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Staff

Editor-in-Chief

Lily Hodgson
eic.thequill@gmail.com

Assistant Editor-in-Chief

Charles Adamu

General Manager

Elinor Murray
gm@thequill.ca

Web Content Coordinator

Michael Chiekiezie

Advertising

gm@thequill.ca

Contributors

Charles Adamu, Adeniyi Ayodele, Celia Boganes, Janine Campbell, Lily Hodgson, Alicia Maki, Chloe Winko

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The Quill
270 18th Street
Brandon University
Brandon, MB R7A 6A9
Office: 204-727-9667
Fax: 204-571-0029

OCTOBER PHOTO CONTESTS

By Lily Hodgson, Editor-in-Chief

Would you like to see your photo on the front page of The Quill?

The Quill will be hosting 2 photo contests throughout the month of October!

Winners will have their photos featured on the cover of an issue of The Quill!

The first contest is themed around capturing the beauty of fall. Photos for the first contest are due Friday, October 6th.

The second contest (for our Halloween issue) is spooky-themed! Photos for the second contest are due by Friday, October 20th.

Feel free to use these themes as creatively as possible. The staff at The Quill can't wait to see your submissions!

Participating students are welcome to email their photos to eic.thequill@gmail.com or dm them to [@buthequill](https://www.instagram.com/buthequill) on Instagram.

IT'S TIME TO VOTE!

By Lily Hodgson, Editor-in-Chief

If you haven't guessed from the colourful lawn signs and aggressive amounts of pamphlets in your mailbox... The 2023 Manitoba Provincial Election advance voting window is now open!

All Canadian citizens who are 18 years of age or older and have lived in Manitoba for more than 6 months are encouraged to exercise their right to vote in this election.

Election day is Tuesday, October 3rd - but, if possible, you should take advantage of the advance voting location right in BU! Advance voting runs from September 23rd-30th. We have our very own advance voting location in The Elephant Room (on the third floor of the KDC, right across from the Quill Office) is open for advance voters from 8:00 a.m. to 8:00 p.m. daily, noon to 6:00 p.m. on Sundays. Don't forget your ID!

Photo: Lily Hodgson



Here in Brandon, we have two electoral divisions - one for those who reside east of 18th Street, and one for those to the west. For more information about the candidates in your local division, visit electionsmanitoba.ca. To hear from the provincial candidates in their own words, I recommend watching the recorded September 21st provincial debate online.

Voting is incredibly important!

Students need to stop letting older generations make decisions for us, and make our voices heard! It only takes five or ten minutes out of your day to make your opinions count in a big way.

MENTAL HEALTH CORNER

By Janine Campbell, Junior Reporter

It is obvious that student life is often filled with academic pressures, social challenges, and personal growth.

Navigating these aspects of student life can take a toll on our mental health. To help students maintain a healthy balance between their academic and emotional well-being, here are some essential mental health tips tailored specifically for students.

Establish a Routine:

Create a daily schedule that includes time for classes, study, breaks, exercise, and relaxation. A structured routine can reduce stress and provide a sense of stability.

Practice Time Management:

For me, using tools like calendars and to-do lists to manage assignments, deadlines, and extracurricular activities works wonders. Effective time management reduces last-minute cramming and stress.

Prioritize Self-Care:

This is one of the most important tips to me. I allocate time for self-care activities such as reading, swimming, listening to music, or simply taking a leisurely walk. I also love going on solo dates as a form of self-care. Self-care rejuvenates the mind and reduces burnout.

Stay Physically Active:

Engage in regular physical activities to reduce stress and improve focus. Even short daily walks or runs can make a significant difference. You can utilize the Healthy Living Centre during your free periods.

Get Adequate Sleep:

Prioritize sleep by maintaining a consistent sleep schedule. Aim for 5-9 hours of quality sleep per night to enhance cognitive function and mood. I know that may be hard for most of you. But try your best!

Balance Social Life:

While academics are important, it is good to maintain a healthy social life. Spend time with friends, join clubs or organizations, and build a support network to combat feelings of isolation. There are many clubs at BU that you can join and meet new people.

Seek Academic Support:

Don't hesitate to ask for help if you're struggling academically. Reach out to professors, tutors, or academic advisors for guidance and support. Contacting Student Services if you feel like you need help, they are always willing to help.

Manage Stress:

Learn stress reduction techniques such as deep breathing, mindfulness, or progressive muscle relaxation. These practices can help you cope with academic pressures.

Avoid Overcommitting:

While extracurricular activities are valuable, avoid overloading your schedule. Balance your commitments to prevent burnout and maintain mental well-being.

Set Realistic Goals:

Set achievable academic and personal goals. Break them into smaller, manageable steps, and celebrate your achievements along the way. It's always good to celebrate your small and big wins.

Talk About Your Feelings:

If you're feeling overwhelmed or anxious, talk to friends, family, or a counsellor. Sharing your thoughts and feelings can provide relief and support.

Stay Organized:

Keep track of assignments, deadlines, and class materials. Organizational tools can reduce the stress associated with missed deadlines or forgotten tasks. Get a PLANNER!

Limit Screen Time:

Be mindful of excessive screen time, especially on social media. It can contribute to stress and distract you from your studies. Set boundaries for digital use. This is something I need to practice, I can definitely spend hours on TikTok. If you have an iPhone, you can set time limits on certain apps.

Connect with Campus Resources:

Most universities offer mental health services and counselling. Utilize these resources at Brandon University if you're struggling with your mental health or need someone to talk to.

Practice Self-Compassion:

Be kind to yourself, especially during challenging times. Recognize that it's okay to make mistakes and that self-compassion is an essential part of mental well-being!

Educate Yourself About Mental Health:

Learn about common mental health issues and the resources available on campus. Understanding mental health can reduce stigma and encourage seeking help when needed.

As a student, maintaining good mental health is essential for academic success and overall well-being. By incorporating these mental health tips into your daily life, you can navigate the challenges of student life more effectively, reduce stress, and build resilience. Remember that seeking support when you need it is a sign of strength, not weakness, and there are resources available to assist you in your mental health journey. Prioritize your mental well-being, and you'll be better equipped to thrive as a student.



Comic: Adeniyi Ayodele

Puzzle: Alicia Maki

Welcome to Fall



Find the following words in the puzzle. Words are hidden → ↓ and ↘ .

- | | | |
|---------|-----------|-----------|
| APPLE | FROST | PUMPKIN |
| CLASSES | HALLOWEEN | RAKE |
| COLDER | HARVEST | SCARLET |
| COZY | LEAVES | SEPTEMBER |
| CRISP | ORANGE | |

MY TOP TEN SITCOMS

By Charles Adamu, Assistant Editor-in-Chief

Tie your shoelaces, knot your ties, and maybe even mow your lawn, because today I'll be doing one of the hardest things I've ever done in my life. Like, I have seen the eye of the tornado and engaged in a staring contest with it, I have drunk lava because I was so thirsty, and I have beaten Barry Allen in a racing contest, but what I am about to do will go down as one of the hardest things I've ever done. Ladies and gentlemen, I am about to reveal my top 10 sitcoms. I know...I know...who is this guy? I'll tell you who I am. My name is Charles Adamu, and I am a lover of TV shows. I could try to explain to you how much I love TV shows, but I don't want this article to span an infinite amount of pages. If you name it, I've watched it, and if I haven't, I'll watch it!

TV shows have been a huge part of my life for the past five years, and although some people might say watching Netflix is a waste of time, I hold a different thought. I think that TV shows have actually taught me a lot of things, and have given me a lot of lessons that hadn't I watched those shows, experience would have taken the opportunity to be my teacher instead; and let's be honest, although experience is the best teacher, it doesn't usually let you go unscathed. Anyway, let's get back on track here. There are a ton of genres when it comes to TV shows, but today I will be taking time out to name my top ten TV shows in the world of sitcoms. You know how in every family, every parent has a favourite sibling but they just never ever admit who that is? And the hardest question to ask that parent would be, "Can you tell us who your favourite child is?"

Today, unfortunately, and painfully, I'll be admitting to myself and to you all which one of my many children I love the most. Today, I'll be dipping into my mind palace and picking those who are most loved by their parent. Today, I will be separating the "This was a good show," from the "Oh my God, who wrote this?" Now before I go on, I would like to apologize to future readers of this article concerning the possibility that your favourite sitcom might not feature here. I am sorry, and you should know that this is purely personal. I'm just being honest to myself and to you as well - so buckle your seat belts, wear your second sock, and turn off your headphones, because here I go!

(Cont. on next page)

10. *New Girl*

New Girl! This sitcom, like a lot of sitcoms, centres around the lives of a couple of characters finding their way through life. The series stars actress and singer Zooey Deschanel as Jessica Day (my favourite character in the series), an awkward and loving lady in her early twenties looking for a new place to live right after she finds out that her longtime boyfriend is cheating on her. Somehow, she meets three single guys who share an apartment and are looking for a fourth roommate. The three guys: ridiculous Nick Miller (Jake Johnson), Schmidt (Max Greenfield), who thinks himself a womanizer, and athletic Winston Bishop (Lamorne Morris). And together, alongside the beautiful model Cece (Hannah Simone) who is Jessica Day's best friend, they navigate the ups and downs of life and love. Now in my experience, a lot of sitcoms don't have a good ending. And by good, I don't mean roses, smiles, and unicorns, I mean a well-written ending. *New Girl* accomplishes that. Somehow, they found a pretty suitable ending and I was really pleased by this. Now I am not basing the series making my top ten on just a good ending, but if you've seen a lot of TV shows like I have, you'd know that a well-written ending on TV is a rarity. Also, the characters in my opinion are really well-developed and the character Jessica Day always made my day.

9. *One Day At A Time*

My hats off to this series. Truth be told, I stumbled upon *One Day At A Time*. I was bored, I had nothing to watch and I was in the mood for laughs. I popped open my Netflix, scrolled through a couple of comedies, and for some reason, clicked on *One Day At A Time*. I couldn't click pause till the fourth episode, because I just could not believe that I had not watched it yet. I just couldn't believe it! It shows three generations of the same Cuban-American family living in the same house: a newly divorced former military mother, her teenaged daughter and son, and her old-school mother. Now here is the thing: with not so many scenes, not too many characters, and very thin popularity, *One Day at a Time* manages to tackle a whole lot of societal issues. These issues include addiction, sexism, self-identity, racism, immigration, drugs, sexuality, etc. So many issues were mentioned, yet somehow within the sensitivity of these issues, they still managed to make it incredibly funny. *One Day At A Time* is definitely an incredible watch and if you haven't seen it, you should!

8. *Modern Family*

Incredibly enough, I just watched *Modern Family*. The thing is, I didn't have Disney Plus and I didn't want to go to jail for using illegal sites so I lured my roommate into getting Disney Plus and somehow got him to give me a profile. I got into the humour of *Modern Family* right away! What do I love most about the show? The concept! The story is told from the perspective of an unseen documentary filmmaker. The series offers an honest, often hilarious perspective of family life. Parents Phil and Claire yearn for an honest, open relationship with their three kids. But a daughter who is trying to grow up too fast, another who is way too smart for her own good, and a sometimes smart and sometimes not-so-smart young son make it challenging. Claire's dad, Jay, and his Latina wife, Gloria, are raising two sons together, but people sometimes believe Jay to be Gloria's father. Jay's gay son, Mitchell, and his partner, Cameron, have adopted a little Asian girl, completing one big -- straight, gay, multicultural, traditional -- happy family. *Modern Family* is a great way to pass the time and have good laughs. Some of their jokes were a bit intense, getting a tad close to boundaries of things like racism but in my opinion, they do not cross the line. Anyway, a lot of you have probably already seen *Modern Family* - if you haven't, why haven't you?



Image Courtesy of Eric McLean on Unsplash

7. *Black-ish*

Black-ish is probably one of the first five sitcoms I ever watched. The show follows an upper-class Black family being led by Andre Johnson (Anthony Anderson) and his wife, Bow Johnson (Tracee Ellis Ross).

In summary, the show reveals the struggle a Black family undergoes in trying to gain and maintain a sense of cultural identity while living in a predominantly white neighbourhood. I will say that *Black-ish* is the type of show you watch during an academic session. You know all those times when there are just so many tests and assignments coming up and you just feel so exhausted? Put on an episode of *Black-ish*, and I bet you that you'll be revived. Or maybe as a worker, your boss gave you a hard time at the office and you just feel like your tolerance has been over-tested? Put on an episode of *Black-ish* and watch how Andre Johnson's pettiness makes you forget about your boss.

6. *The Office*

Speaking of offices, the sixth position on my list goes to *The Office*. *The Office* is an incredible show. I'll let you in on a secret: it took me trying to watch the show five times before I finally got into the humour. If you are a *The Office* fan, then you know it's not like every sitcom; the humour is dark and unique, and it takes a keen sense of being able to tap into the humour to be able to actually enjoy the show. I'll be honest, the first season was not too impressive but in the second season, I felt like they really got the ball rolling. The relationship and tension between Jim Halpert and Pam got me hooked. I just needed to know! Will they end up together or not?! And I was learning some steps on how to flirt with a receptionist. I mean, who knows? Also, I didn't really like Michael Scott at first but I think he grows on you. You begin to see that he's not totally a bad person. All in all, *The Office* is a show that I really would not have forgiven myself if I didn't get to watch. Now I know I can't ask each and every one of you reading this to try to watch it five times, but give it a chance and I bet you that you'll love it in the end. Most importantly, if you want to watch a show and go, "What the?!" multiple times, then *The Office* is the way to go.

Okay...okay...okay, I know I promised that I'll reveal my top ten today, but I wasn't entirely sincere. Today I'll only be revealing to you my 10th-5th favourites, and I'll be saving "The Big Five" for my next article. It's hard, you know? I just told some of my children that they are not amongst my "Big Five"! I feel like I need some time to recover and redevelop the strength to rank my children once more. And with that said, I can (because I love writing), and cannot (because I hate ranking my kids) wait to reveal to you all the "Big Five" next week!

DECADES SOCIAL - A NIGHT TO REMEMBER

By Janine Campbell, Junior Reporter

Held on September 15th from 8:00 p.m. to 1:00 a.m., the BUSU Decades Social was a night of fun and excitement. From good music to major wins, it was a night of pulsating energy as everyone gathered together to celebrate the new school year and got to know each other as we laughed and (maybe) drank together.

Bailey's was transformed into a disco-like scenery, with vibrant colours, diverse music and a group of students that love to dance. I had the privilege of attending an incredibly fun and memorable party. This event was a fantastic example of how people can come together to celebrate, have fun, and create lasting memories. It showcased the importance of social gatherings and the positive impact they can have on our lives. The event allowed for connections and conversations between individuals from various backgrounds.

A lively DJ set the stage for a dance floor that was always bustling with energy. People of all ages showed off their dance moves, creating a vibrant and festive atmosphere. The catering from Bailey's was exceptional,

featuring a variety of mouthwatering dishes, including pizza, finger foods, and so much more. Everyone savoured the tasty treats throughout the evening.

As the evening unfolded, memorable moments were created and cherished by all attendees. Laughter filled the air as 'strangers' enjoyed each other's company. People mingled, danced, and celebrated together, fostering a sense of togetherness and unity.

In other news, I won a prize at the social. Not sure what I won but hey, my name was called and I got a basket of knives lol.

In my opinion, this fun party was a testament to the power of celebration and the importance of spending quality time with friends. It served as a reminder that amidst our busy lives, we should make time for joy and connection. The party was an overwhelming success, leaving everyone with a sense of happiness and gratitude!



Photo: Chloe Winko



Photo: BUSU



Photo: Janine Campbell

JAM NIGHTS

By Celia Boganes, Junior Reporter

Jam Nights are fun jazz events that take place at Section 6 on Princess and 12th. Many talented students from the BU music program attend and play for a fun night of music and conversation. They are hosted every Wednesday at 7pm. I would recommend going with friends and even participating, if you play an instrument yourself. It's a good, and free, night of fun. Plus, along with drinks, you can also order select menu items from The Dock On Princess and they will bring it across the street to you once the order is ready! For more information, check out the @bujazzstudents account on Instagram.

NEW MUSIC FAVOURITES

By Celia Boganes, Junior Reporter

So many artists have been releasing new music recently, but I would like to highlight two recent releases I have been enjoying lately.

First of all, we have Daffo's "Poor Madeline", which immediately became one of my favourites. It has a simple, yet interesting guitar melody accompanied by raw vocals. Daffo, otherwise known as Gabi Gamberg, sings of experiencing irritation with the simplicities of life. Stubbing your toe on the bed, watching laundry pile up in the corner, etc. They do an excellent job of bringing the story of Madeline to life and describing the sadness that overtakes us as the seasons change. I'm sure many of us can relate as school starts again and the stress of assignments, quizzes, and exams begins to accumulate.

The second is "Hex" by White China, a relatively upbeat song with such an interesting instrumental behind the vocals. It has a very experimental feeling to it. The use of synth and panning throughout the song create a unique impression and keep the song from feeling repetitive despite its 5-minute playtime.

Fall Career Day

Wednesday, October 4, 2023

10:00 am - 2:30 pm

Mingling Area,
Knowles Douglas Building

Employers will be actively recruiting for a variety of positions.

Come by to find out about employers and look for your next position!

For more information contact BU Career Planning and Placement at 727-9651 or pople@brandonu.ca or visit our website at <https://www.brandonu.ca/careerplanning/>

Left Poster: Brandon University Career Planning and Placement

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