

THE **U** N I T E R

SECONDHAND ART FOR A CAUSE—P5 | STUDENTS SEEK AFFORDABLE HOUSING—P12 | SEXUAL STIGMATA—P14

A QUICK FIX?



USING STIMULANTS AS STUDY AIDS



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The Uniter is seeking an individual who is passionate about our city, our communities and the many people who are working to make this a better place to live.

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Thomas at editor@uniter.ca.



ADAM KELLY (SUPPLIED)

Local dream-pop quartet Living Hour is back with their third LP. Read more on page 4.

A PERPLEXING PAINT JOB

THOMAS PASHKO
MANAGING EDITOR

  THOMASPASHKO

After two and a half years of working almost entirely remotely, it's been something of a process adjusting to working in-person again in the *Uniter* office. Much of it has been pleasant. Reacquainting myself with the weird hole in the drywall next to my desk (it's been there since before I started) or moving my beloved Super Mario and Heironymus Bosch ornaments from my home desk to my work office was a sweet ritual.

But I've been noticing a few changes on campus that have me scratching my head. One in particular is, in my (admittedly melodramatic) opinion, a full-blown tragedy.

Longtime denizens of the University of Winnipeg campus are likely familiar with the bright yellow spiral staircase in Centennial Hall. A garish, geometric, downright iconic bit of 1970s architecture and design, this stairwell used to glare with the fluorescent hues of French's mustard. You could almost smell condiments just from looking at it.

So imagine my confusion when a fellow campus worker brought to my attention that the staircase had been repainted. Not a touch-up to the existing dandelion splendour or a new neon flair.

No, the staircase so iconic that *The Uniter* once wrote an article spotlighting it and other '70s campus architecture has been repainted in bland, industrial black. It is now barely distinguishable from a fire escape.

What were they thinking?!

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REFLECTING ON PLACE AND MUSIC

Living Hour's Sam Sarty talks environment, emotions and their new album

MATTHEW TEKLEMARIAM | ARTS AND CULTURE REPORTER | [T](#) MATTEKLE

The idea of Winnipeg as a muse may seem peculiar, even pedestrian to its denizens. But Living Hour's Sam Sarty says their work, particularly their new LP *Someday is Today*, is deeply influenced by their environment.

"I feel like quite a bit of my work is influenced by place and where I am and how I'm interacting with what's around me," Sarty says over Zoom. "I have the deepest repertoire for that, because I grew up here, and I've existed here for so long in so many different ways and so many different lives and seasons of my life, that it just has layers and layers of experiences that I walk around in, sometimes."

Living Hour has steadily earned recognition in the indie music scene and recently released their third full-length album. The quartet, composed of Sarty, Gilad Carroll, Adam Soloway and Brett Ticzon, has composed lushly layered, hypnagogic synth-pop since their self-titled debut, *Living Hour*, in 2016.

Sarty cites the indie-pop stylings of groups like Beach House, Yo La Tengo and Florist, among others, as influences on the band's sound. But location is an important theme on their newest outing.

"Remembering if I'm just walking around the city, I'm like 'Oh yeah, that's

where that was, that's where this apartment (was) or where this happened.' It's just kind of this very strange feeling sometimes," Sarty says. "Place is really important for me."

Keen-eared listeners may notice direct references to the "world-famous" Palomino Club in the lyrics of track "Miss Miss Miss," which Sarty describes as "a nod to Winnipeg."

Recorded during a week-long stretch in January 2021, the band faced additional challenges with the COVID-19 pandemic affecting the traditional creative process.

Throughout the album, there is a strong emotional undercurrent, exploring themes of isolation and memory with wispy and ineffable lyricism. A collaborative project through and through, each member expressed their own personal experiences through the songwriting process.

"It's pretty hard for me to name emotions ... so metaphors and imagery usually come first," Sarty says. "I've always kind of used those as a tool to get into what I need."

Guitarists Soloway and Carroll also contributed lyrics for "Curve" and "Exploding Rain," respectively.

Sarty, a veteran in Winnipeg's music biz, credits an auspicious local music scene



ADAM KELLY (SUPPLIED)

Someday is Today, the third album by local group Living Hour, might be the only dream-pop record to pay tribute to the "world-famous" Palomino Club.

for some of Living Hour's mainstream success.

"We're really privileged to have such a cool, welcoming scene where everyone is really collaborative and (we) have the time to figure stuff out together," she says.

And as for personal standout tracks on the record?

"I'm really into 'Hold Me in Your Mind,' which is the first song, and then the second song 'Lemons and Gin.' We

haven't been playing those ones live, so to hear them again in their entirety, recorded, just felt really good," Sarty says.

"They're all good tunes. I'm biased, of course."

Living Hour's *Someday is Today* is available on streaming services and at record stores.

BRIDGING THE GAP BETWEEN CONTEMPORARY ART AND PUBLISHING

The Prairie Art Book Fair returns to Plug In

MALAIKA COSTA-GITHONGO | ARTS AND CULTURE REPORTER | [T](#) MALAIKACOSTAA [I](#) MALAIKA.COSTA

The Prairie Art Book Fair, hosted by Plug In Institute of Contemporary Art, celebrated artist books and publishing from Sept. 9 to 11. The event welcomed artists, galleries and publishers to come together and display their work.

According to Erin Josephson-Laidlaw, bookstore manager at Plug In, the Prairie Art Book Fair aims to bridge together the relationship between publishing and contemporary art, allowing for wider distribution.

Josephson-Laidlaw says the relationship between the publishing industry and contemporary art allows for sharing work around the world and throughout different communities.

"Physical publishing is ... a wonderful way for those interested in collecting contemporary art to pick up something accessible, tactile and inventive," Josephson-Laidlaw says.

"Writing about contemporary art also helps one grow their understanding of (the) work, (as well as the) back and forth between theory and practice in that art. Writing informs the creation of artwork, and art inspires and challenges art criticism."

Events that took place this year included karaoke, hosted by artists Jimmie Kilpatrick and Peter Morin, a panel discussion lead by Katheryn Gwun-Yeen 君妍 Len-

non and Kayla Pascal of Hungry Zine, and a writing workshop hosted by Rebecca La Marre of Apophony Press.

This year marked the third Prairie Art Book Fair. The first event took place in 2018, while the second was held online in 2020. Luther Konadu, the exhibit's assistant curator, says the first iteration of the fair launched with a regional focus.

"The central intention (of the fair) was looking at how the arts today can exist and extend through printed matter, be it posters, periodicals, zines, postcards, photo books," Konadu says. "The idea was that publishing printed artifacts gave more access to wider audiences and helped document some of the critical conversations being had in contemporary art today."

The Prairie Art Book Fair was first introduced as a response to other similar events, such as the Vancouver Art Book Fair and Printed Matter's NY Art Book Fair. Traveling to these coastal fairs can be expensive, Josephson-Laidlaw says, so the Prairie Art Book Fair was created to provide a more local fair for people from the Prairies.

"We recognized the importance of these fairs as a way to connect artists and publishers to a receptive audience and to each other," she says. "We wanted to create a fair that could take place within the Prairies –



SUPPLIED PHOTO

The Prairie Art Book Fair aims to bridge the relationship between print publishing and contemporary art.

a place where local art-book makers could gather and share their work and knowledge," Josephson-Laidlaw says.

More than 15 exhibitors took part in this

year's Prairie Art Book Fair to share that knowledge and experience, including collectives, art galleries, publishers and artists.



REACTIVATING INDIGENEITY AT THE FORMER FUR-TRADE POST

Manitobah Mukluks opens flagship store

MALAIKA COSTA-GITHONGO | ARTS AND CULTURE REPORTER | MALAIKACOSTA MALAIKA.COSTA

An Indigenous resurgence requires the acknowledgement of the pre-colonial history behind places and spaces. Following the opening of their new flagship store, Indigenous apparel brand Manitobah Mukluks acknowledges The Forks' precolonial history by taking up space on grounds that were historically utilized by Indigenous peoples.

The company kicked off the opening of their first permanent store at The Forks Market on Sept. 10 with performances by dancers, singers and community members.

Manitobah first launched in 1997, but founder Sean McCormick began envisioning the company when he was in high school. According to Lor Brand, Manitobah's marketing coordinator, McCormick always had a spirit for business. In high school, he sold furs and hides for already-made moccasins and mukluks, effectively turning his campus into a trading post and continuing the cycle of trade.

Prior to Manitobah's surge in popularity, McCormick sold his products to businesses as wholesale items from one local area. Today, Manitobah Mukluks are sold globally.

"We have products in multiple different countries. We're selling in some of the biggest retailers in the world. We have our traditional

mukluks sitting alongside brands like Prada and Ugg," Brand says.

Manitobah's products are all rooted in Indigenous culture, from the original designs on the soles of mukluks to the hand-crafted gauntlets made locally by Indigenous artists.

The reason "we do it is so that we can build a community and make positive impacts within our Indigenous communities. That's always been the thread throughout all these years, along with celebrating the craft and art-form of mukluks," Brand says.

Today, there is such a high demand for Manitobah Mukluks that the company has gone international with their production. Manitobah now has the first fair trade footwear factory in Vietnam.

"We saw it as an opportunity to really build the business and be able to offer all of our classic products at an accessible price," Brand says.

The decision to open a Manitobah Mukluks store at The Forks Market was obvious, Brand says. The new location allows people to physically try on Manitobah products in a safe, creative community space. Manitobah also plans to host workshops, activities and learning opportunities.

"We wanted a space for people like me, when I was a young beadworker, to see them-



Manitobah Mukluks' new storefront at The Forks holds special significance given the location's pre-colonial history.

selves in the success that Manitobah has had," Brand says. "We want young Indigenous people to be able to walk in the store and see the artwork on the walls ... (and) see all the handmade (products) being sold for what (they're) truly worth. We want them to feel really proud and confident that they can do this, too."

The Forks' history as an Indigenous meeting place and fur-trading post played a major part in Manitobah's decision to open their new store there. Another important factor was that The Forks has been highlighting the importance of Indigenous voices and acknowledging

the location's pre-colonial history.

"We love all the work that Niigaan Sinclair, an Indigenous curator, has been doing at The Forks. He's doing incredible work there, along with the whole team. It'll be a community space, and those workshops won't be going away," Brand says.

Manitobah plans to host events similar to their grand opening, which will include performances by Indigenous dancers and singers.

For more information, visit manitobah.ca.

CULLED CRAFT FOR A CAUSE

Art From the Attic turns donated art into AIDS relief funds

MATTHEW TEKLEMARIAM | ARTS AND CULTURE REPORTER | MATTEKLE

A group of philanthropic Winnipeg seniors are repurposing donated artwork to raise proceeds for AIDS relief in sub-Saharan Africa.

Art from the Attic (AFTA) is a charity sale in which art from donors across the city is sold to help grandmothers in Africa who are raising grandchildren orphaned by the AIDS epidemic.

This year's AFTA sale takes place on Oct. 2 at St. Vital Centre.

"(Beginning in the 1980s) AIDS was rampant in Africa, and people were dying," event coordinator Beverly Suek says. "They lost the middle generation. The grandmothers didn't get AIDS. Their children got AIDS and left behind children (of their own). And so the grandmothers had to step in to take care of their grandchildren, because there was nobody else."

The proceeds AFTA raises will be distributed through the Stephen Lewis Foundation (SLF) into several programs to help with housing, education and hospice care.

The Winnipeg incarnation of the program began in 2015 when volunteer Énid Butler from Grands 'n' More, a subdivision of the SLF, took note of their Saskatchewan peers' fundraiser. Returning with a binder full of ideas from their sister chapter, they got straight to work.

"It's all donations ... from right across Winnipeg. Homes, generous people who are giving up their art. There is no charitable donation to it, there's no tax credit, so it's all lovely people who heard about it and know about the reason why we're doing it," volunteer Wilma Sotas says.

"People like to know that their art that they're not really looking at is going somewhere that people will appreciate it. It's good for everybody," Suek says.

The fundraising project has a personal connection for Suek, who lost her son early in the AIDS epidemic, at a time when awareness about the illness was scarce.

"When it started here, he was probably the 13th person to die of AIDS, so we could get no information on what AIDS was and how it was transmitted," she says.

Prices for the AFTA event range from \$5 to \$500. Pieces include Cubist works to slice-of-life pieces evoking Norman Rockwell to Indigenous oeuvres, and the sale boasts a true *omnium gatherum* of artwork, both local and foreign. Among the Manitoban artists with featured work for sale are Tony Tascona, Aliana Au and Hubert Theroux.

Both Suek and Sotas stress the goodwill the project spreads beyond its altruistic objective.

"We felt that because many of us were of the age who were moving out of their homes, and there seemed to be no place other than the landfill for this art," Sotas says. "The idea is cooperation, cooperativeness, generosity and sharing for everybody in our society."

"It's a great way for women of a certain age to get together and to do something positive and meet other people, so it's also good for us as well as good for the grandmothers in Africa," Suek says.

Just don't call these more-than-capable go-gooders "spry."



Jean Altemeyer is one of the organizers of Art from the Attic, a sale of used artwork to raise money for AIDS relief in sub-Saharan Africa.

"I just object to these things in the newspaper about, oh, an elderly woman crossing the road, and she's 60 years old or something, like they have no brains," Suek says.

Art from the Attic takes place Sunday, Oct. 2 from 11 a.m. to 6 p.m. Admission is free.



SUPPLIED PHOTO

ALMA'S RAINBOW

Plays at Cinematheque until Sept. 18

★★★★☆

ARMANDE MARTINE | FEATURES REPORTER | [1MANDE7](#)

Ayoka Chenzira is the award-winning film producer who wrote, directed and produced *Alma's Rainbow*. Born in Philadelphia, she started working with moving images as a teenager and is known today as a pioneer in Black independent cinema.

The film was initially released in 1994 and officially re-released in July 2022.

Alma Gold (Kim Weston-Moran) lives by her own set of stern rules. Having relinquished her career when her daughter Rainbow (Victoria Gabrielle Platt) was

born, she believes that prudish pragmatism ensures survival.

In an early scene, Alma receives lace-woven underwear as a birthday present. Her face lights up as she runs the soft undergarment through her fingers. Then, remembering herself, she quickly returns it to the gift box before walking away. She seemingly struggles to live by her own strait-laced code of conduct.

Alma lives with Rainbow, who is on the cusp of womanhood. She strives to be the

dutiful daughter, taking on her mother's worldview. However, their orderly domestic life is upended when Alma's dancer sister Ruby (Mizan Kirby) visits from Paris.

Rainbow literally dreams of a different life at night, where her passions for music and dance are unleashed, and she entertains a lover.

Mesmerized by Ruby's carefree life, she hangs onto her aunt's every word. In fact, Rainbow wants to be like her aunt, asking her at one point, "Are you my real mother?"

The original soundtrack by Jean-Paul Bourelly is jazz fusion and blues rock. Melodies playing in the film's background are reminiscent of the new jack swing music of the '90s, which helped set the mood for the time period.

Flashbacks to Alma and Ruby's singing career are shot in black and white. It's an effective technique, helping the audience follow the narrative, since the sisters of yesteryear look very similar to the sisters of the present day.

The coming-of-age story is quite predictable. There are no twists and unexpected moments. It's easy to speculate that Alma's austerity will thaw.

The contrast between prim-and-proper Alma and free-spirited Ruby seems exaggerated and embellishes the story, making it less credible.

Rainbow breaks free of her mother's strong influence. It was only a matter of time, given that Rainbow is a strong person in her own right. There are no surprises there. Alma's sudden and radical change in worldview toward the end of the film seems implausible.

There are glimpses of the early '90s with big hair, big clothes and flashy cars. However, the fleeting images to another time do not make up for a predictable plot that seems to drag. But it's still a commendable feat that Chenzira wrote and produced a film in the early 1990s, when the film industry is still steeped in sexism and racism today.

ARTS BRIEFS

CIERRA BETTENS | ARTS AND CULTURE EDITOR | [FICTIONALCIERRA](#) [@CIERRABETTENS](#)

Love the Exchange

This Friday, Sept. 16, join Jazz Winnipeg for an extended afternoon of music at The Cube in Old Market Square. Local musician Sol James will perform from noon until 1:30 p.m., followed by Trio Bembe from 5 to 6:30 p.m.

Brews, yoga and more

Enjoy a refreshing craft brew after a yoga session this Sunday from 11:30 a.m. to 1:30 p.m. at Kilter Brewing Co. (450 Rue Deschambault). \$20 plus tax gets you one hour of yoga flow and a flight of four different five-ounce beers. No prior yoga experience is necessary. Visit bit.ly/3U6nhka to reserve a spot.

Screening awareness

A free screening of Winnipeg-based filmmaker Kevin Nikkel's short documentary *Resilience* will take place on Sept. 21. The film is centred around the struggles that people with physical disabilities and health conditions face when looking for employment. Drop by REES (305-1200 Portage Ave.) between 2:30 and 6:30 p.m. to check it out.

Connecting through art

A forthcoming exhibition at cre8ery (125 Adelaide St.) will feature work by abstract intuitive artist Sari Habiluk and mentor Jordan Miller. Running from Sept. 22 to Oct. 4, *Current Connections* displays the meeting of the two artists' minds through artistic expression. For gallery hours and details on in-studio visits by the artists, see bit.ly/3ddcxji.

Celebrate food at Fort Gibraltar

Do you love food? Do you like supporting local? Head down to the historic Fort Gibraltar on Sept. 18 to grab a bite (or feast) from over 40 Manitoba food and beverage establishments. Between 12:30 and 3 p.m. or from 3:30 to 6:30 p.m., guests will be able to sample and vote for their favourites in the culinary appetizer competition. Tickets are \$40 before taxes and can be purchased via bit.ly/3qz46Sz.

Pro-rock and pro-choice

This Saturday from 2 to 5 p.m. at the High and Lonesome Club (234 Main St.), join the Liberal Women's Association in supporting abortion rights at Rock for Choice. The benefit concert will feature performances by Keri Latimer, La Louche, Shandi Strong, Brandi Vezina and Paige Drobot. The proceeds will go to the HSC Foundation Access Contraception Fund. Tickets are \$20 and can be purchased via bit.ly/3daVb6J.

A QUICK FIX?

Using stimulants as study aids



“It’s like an Advil to me,” Reese Estwick says. She’s a fourth-year political-science student at the University of Winnipeg who was diagnosed with adult attention-deficit/hyperactivity disorder (ADHD) about two years ago and takes methylphenidate (popularly sold as Ritalin or Concerta) every day to help with her schoolwork and personal life.

“It’s not just a focus thing. It’s emotional regulation,” she says. While medication does help, it isn’t a cure for all her symptoms.

ADHD symptoms typically start in childhood, presenting as hyperactivity, impulsivity and difficulty concentrating.

“It’s like, oh, I wanted to put my cup in the dishwasher,

but I ended up doing the laundry, colouring a picture, going outside, and then I didn’t even remember what I was going to do in the first place, and the things never get done,” Estwick says. “It’s the same for schoolwork.”

Misinformation and stereotypes impact whether students seek ADHD diagnoses. “There’s been this idea that ADHD isn’t really a disorder. It’s just kids being kids, or it’s an excuse to push pills,” Cameron Cannon, a master’s political-science student, says. Cannon attends York University and was diagnosed with ADHD about six months ago.

“I think a lot of people see ADHD as being something where five-year-old boys (are) bouncing off the wall,” Estwick

says. “ADHD in girls, specifically, as well as adults ... doesn’t show up in that hyperactivity way, or it doesn’t for me.”

Estwick also struggles with internalized ableism as a result of her accomplishments. “People are like, oh, well you’re too calm to have ADHD, you’re too smart to have ADHD, you’re too put together, too accomplished, and I think that it really is invalidating.”

Still, both Estwick and Cannon find that their medication helps. “It’s almost like a wind of clarity that comes over me,” Estwick says.

“I feel the most functional I’ve ever felt,” Cannon says.

“If you can get away with not having to use, that’s a plus”

“I self-medicated with Red Bull long before I knew I had ADHD,” Estwick says. “I think for a lot of students, there’s this idea that drugs like Adderall or Ritalin give you this really quick fix similar to pounding a mega-sized Red Bull.”

“There’s a bit of a false thing going around that if the stimulants work on you, it means you have ADHD. No,” Bryce Koch, a provisional nurse practitioner working in substance-use disorder settings in Vancouver, says. “Stimulants will work on everyone.”

According to Koch, some studies show that taking methylphenidate makes people without ADHD feel like they’re getting a lot accomplished, because, in indirect ways, these medications increase dopamine levels. “Dopamine is a happy drug.” Yet productivity levels remain the same.

“I THINK FOR A LOT OF STUDENTS, THERE’S THIS IDEA THAT DRUGS LIKE ADDERALL OR RITALIN GIVE YOU THIS REALLY QUICK FIX SIMILAR TO POUNDING A MEGA-SIZED RED BULL.”

“If you have a mental diagnosis, whether that be anxiety, depression, bipolar, schizophrenia, stimulants will destabilize you,” Koch says. “If it’s something that you can get away with not having to use, that’s a plus.”

“There’s a lot of pressure for students to be successful”

Many students, however, continue to use stimulants as study aids. “Drug use isn’t going to stop. It’s just finding safe ways for people to be able to do that,” Estwick says.

Proponents of harm reduction recognize that drug use is normal. “Harm reduction is a person-centred ideology,” Koch says. “It’s taking something that has an innate harm with it and reducing those harms without stopping the behaviour.”

The University of Winnipeg supports harm reduction, Inga Johnson Mychasiw, the director of Student Support Services, says. Counsellors have harm-reduction training, and other staff members are instructed to use a non-judgmental approach and may refer students to other services in the city.

“University is stressful for everyone,” Johnson Mychasiw says. “There’s a lot of pressure for students to be successful.” For example, high grades can offer a competitive profile for graduate school and in the job market. This drive to succeed might come from the students themselves or from their families.

However, this pressure to be successful harms students more. “It breeds this really unhealthy, toxic study culture that students have glorified,” Estwick says.

“Can I just try one to see what happens?”

According to Johnson Mychasiw, the Student Support Service staff have not heard about students using stimulants as study aids. “I would imagine that’s something that students likely are not comfortable sharing casually.”

“I was open about my ADHD medication at the start,” Koch, who was diagnosed in Grade 1, says. “People would always come up to me and try to get some off me. No, I needed it for myself.”

Even strangers would ask Koch for his meds.

“I haven’t had that experience yet,” Cannon says. “And I say ‘yet’ because I have many friends who have ADHD. They all have stories about it. I have even been that person. Like, please, can I just try one to see what happens?”

Estwick is also careful about keeping her medication concealed, but she understands why others might sell theirs. “I’m sure, in this economy, someone needs the \$10.”



SUPPLIED PHOTO

University of Winnipeg student Reese Estwick self-medicated with caffeine before getting her ADHD diagnosis and helpful prescriptions.

“There’s this constant fear of being labelled as drug-seeking”

For students unable to manage on their own, Koch recommends seeing a medical professional. “If you need (help or medication), tell your doctor,” he says. “Being honest with them about what you’re trying to get out of it, what your needs are, that can help, that can go a long way.”

However, prescriptions can be hard to come by, especially for Indigenous people. “There’s just a thing with the difficulty of accessing medication that’s derived from this sort of stigma of drugs and the war on drugs in general,” Cannon says. “I’m an Indigenous person, so I feel like it’s probably

less (difficult) for maybe white people or other folks.

“As a patient, there’s this constant fear of being labelled as drug-seeking, which can get you locked out of treatments. I put off even trying to get a diagnosis for four years, because I felt I couldn’t approach my doctor without being accused of seeking drugs.”

“I was crushing up my medication, snorting it”

“The safest way to consume any drug is orally. The longer it takes a drug to reach your bloodstream, the safer it is,” Koch says.

However, some prescribed stimulants are slow-release, meaning the medication lasts over a long period of time. Some students find alternative

ways to consume their medication to decrease the release time and get the helpful effects faster.

“I was crushing up my medication, snorting it, always used within the confines of studying,” Koch says. “I started to develop a bit of a problematic relationship with stimulant use.”

Snorting drugs carries some risks. “You’ll get a decreased sense of smell, and that tends to be pretty permanent. Make sure to clean out your nostrils with water.”

Koch advises anyone experiencing chest pains or hallucinations while using stimulants to go to the hospital. “Your relationship with substances is starting to get a bit problematic, so you want to get that checked out.”



“Remember that professors are compassionate people”

“It’s okay to ask for help,” Johnson Mychasiw says. “Education is super important, but it’s not everything.”

For example, students might volunteer, work, see friends, exercise, practice hobbies, all of which “might reduce that pressure as well.” After all, “University is supposed to be even a little bit fun, or maybe a lot fun.”

“When students are taking courses that they’re really enjoying, or in a program they really enjoy, then they may find that less stressful or less pressure because they’re enjoying getting into the work, and they’re meeting people with like interests.”

“I found a good study group to study with that helped me develop good study habits to rely less on my medication,” Koch says.

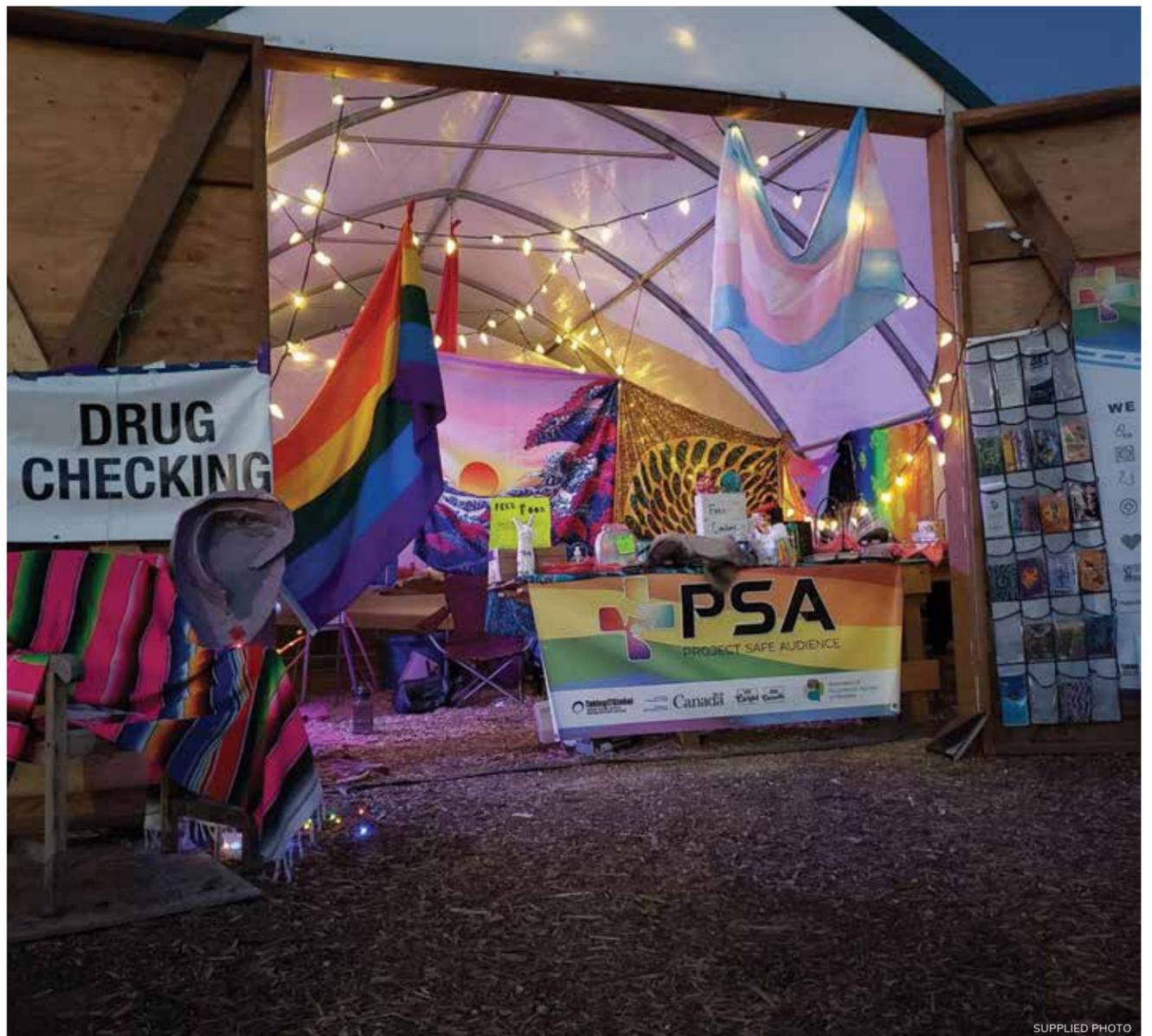
“It’s going to be stressful regardless to a degree, but that stress can be reduced a little bit if (students) get some support around their study skills and their time management so that they can feel a bit more prepared all along and can be better able to meet those deadlines,” Johnson Mychasiw says. For example, students can seek support from counsellors on campus or talk to Student Success Advisors. Students can also ask for extensions on their assignments. “Remember that professors are compassionate people.”

“We’ve been working on developing a more comprehensive mental-health strategy for the campus. Within this academic year, that strategy will be released,” Johnson Mychasiw says.

“Make sure your drugs are tested”

For any student who uses stimulants, Koch offers some recommendations to reduce harm. To start, take the meds early in the day and practice good sleep hygiene. “Stimulants are not a replacement for sleep.”

Koch says that the stimulants will numb many of the body’s basic needs, like drinking water, eating, going to the bathroom,



SUPPLIED PHOTO

There are many counterfeit ADHD drugs in circulation. Provisional nurse practitioner Bryce Koch says getting drugs tested can make their use safer.



and mental-health issues. It's important to remember these basic self-care steps when using stimulants.

Koch says he lost weight, lost his appetite and was tired all the time. Even more, "You can get dehydrated, which can lead to brain fog and headaches, so (make) sure you stay hydrated."

Keep a journal to track doses, too. "Sometimes we forget about how much we're using and end up using a lot more than you expect to."

Estwick shares her own cautionary tale after upping her dose one time. "You're going to feel like you're hav-

ing a heart attack. I couldn't breathe. I was aggressively sweating. I couldn't focus at all. It definitely can hurt you more than it can help you."

"This medication doesn't really play well with others," Koch says, specifically mentioning stimulants mixed with cannabis and nicotine increase anxiety. "(Alcohol) can reduce how well you know the alcohol is working, which can lead you to consume way more alcohol than you planned to."

"We recommend doing drug holidays." For example, take a break on weekends or for a couple days every once

in a while. "The good thing about stimulants is tolerance tends to drop pretty quickly after you stop using it, like after two weeks or so."

Finally, "There is a lot of counterfeit ADHD medications on the market at the moment," Koch says. Ship your drugs, even half a pill, to getyourdrugstested.com, a free drug testing service.

"Make sure your drugs are tested. Make sure you know what you're putting into your body."

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BE CHARITABLE, SAVE FOOD, EAT GOOD

'Too Good to Go' gives you options

JESSE DANIEL BROGAN | CITY REPORTER | @JESSEBROGAN

The Too Good to Go app launched in the Toronto metropolitan area last summer and was recently introduced in Montreal and Vancouver. Now, Too Good to Go is up and running in cities across Canada, including Winnipeg.

The app was developed in Denmark in 2015, and it aims to reduce global food insecurity and food waste.

At the end of operating hours, restaurants with a surplus of food can arrange an assortment of products that would have otherwise been thrown out, deemed "surprise bags." People can order and pick up these bags for a third of their original cost.

Too Good to Go launched in Winnipeg two weeks ago and already boasts a large catalog of local businesses, including the Exchange District's Cake-ology.

"The surprise bags have been changing from one day to the next with a different assortment of our (remaining) pastries. We usually sell out in five minutes," Austin Granados, the co-owner of Cake-ology, says.

"Without Too Good to Go, we would usually assess what can be kept and utilized for the next day. With the app, the process has been made a lot easier in terms of knowing what to keep for

tomorrow and selling what we know we won't use."

Too Good to Go has also partnered with charities across the country, including Harvest Manitoba. Harvest Manitoba is the fourth-largest food-distribution charity in Canada, supporting over 80,000 Manitobans per month.

Vince Barletta, president and CEO of Harvest Manitoba, says Too Good to Go approached their not-for-profit organization for a partnership.

"We're happy to work with any number of organizations that are trying to find solutions to food (in)security and who are also trying to reduce food waste, creating pathways for people to get access to affordable and nutritious food."

People who use the app can directly donate to Harvest Manitoba and other organizations. The app may also help people struggling to keep up with rising grocery prices.

Too Good to Go is available on the App Store and Google Play. For more information, visit toogoodtogo.com.



PHOTO BY LEIGH LUGOSI

Too Good to Go, an app that aims to reduce food waste, is now available in Winnipeg.

CITY BRIEFS

THOMAS PASHKO | MANAGING EDITOR | @THOMASPASHKO

Classes cancelled to honour Queen

The University of Winnipeg campus will be closed and classes cancelled on Monday, Sept. 19. The U of W joins many other post-secondary institutions in cancelling classes to mark a national day of mourning for Queen Elizabeth of Britain. In recent years, the unmarked graves of thousands of Indigenous children have been found on the grounds of residential schools, a genocidal colonial policy of the British Empire that operated in Canada for 120 years, 44 of them during Elizabeth's reign.

Webinar to protect the Public Utilities Board

Provincial Bill 36 is proposing radical changes to Manitoba Hydro. Critics of the bill say it will weaken the Public Utilities Board's ability to set rates and provide oversight and may open the door for provincial governments to privatize Hydro. The Manitoba Energy Justice Coalition is holding a webinar on Wednesday, Sept. 21 at 7:30 p.m. for people interested in challenging the bill. For more information, visit mbenergyjusticecoalition.org.

Social Planning Council to hold AGM

The Social Planning Council of Manitoba, a community development organization that "provides leadership that addresses inequity and improves social conditions through research, engagement and action" will hold its annual general meeting on Thursday, Sept. 15 at 5 p.m. at the Downtown Winnipeg BIZ's Outdoor Workspace (next to Capital Grill & Bar at 275 Broadway). Register at bit.ly/3qzZ5sZ.

Hospital in crisis

Medical personnel at Winnipeg's Health Sciences Centre are sounding the alarm about a lack of staff and resources that has left the hospital with severely ill patients spilling out into hallways due to lack of space. Manitoba's healthcare system was already stretched thin after years of cuts to staff, facilities and funding by former premier Brian Pallister's government when the COVID-19 pandemic began, pushing hospitals to the brink.

Poilievre leads federal Tories

The Conservative Party of Canada's leadership race came to an end on Sept. 10 when Pierre Poilievre won the party election with nearly 70 per cent of the vote. Poilievre has built a following through a brand of right-wing populism that includes his vocal support of the "Freedom Convoy" movement, which was founded by white supremacists. Celebrated by his followers as a challenger to political elites, critics have compared him to former US president Donald Trump and recently indicted neofascist Steve Bannon.

CUPE strike looming

The Canadian Union of Public Employees Local 500, the union representing 4,900 City of Winnipeg employees, is engaged in collective bargaining with the municipal government and is preparing for a potential strike. *The Winnipeg Free Press* reported that a strike headquarters opened at 1500 Portage Ave. on Monday. A CUPE strike could impact "key city services at pools, libraries, 311, public works and water and waste," according to the *Free Press*.



The Uniter is seeking a volunteer coordinator

For more information, please contact Thomas at editor@uniter.ca or visit uniter.ca/jobs



'NOT AFFORDABLE FOR THEM'

Students struggle to find housing within their budgets

MEGAN RONALD | CAMPUS REPORTER | @MEGANLYNNRONALD

Adequate housing is a human right, but for many students, it's far from accessible. According to a recent study from Utile, on average, Canadian students pay 25 per cent more for rent than the general population. For Megan Hederson, a student at Red River College, the process of finding an apartment downtown and within walking distance of work and school was difficult. She estimates that "about 80 per cent" of her income goes toward rent.

Apart from securing a place to live, students face the pressure of finding the money to cover rent each month. "After moving out (on my own), I've been financially independent, and I worry about not making rent and having to rely on someone else," she says.

The Canadian Mortgage and Housing Corporation defines housing as affordable if rent costs "less than 30% of a household's before-tax income." A lack of affordable housing for students in the downtown area, close to most local universities and colleges, drives students to areas that far exceed what many can afford to pay.

To lease her current apartment, Hederson had to prove that her income was four times the amount of her rent. Financially,

this was not a realistic option. She says the property-management company withheld her approval until she could show a source of sufficient funds.

Hederson is happy to have secured her current place, but not without a cost. "I'm sacrificing my finances, because it is more expensive than I would prefer it to be," she says.

Josh Brandon, a community animator with the Social Planning Council of Winnipeg, describes the competitive nature of the housing market.

"The supply of affordable housing is quite small, and that means that when students or other people come looking for housing, the housing that's available for rent is generally more expensive than the average price of housing."

In the past few years, little to no social housing has been constructed in the downtown area, and what is currently being built is often unaffordable for those attending school. Brandon refers to this lack of construction as a leading factor in the housing crisis.

"For students who are struggling with student loans and low-wage jobs, often part-time employment, that kind of hous-



On-campus residence is an option for some students, but many renters struggle to find affordable housing close to their school.

ing is not affordable for them," he says. "So we need to get back to the creation of deeply subsidised housing to ensure that housing is available."

To start, students need to be prioritized and viewed as an asset to the city, rather than a burden, Brandon says.

"Students are spending in the local economy. They don't necessarily have a lot of savings, but the money that they do have goes back into local businesses and often they're the workforce for local employers as well."

Brandon says change starts with the community and amplifies the voices of those most impacted. "We need to consult with Indigenous groups. We need to consult with newcomer organizations, with nonprofits that are in the area who know what the community needs are. We need to build housing that's integrated into the community and provides the support services that are necessary so that people can be successful in their (search for) housing."

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	MORNING BREATH	The Sentinel's Marvellous Kaleidoscope	Worldbeat Canada Radio	Fly Travel Radio	FANTASTIC FRIDAY	THE SATURDAY MORNING SHOW	CKU-SPEAKS
7AM		Folk Roots Radio	FRAÑOL	CANQUEER	World - Island Music		
8AM	Shortwave Report	Talking Radical Radio	Making Contact	OutSpoken	Wooden Spoons	DEAD MEDIUM	SHADES OF CLASSICS
9AM	CounterSpin	FREE CITY RADIO	After Thought	Truth Before Reconciliation			Classical and New Age
10AM	DEMOCRACY NOW!				MUD PUDDLE RADIO		
11AM	DEPARTMENT 13	This Way Out	VOYAGE	After Thought	SUNNY ROAD	For Kids (Adults too)	Medicine Wheel
NOON	POP/ROCK	WINGS	(Jazz)	BRIDGING THE GAP	Roots Music		of Music
1PM	COMEDIOLOGICAL REPORT	BOOTS & SADDLE		ACCESSIBILITY MATTERS	NO FIXED ADDRESS	THE ELECTRIC CHAIR	NEON BEIGE SOUND EXCHANGE
2PM	outSpoken	COUNTRY		!EARSHOT DAILY	LIVED EXPERIENCES OF HOMELESSNESS	TEMPLE TENT REVIVAL	
3PM	Truth Before Reconciliation	THE GREEN MAJORITY	ALTERNATIVE RADIO	BINKY PINDER'S PANHOUSE	HOW TO SURVIVE A TORNADO		YOU CAN'T HIDE FROM GOD
4PM	GROUNDWELL	The Stuph File	The Meta World	TICKLE MY FANCY	GLOBAL RESEARCH NEWS HOUR	THE IVORY TOWER	Gospel
5PM	New Classical	The Phil-In Show	Stoopaloo Show	Blues	CKUJ Album Feature	Eclectic Mix	Active Voice
6PM	SEAN SHOW	Winnipeg Arena is on Fire	SPACE CADET	Past 'n Present	CKUM Album Feature	Eclectic Residents	Orange Groove Radio
7PM	(Local music)		MUSIC, OUT OF THIS WORLD	Folk 'n Roots	THE EXILE FILES		
8PM	Radio Eco Shock			STARROAD JUNCTION	DEEP THREES	THE TRIP	BOOTS & SADDLE
9PM		SQUARE WAVE	AMATEUR HOUR	PAGES	Electronic Expository	PSYCHEDELIC ROCK	BARKING DOG
10PM	Journey Into Sound	Video music and history	So Bad, It's Good	EAT YOUR ARTS & VEGETABLES	Behind the News with Doug Henwood		
11PM	THE WORLD	Lost Chunes	TWANG TRUST	TAWNY, THE BRAVE	THE HOW DO YOU DO REVUE	WE BUILD HITS	THE C.A.R.P.
MIDNIGHT	World	Best of Bluesday	Country/ Roots/ Big, Dumb Rock 'n' Roll	Pop/Rock		Hip-Hop	The Completely Assine Radio Program
1AM	THE TONIC	On My Way Home	S.A.N.E. * RADIO	Adult Kindergarten	CHECK CA	RED BOX	SOUNDS LIKE MUSIC
2AM	Garage, Punk, Surf, and R&R	(Local indie)	Local Experimental Music		Funky	Hip-Hop	THE GASHLYCRUMB TINIERS
3AM	DESTINATION MOON	Indigenous in Music	Radio Art Hour	Dub City Steppers	QUADRAFUNK	DANCE HALL FEVER	ISLAND VIBES
4AM	Sock-Hop-A-Go-Go				Electric Dance Party	Dancehall and Reggae	Caribbean
5AM	EARSHOT DAILY	MONKEY SPARROW	Two Princes	PHASE ONE	StreetKilliaz Generation		
6AM	BREAK NORTH RADIO	LISTENING PLEASURES		Electronic	(Local Hip Hop)	Your Show Here	RAINBOW COUNTRY
7AM			WINNIPEG ARENA IS ON FIRE	THE WONDERFUL & FRIGHTENING WORLD OF PATRICK MICHALISHYN	MANITOBA MOON		REVOLUTION ROCK
8AM	METAL MONDAY	NIGHT DANGER RADIO					GIRLIE SO GROOVIE
9AM	MODERN JAZZ TODAY	The Motherland Influence	The Meta World Stoopaloo Show				
10AM	AMPLIFIED RADIO	BACKBEAT	Hurlements Sur La Youndra				

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Some programs are on hiatus and/or airing different content due to university closure for COVID-19.

New shows are marked with a star -★

Live shows are marked with a lightning bolt -⚡

BEYOND THE OBSERVABLE UNIVERSE

**Dr. Evan McDonough, assistant professor,
Department of Physics**

ARMANDE MARTINE | FEATURES REPORTER |  1MANDE7

Originally from Kingston, Ont., Evan McDonough obtained his PhD at McGill University. Before working at the University of Winnipeg, he held research-fellow positions at Brown University, the Massachusetts Institute of Technology (MIT) and the University of Chicago.

McDonough became interested in astrophysics as a teenager. “My original interest in cosmology came from the idea of parallel universes or the multiverse. What really opened my mind is that this was actually a job that people had, researching whether a multiverse exists,” he says.

As a theoretical physicist and cosmologist, entertaining new notions of the universe and beyond is part of McDonough’s job. By his own description, he “researches the physics of the very small (fundamental particles, quantum fields) and the very big (galaxies and galaxy clusters).”

McDonough explains that the observable universe is basically homogeneous. “If you look at the night sky, statistically, the universe looks the same in every direction. In particular, the laws of physics are the same,” he says.

A multiverse would mean that, far away

enough from this observable universe, the laws of physics may vary. “What if the electrons had a mass that was 10 times larger in some far away part of the universe? That would be tantamount to saying those far-away regions are their own distinct universes,” McDonough says.

“There may be other civilizations that have their own observable universe. By definition, we can’t observe each other, but that doesn’t mean that they don’t exist,” he says.

Where do you see yourself in five years?

“At the University of Winnipeg.”

What do you do in your spare time?

“I like to play music and go for runs.”

What do you like about Winnipeg?

“I like that it is a city that most of the time feels like a town. It has a lot of the perks of a city and a lot of the perks of a town.”



SUPPLIED PHOTO



THE UNIVERSITY OF
WINNIPEG

Student Services

Undergraduate Add/Drop Period – Make your changes!

Course changes (adds and drops) can be made up until **Sept. 19**.

The final day to drop a regularly-scheduled U2022F or U2022FW course for full refund is **Sept. 19**.

See more information at:
www.uwinnipeg.ca/registration/course-drop-information.html

Study Skills Workshops: Advice & Tips for Academic Success

Study Skills Workshops are designed to improve your learning skills and help you achieve your academic goals.

Organized by Academic & Career Advising, these six workshops will be held in-person and via Zoom. Workshops are FREE. **Registration in advance is required.**

Workshops will run **Sept. 12 – 28**, Mondays and Wednesdays, 12:30 to 1:20 pm. Topics for the first week are:

- Secrets to Success: Goal Setting & Time Management (Mon., Sept. 19)
- Expanding your Understanding: Reading Strategies & Critical Thinking (Wed., Sept. 21)

For details, see: www.uwinnipeg.ca/academic-advising/study-skills-workshops.html

Student ID Cards

If you haven’t got your Student ID Card yet, you can still order it. (Returning students: Continue to use your same card from last year.) Please go to www.uwinnipeg.ca/student-id-card for details about photo criteria, submission deadlines, and pick-up dates.

Wanted: Volunteer Notetakers

Are you interested in doing some volunteer work while you are attending classes this fall?

There may be students in your classes who need access to quality notes for reasons related to a disability or medical condition. Accessibility Services is seeking volunteer notetakers to fill this need.

If your instructor makes a request for a volunteer notetaker in one of your classes, please consider signing up! It’s a great way to sharpen your own note-taking skills and help out another student at the same time. Contact vnt@uwinnipeg.ca for more information.

On a Waitlist? Check Your Webmail Every Day

After classes have started, if you are still on a waitlist for your preferred course section, you should continue to check your webmail account daily for permission to register off of the waitlist.

If a space becomes available for you

during the Course Add/Drop Period, you will receive an email letting you know that you can register through WebAdvisor. Register immediately!

For Fall Term, the waitlist will run for the last time on **Sept. 19** which is the last day to register for a Fall or Fall/Winter Term course.

For more information, please see:
www.uwinnipeg.ca/registration/wait-lists.html

UWSA’s Health Plan and U-Pass

The deadline to opt out of the Green-shield health plan is **Sept. 19**.

U-Passes are available at the Info Booth in Centennial Hall. (New students: You will need to get your Student ID Card first.)

For details, please see:
www.theuwsa.ca/healthplan

Pay Tuition the Easy Way

Fall (U2022F) and Fall/Winter Term (U2022FW) fees are due **Sept. 22**. Note that this is NOT the same date as the last day to be eligible for refund (see above).

Pay tuition the easy way - through your bank or credit union! Students can pay for Fall and Fall/Winter Term undergraduate courses as a bill payment through their financial institution (online, telephone, or in-person at a branch) using their seven-digit student number as the account number.

International students should use Flywire.com.

More information is here: www.uwinnipeg.ca/fees/index.html

Apply Now for Fall/Winter Awards

The online application for Fall/Winter 2022-23 In-Course Awards, Bursaries, and Scholarships (for current students) is now open.

Deadline: **Oct. 1, 2022**

Apply now! Go to:
www.uwinnipeg.ca/awards

Volunteer Fair

Join us for the in-person Volunteer Fair on Oct. 5 & 6 from 10:00 am to 2:00 pm in Riddell Hall Atrium. This two-day event is your opportunity to meet with a wide variety of charities and non-profit organizations. Volunteering is a great way to gain work experience and develop useful contacts; it’s also a way to try to new things, have fun and give back!

Use the myVisit App

Need some help from staff in Student Central and/or Academic & Career Services? Download the myVisit app today. The myVisit app enables students to add themselves to a virtual line for drop-in Zoom sessions at Student Central. The app can also be used to book appointments for a Zoom or in-person meeting with a student central staff member or an academic or career advisor. Appointments with advisors can also be booked through the website: www.myvisit.com.



COLUMN



ILLUSTRATION BY GABRIELLE FUNK

MOTHER OF GOO

Stigmata: stigma's origin in religious ecstasy

MADELINE RAE | COLUMNIST | @MOTHEROFGOO

The word “stigma” comes from a Latin word meaning that a person is marked or branded. The word is the singular of stigmata, a term used to reference holy scars that are symbolic of Christ’s wounds from crucifixion.

Today, the act of stigmatizing a person or a group of people means to simultaneously judge and shame them. A common target for stigma is sexuality (outside of the constraints of Christian dogma) and all that this encompasses. It is ironic then that stigmata are associated with an erotic, sensual con-

nection to the divine.

This sensuality can be seen in Gian Lorenzo Bernini’s sculpture *The Ecstasy of Saint Teresa*. Teresa’s heart is pierced by the angel’s gold spear, and she is overcome by ecstasy in the sublime combination of pain and pleasure of God’s all encompassing love.

“The pain was so great that it made me moan.”

The religious origins of the word stigmata reveal a fascinating depth. Many of the rules laid out in the Old Testament were broken by Jesus Christ in the New Testament, who

is both the religion’s main prophet and its Son of God.

A story in the book of Luke describes a woman named Mary kneeling and washing Jesus’ feet with her hair and essence of nard, an exorbitantly expensive oil. The men around him were shocked that he would let an “impure” woman touch him, let alone in such an intimate way. But Jesus defends her, denying any impurity, saying that she is able to love deeply and that this is more important than any judgments the men have decided to place upon her.

This story suggests that to love deeply and to have the capacity for immense compassion, it is required that we recognize our common humanity, instead of putting ourselves on a pedestal and branding others with projected shame.

How strange that stigmatization, a violent act born out of judgment, fear and hate, has its origins in a word that is supposed to be

representative of embodied, sensual love. May those who fall into stigmatizing others, especially if due to church dogma, remember the origin of this word and the message of compassion and love spoken loudly by Jesus himself.

*I come to you as I am
With the sweetest perfume I know
To kneel before you and tend to the part that
connects you to this earth
I do not need to know anything about you
To know that I love you*

Madeline Rae, a University of Winnipeg alum, is a sex educator and writer living in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. She holds a BFA in performative sculpture, a BA in psychology and is studying for her master's in clinical social work at Dalhousie University.



COMMENTS

‘JUST HAVE A GLASS OF WINE’

How the medical system dismisses pelvic pain

DANIELLE DOIRON | COPY AND STYLE EDITOR | @DANIELLEDOIRON

I made the appointment to talk about other kinds of pain. Every period for more than decade left me nearly incapacitated, clutching my abdomen, searing my skin with over-microwaved heating pads. I bled when I ovulated, and my gastrointestinal tract resisted almost every meal.

I relayed each shameful, hidden detail to my doctor, but I waited until the end of our appointment to mention sex. Already at the door, he leaned toward me to offer a prescription.

“Just have a glass of wine.”

He ushered me out the door, grinning conspiratorially, before I could admit I often had sex after smoking or drinking, before I could tell him how many years I had spent in this kind of pain, too.

It’s a common but seldom discussed experience. “Many physicians believe more than half of people of all genders will experience (pelvic pain) at some point in their life,” *Mashable* reporter Anna Iovine writes.

“When such a sensitive topic isn’t discussed, it’s rendered taboo. People with pelvic pain may feel shame or embarrassment, and that perpetuates the cycle of silence.”

Like Iovine, I learned to ignore the pain. We independently turned to “Dr. Google” and searched phrases like “pain with penetration” and “vagina pain,” neither of us knowing how to articulate exactly what was wrong.

“I knew (my first sexual experience) might hurt and that perhaps I would bleed,” culture

reporter Lauren O’Neill writes for *The Guardian*. “I was okay with that. It was part of the mythology. I imagined that, afterwards, I would stare at myself in the bathroom mirror, like the heroine in my own coming-of-age drama.”

Instead, I winced through sexual experiences. No partner, toy or position ever offered a true respite. I returned to late-night Google searches. Like O’Neill, I read stories “from women who had been suffering for years with no relief, who feel constant, stabbing pain.”

I learned about gender bias in medicine and how doctors are more likely to dismiss pain if a patient was assigned female at birth. This leads to what one BBC writer describes as “an alarming track record of bad medical diagnoses and advice” that includes assumptions about marital problems and suggestions to have a glass of wine or play relaxing music before sex.

“It’s hard to imagine that a medical professional who took an oath to ‘do no harm’ could say these things,” Christin Veasley, a former executive director of the National Vulvodynia Association, says.

Vulvodynia is “chronic vulvar pain without an identifiable cause.” It’s a term I only learned recently, but it explains many of the symptoms I hesitated to share with my doctor years ago.

Last spring, I added a few other medical labels to my vocabulary. Adenomyosis is a chronic inflammatory condition that causes endometrial lining to grow and bleed inside uterine



ILLUSTRATION BY GABRIELLE FUNK

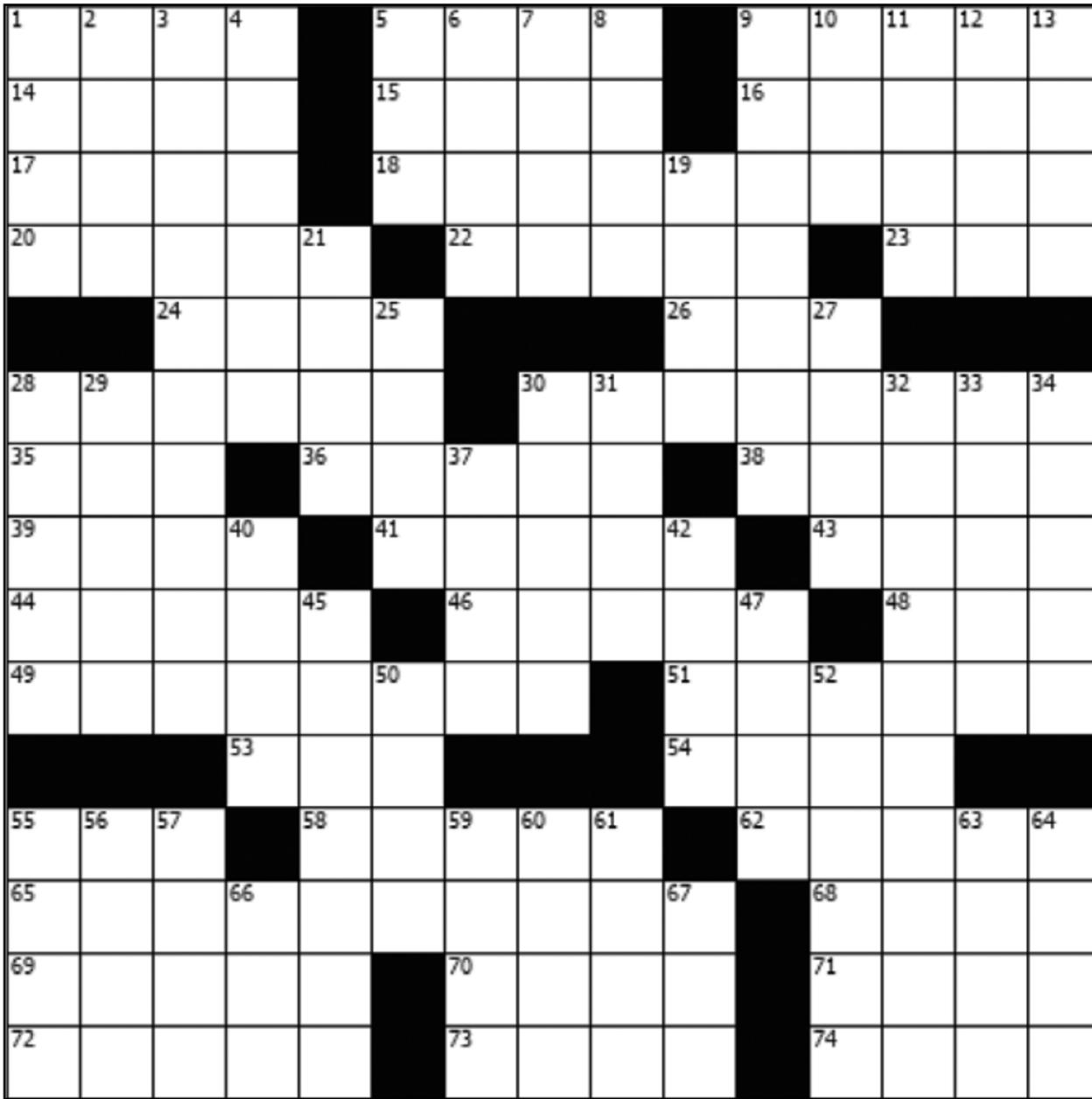
muscle. Its symptoms include dysmenorrhea (severe menstrual cramps) and dyspareunia (painful sex), along with anaemia, fatigue and an enlarged uterus – all of which I’ve experienced.

It took me years to receive an official diagnosis, even though I knew something was wrong.

“Medicine must listen to and believe our testimonies about our own bodies and ultimately turn its energies, time, and money toward

finally solving our medical mysteries,” Elinor Cleghorn writes for *TIME*. “The answers reside in our bodies, and in the histories our bodies have always been writing.” And that answer isn’t a glass of wine.

A former sports broadcaster, Danielle Doiron is now a writer, editor and educator. Find them in Winnipeg, Philadelphia, Fargo and, occasionally, on the airwaves.

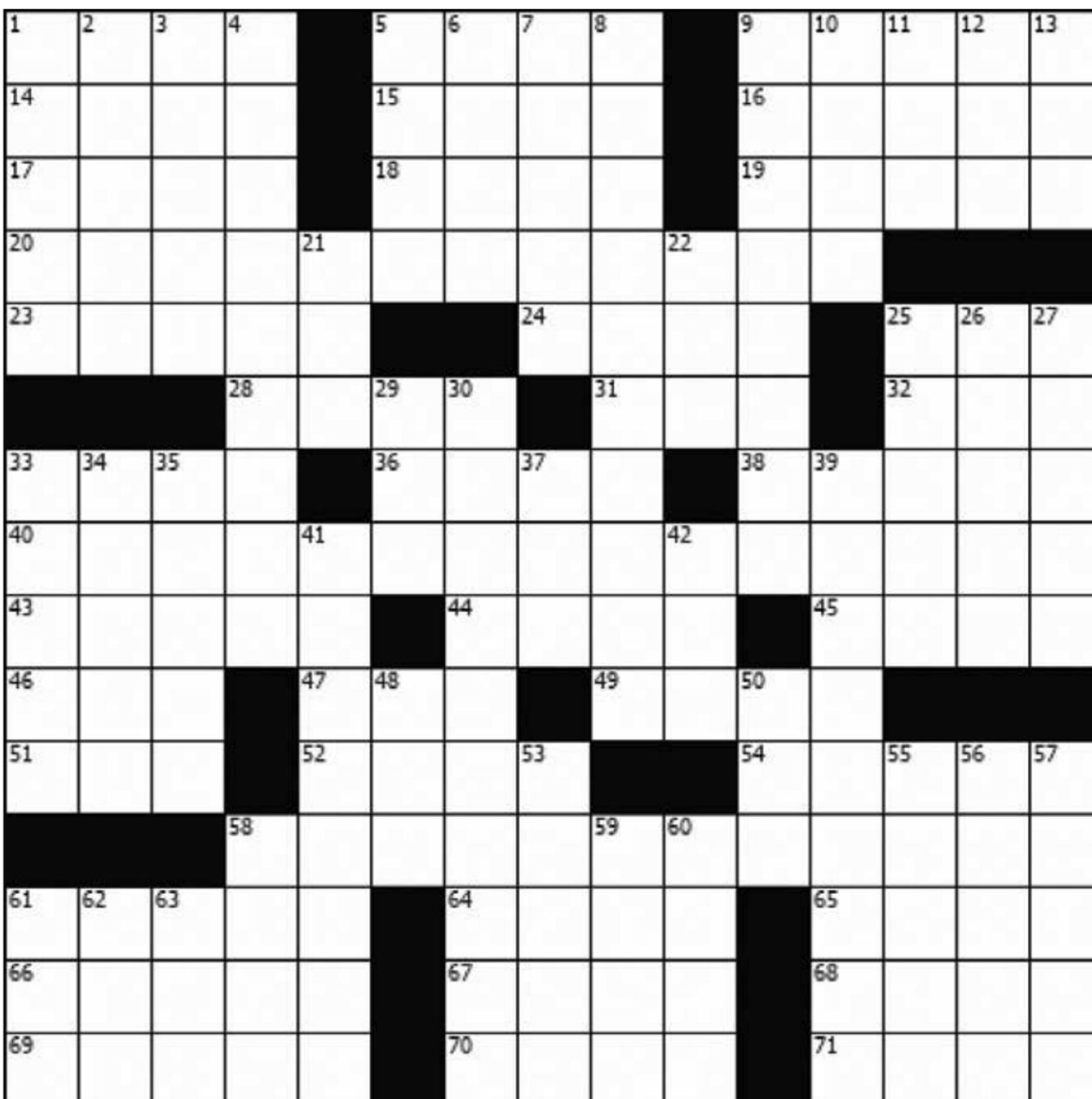


ACROSS

- 1. MINESTRONE, E.G.
- 5. HIT-OR-____
- 9. HOT SAUCE
- 14. SONG
- 15. URGENT ABBR.
- 16. COURTROOM EVENT
- 17. FARM UNIT
- 18. AGREEMENT TO MARRY
- 20. EGG EXTERIOR
- 22. STARCHY VEGGIE (SL.)
- 23. KEANU REEVES ROLE
- 24. OFFICIAL STAMP
- 26. VANE DIR.
- 28. EXERT EXCESSIVELY
- 30. FABRIC
- 35. KNIGHT'S TITLE
- 36. ____ ENERGY
- 38. STALLONE ROLE
- 39. INLET
- 41. SHORT SKIRTS
- 43. SHADOWBOX
- 44. OBSERVANT
- 46. CINDY CRAWFORD, E.G.
- 48. CONSUMED
- 49. CAR COOLING DEVICE
- 51. TIDY UP
- 53. BEFORE, POETICALLY
- 54. PAINTER SALVADOR ____
- 55. CONTAINS
- 58. BROADWAY LIGHTS
- 62. EARNEST REQUESTS
- 65. SKIN TIGHTENER
- 68. MOVE SLOWLY
- 69. PAPER QUANTITIES
- 70. "KING ____"
- 71. RESOUND
- 72. BOG
- 73. UNEASY
- 74. NOT SHALLOW

DOWN

- 1. RR STOPS
- 2. PAINFUL CRY
- 3. AVAILABLE TO ANYONE
- 4. KITCHEN GADGET
- 5. HOLLYWOOD'S ____ WEST
- 6. AIN'T, CORRECTLY
- 7. NORSE TALE
- 8. SQUABBLE
- 9. STRICTER
- 10. BICEPS SITE
- 11. MORTGAGE
- 12. OF SOUND MIND
- 13. CHORUS VOICE
- 19. CHAP
- 21. YOUNG BOYS
- 25. HOVER
- 27. SIGNIFICANT TIMES
- 28. ACADEMY AWARD
- 29. STRING INSTRUMENT
- 30. STately HOME
- 31. LIKE THE SAHARA
- 32. RESTLESSNESS
- 33. DECREASE
- 34. ACTRESS SOPHIA ____
- 37. CHAUFFEURED CAR
- 40. ____ CANAL
- 42. EXPORT
- 45. CORROSION LAYER
- 47. BOUND
- 50. ADOLESCENT
- 52. UNITED
- 55. INJURE
- 56. NOT ASHORE
- 57. HEADLINER
- 59. GAWK
- 60. WANT
- 61. GLITCH
- 63. YEARN
- 64. BOUTIQUE
- 66. DEN AND STUDY (ABBR.)
- 67. STRIVE



ACROSS

- 1. OVER WITH
- 5. WORD WITH TAG OR DOUBLE
- 9. ENTERPRISE HEALER
- 14. BIOGRAPHICAL BEGINNING
- 15. NASTY BRUTE
- 16. ONE WAY TO LOOK
- 17. COAL CAR
- 18. ADMONISH
- 19. SCARCELY DETECTABLE AMOUNTS
- 20. PROCESS FOR DETERMINING AGE
- 23. "THE GLASS BEAD GAME" AUTHOR
- 24. DELHI DRESS
- 25. TAPE DECK BUTTON
- 28. SALVER
- 31. PLAYED FIRST
- 32. SANTA ____, CALIF.
- 33. VOLUMINOUS DO
- 36. EVE'S FOLLOWER
- 38. FASTER'S OPPOSITE?
- 40. RISKING ONE'S NECK
- 43. IT'S POUNDED FOR ATTENTION
- 44. ____ NOIRE
- 45. SOME ARE TOPS
- 46. SPOT IN THE MER
- 47. ASSAY SPECIMEN
- 49. ABATE
- 51. "C'____ LA VIE"
- 52. BIG BASINS
- 54. FOOTBALL VARIETY
- 58. VISUAL AID
- 61. WING IT
- 64. AMERICAN FOOD STAPLE
- 65. FISH ORGAN
- 66. BELIEF
- 67. LIKE THE GOBI
- 68. ARACHNID APPROPRIATE PREFIX
- 69. ENGLISH COUNTY
- 70. SHRIMPERS' NEEDS
- 71. SIMMER

DOWN

- 1. PUMPKIN'S PLACE
- 2. ENVELOPING QUALITIES
- 3. IS NOT SUPPORTING
- 4. OK CORRAL LOCALE
- 5. HAMLET'S COUSIN
- 6. "OH, MY!"
- 7. HANGING TAPESTRY
- 8. IMAGINARY STRING AROUND THE FINGER
- 9. CENTRAL THRUST
- 10. PIPE PROBLEM
- 11. OP ____ (FOOTNOTE ABBR.)
- 12. LAB EGGS
- 13. POSITIVE MESSAGE
- 21. ATOP, IN POESY
- 22. DANDER
- 25. TWO-TO-ONE, E.G.
- 26. PENTAGON WORRY
- 27. SOUTH BEACH DIET NO-NOS
- 29. LATIN 101 WORD
- 30. "NO SWEAT!"
- 33. MARBLE
- 34. FARM YOUNG'UNS
- 35. STURDY FASTENER
- 37. SHORT WAY
- 39. SIGNIFICANT OTHERS?
- 41. DASH CACHE
- 42. TEACHER'S ORG.
- 48. FIELDS ROLE
- 50. VERBALIZE
- 53. SOUND FROM ONE FAKING BOREDOM
- 55. PUBLIC DECREE
- 56. "CAPE FEAR" ACTOR
- 57. SHINING AS FROM WITHIN
- 58. PRO OR CON, E.G.
- 59. COARSE PARTICLES
- 60. WORD WITH SPLIT AND REAR
- 61. IMPECCABLE SERVICE
- 62. ER WORKERS
- 63. ARTICLE WRITTEN BY ROUSSEAU



The Uniter
is seeking
a staff
photographer

Are you interested in snapping pictures of a variety of subjects? Are portraits and concepts your passions? Is Instagram too restrictive? Come and take photos for *The Uniter*.

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