? Questions like this are captured within the sentiment that nothing is more punk than a public library.



You won't have to deal with pop-up ads when paging through these bad boys.

Photo: Lindsay Eyink via Wikimedia Commons

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

"Exposition Dumptruck"

by William Bessai-Saul



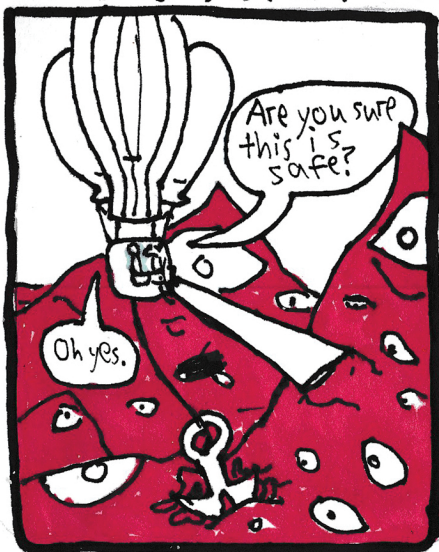
Pud gave Bryan quite a bit of trouble back in the day, what with being the nephew of his original arch nemesis and all. You see, old Uncle Pesty was a chief engineer and partial owner of the eVILLE Enterprises bubble gum plant before he died. He opposed Bryan's plan to use ancient dark science to animate an artificial life form for the purposes of harvesting the gum trees on the previously inaccessible mountains of Evil Island, on the grounds that he was right, it was a bad idea. Bryan had a quarrel that led to his being lost in the Nightmare Realm to be lost in time then when the first time he took over, Pud foiled him. Also, the Shabbagoth isn't really sick, Bryan made that up.



<https://williambessaisbirdpeople.weebly.com/>

"Standing Upon the Precipice"

by William Bessai-Saul



The current supply shortage was caused by some disease stifling this guy's appetite. Now, if it can't even stomach a little bit of gum, what use will it have for a full-grown bird?



Mr. Whiffle

"Mr. Whiffle Gets a New Butler"

by William Bessai-Saul

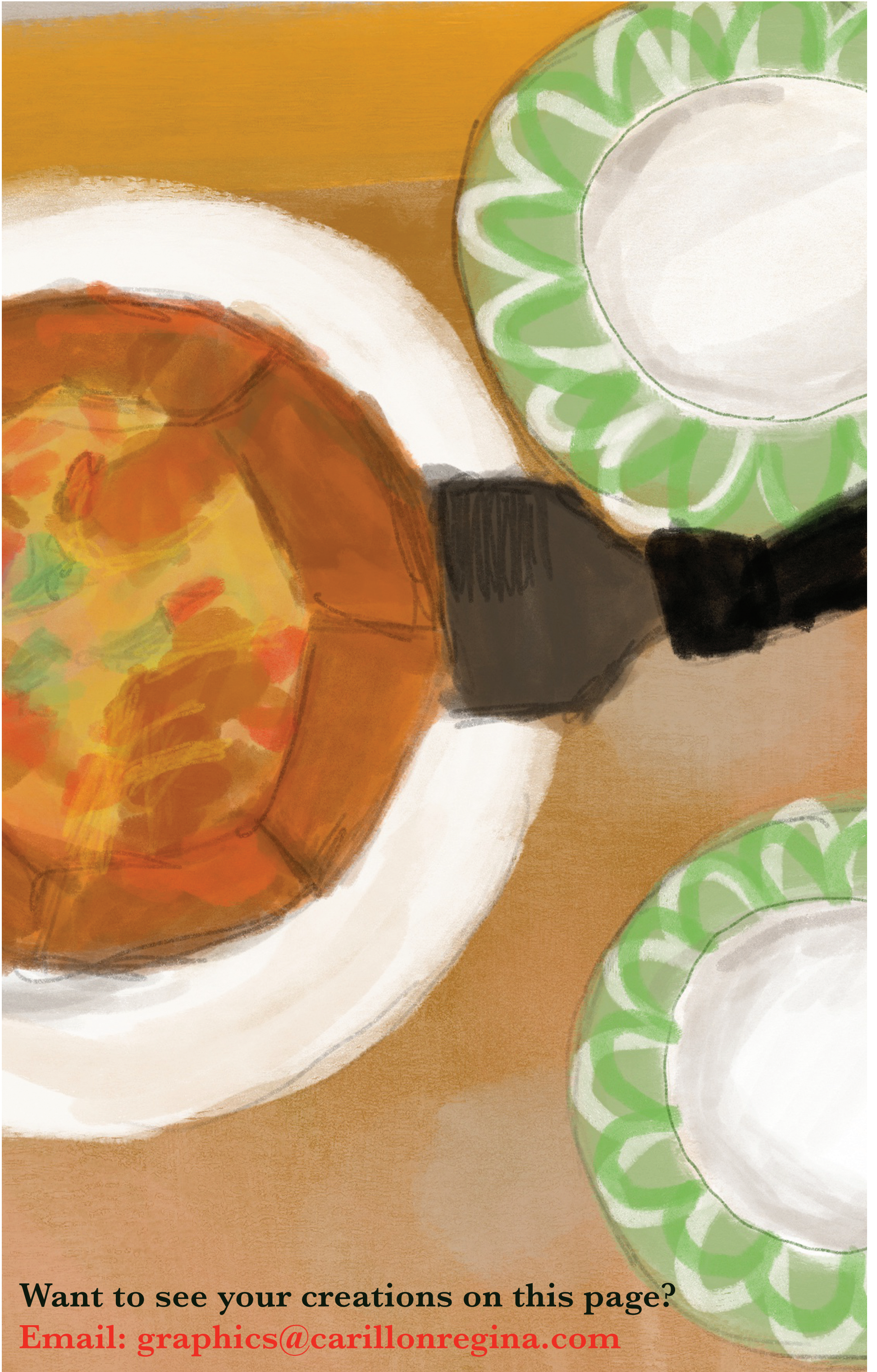


Villain School

"Wages of Fear"

by William Bessai-Saul





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