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Wakeen Kuda performed an original song, and an encore, as part of IDays on March 15.
Photo Deiveek Agarwal

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Omega
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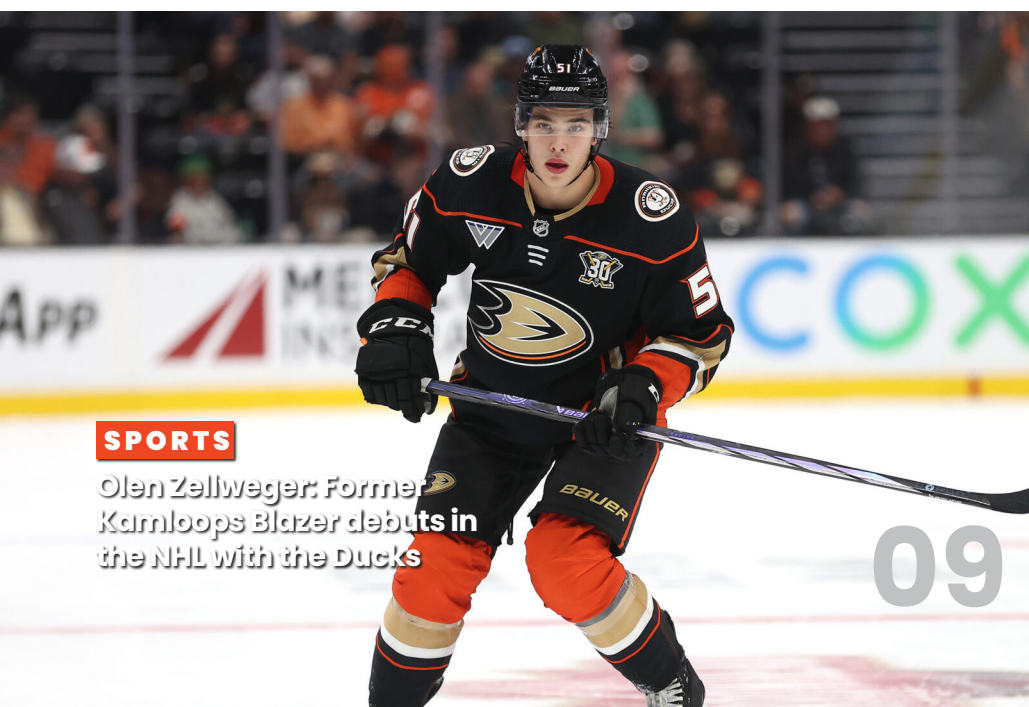
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Finding gratitude along the *Crossroads* of grief and guilt

Kaleb Dahlgren, a Humboldt Broncos crash survivor, was the guest speaker at the first WolfPack Evening of Champions

AIBIIKE ALYMOVA SPORTS EDITOR

Kaleb Dahlgren has been a fighter his whole life, from dealing with type one diabetes to being one of the survivors of the Humboldt Broncos tragic accident in 2018. Dahlgren decided to tell the entire world about his battles in his book *Crossroads*, which he presented at the first “Evening of Champions” at TRU.

April 6, 2018, was the day that changed everything for the Humboldt Broncos. Sixteen people were killed, and 13 others were injured after the junior hockey team’s bus struck a semi-truck at a Saskatchewan intersection. It changed Dahlgren’s life forever. He lost his best friend, who was just sitting a row behind him. He lost his teammate, who was sitting next to him. He lost people who were his friends, his teammates and his brothers.

Following the accident, Dahlgren had one question: “How do I live with the survivors’ guilt?”

“The reverse roles was really big for me,” Dahlgren said. “If I was gone and they were in my shoes, how would I want them to live their [lives]? I’d want the person to have the best life they possibly could: Make the most of their memories, [...] have fun, live life to the fullest, be safe [and] live big. I ought to do it myself now. I ought to do that for the others.”

Brody Hinz was one of the victims aboard the bus whom Dahlgren has been able to honour.

“Brody was our statistician; he loved stats. I got the opportunity to go to an



Guest speaker Kaleb Dahlgren speaking at the TRU Evening of Champions.

NHL stats room, but I had an exam the next day. So I thought I [shouldn’t go], but then I thought [to myself], ‘What would Brody do?’ I did it for Brody.”

Reflecting on the November 2023 accident that claimed the life of WolfPack member Owyn McInnis, Dahlgren wanted to share a special message with the TRU students who might still be grieving.

“One of the big things is to focus on the things that you can control; to live with gratitude,” Dahlgren said. “To get one step better. It doesn’t need to be a ‘flip of the switch and they’re better.’ It takes time and understanding. I find that holding onto that grief, or holding it in, hurts. It doesn’t help in the long run.”

“At the end of the day, you have to learn from it, accept it and forgive. Then move forward, living your life to the fullest for those who aren’t here.”

Dahlgren was the guest speaker for the “Evening of Champions,” a first-of-its-kind fundraiser for TRU Wolfpack. The event focused on raising funds for athlete scholarships. Following the fatal car accident involving MVB players, the university started raising awareness about athlete funding and mental health. The event featured Dahlgren’s book, “Crossroad.”

“The reason why I wrote this book was to help other people,” Dahlgren said. “I found the process to be chaotic. [Writing the book] was challenging. It

was my first time really venturing out of my comfort zone. Typically, I wasn’t much of a reader before. So, I wanted to write a book that really resonates with people and truly connects to them on different levels. I thought that it would be good to create a positive impact on the world.”

As a person with type one diabetes, Dahlgren often volunteers for various related causes, including his diabetes advocacy program, “Dahlgren’s Diabeauties.”

“[After the accident], I was doing a lot of volunteering work. I thought that could be one of the ways of having a positive impact. I want to change the world and have [an] opportunity to write a story, and that begins with me.”

Before the world could see the book, he refused publishers multiple times.

“I was told that I should write a book,” Dahlgren said. “I replied: ‘I’m a student with a brain injury. That’s not going to happen.’ Then, a publisher reached out, asking if I was interested in writing a book. I turned them down.”

Despite initially turning down the publishers, Dahlgren decided to “take a night” to consider the offers. Eventually, he changed his mind, and the book was published in 2021.

According to Dahlgren, the most challenging part of writing the book came near the end, when he devoted a chapter to paying tribute to the team members and friends who were lost on the day of the crash.

International students will see tuition rise by 5%, with domestic tuition up 2%

President Brett Fairbairn said the increase 'has been planned for some time'

EAGLE ANDERSEN NEWS EDITOR

Following a vote during their Feb. 23 meeting, the Board of Governors approved a motion to increase international student tuition by five per cent. This decision came despite continued opposition from TRU's students' union, which called for the university to cap the increase at two per cent.

"We are disappointed by this decision because we believe the Board of Governors could have chosen differently to better support our international student community," TRUSU President Jannat Bhullar said. "The union believes that the domestic student fees increase should align with the international student fees increase."

Domestic students saw an increase of two per cent — the maximum the British Columbia provincial government allowed.

TRU President Brett Fairbairn addressed this during the Feb. 26 Senate meeting.

"We set international fees according to a basket of factors we analyze, which include cost escalations [and] comparability with other institutions in BC," Fairbairn said. "The Board of Governors approved on [Feb. 23] a five per cent increase [in international student fees], as has

been planned for some time."

In a post on the student union website, TRUSU International students' representative Anika Joyner, echoed Bhullar's disappointment.

"It's disappointing to see the results of this decision, particularly because TRU decided to increase fees by five per cent rather than the inflation rate for 2023, which was published at 3.9%," Joyner said.

Bhullar, also an international student, said that this decision has been causing concern among some international students.

International students, being a vulnerable group, are impacted by inflation too. So a five per cent [increase] was a difficult amount for the students to cope with,"

Jannat Bhullar

TRU is working on a new framework that would standardize future fee increases.

"TRU continues to work towards introducing our guaranteed fee model," Fairbairn said on the framework during the senate meeting. "[It] would involve guaranteeing for each incoming international student a rate of fees that



ROBERT MCALASTER/THE OMEGA

Harsh Patel, an international student earning a post baccalaureate diploma in mathematics and economics, poses for the Omega outside of Old Main.

would remain unchanged over the four or five years that they would be at TRU."

Fairbairn said that the aim of this is to reduce uncertainty for affected students. Bhullar assured the Omega that TRUSU would continue to advocate for lower increases in the meantime.

"Until and if that model is presented, we are trying to [prevent] an unreasonable increase in international tuition fees," Bhullar said.

TRU's decision follows

a federal government announcement in January to cap international student permits. According to that announcement, permits issued nationally are expected to decrease by 35 per cent in 2024 compared to 2023.

TRU's 2022-23 factbook said that 6,678 (24 per cent) of its 27,632 students are international. Until a guaranteed fee model is introduced, all currently enrolled international students may feel the effects of this increase.

TRU addresses city council on overpass

EAGLE ANDERSEN NEWS EDITOR

If you build it, they will cross — safely. East Village residents' days tempting fate while crossing Summit Drive may soon end thanks to a proposed overpass. Its location remains unclear, however, following statements from a TRU delegation at Kamloops City Council on Tuesday.

Brett Fairbairn, TRU president and vice-chancellor, led the delegation asking the city to give the university more time to determine a site for a pedestrian overpass. TRU is conducting an ongoing third-party study to assess the best location, which will conclude in April.

"The McGill-Summit intersection is the third-worst in Kamloops for crashes... The proposed multi-use overpass will separate pedestrians and cyclists from vehicle traffic, helping to safeguard all users — but that safety promise becomes real if this structure is actually used," Fairbairn said during the council meeting. "If we build it in the wrong location, it will greatly reduce the safety impact."

Kamloops and TRU previously agreed that the city

would fund half of a \$10 million project. However, the council wants the project location to be confirmed, and they were unaware of TRU's ongoing study as they feel extensive research has already occurred.

Studies were conducted in 2012 and 2022, but Fairbairn said this final study is necessary to ensure the overpass will be constructed in the best location given the physical changes the campus has undergone in recent years.

"We are concerned that the 2012 study is outdated as it preceded the development of hundreds of units of housing on both sides of Summit Drive," Fairbairn said. "The 2022 study did not take a fresh look at location, but instead relied on the 2012 location analysis."

Fairbairn said that this ongoing study would not impact the construction timeline, which is tentatively set for 2025.

The alternate location this study may favour would be farther south, placing it closer to the intersection, though Fairbairn wants to wait for the findings before deciding.

"If it were shown that a location more distant from



This rendering, provided by the City of Kamloops, shows how the proposed overpass would cross Summit Drive.

the intersection would still considerably relieve that intersection, then we would be willing to go with that northern location," Fairbairn said.

Council was unaware of the new study until recently and sent a letter to TRU asking for an explanation before March 1, prompting Fairbairn's appearance on Tuesday.

Councilor Katie Neustaeter said during the meeting that although she values the relationship with TRU, she hopes they will have better communication in the future.

"I think it's a high priority for us... that the location does not

move substantially as we look at serving a hundred thousand people and [are] growing en masse," Neustaeter said.

Kamloops City Council voted to send another letter to TRU to thank them for the delegation and request collaboration on this study going forward. Results of the study are expected by the end of April, but Fairbairn says the university's priorities remain clear.

"TRU's number one concern is the safety of all city residents. Let's make the right decision. We don't get to change our mind after an infrastructure asset is constructed," Fairbairn said.



DeDe DeRose appointed new TRU Chancellor

ROBERT MCALASTER EDITOR-IN-CHIEF

At the beginning of March, Thompson Rivers University officially welcomed longtime Indigenous education advocate DeDe DeRose TRU's newest chancellor.

DeRose — a member of the Es'ketemc First Nation in Williams Lake — graduated in 1981 from the Native Indian Teacher's Education Program (NITEP) before earning a Diploma in Education in 1990 and a Master of Education (MEd) from UBC in 1993.

After earning her master's

degree, DeRose enjoyed a long career in education. She started as a teacher in the Cariboo Chilcotin District and then transitioned into administration as a school principal in the Kamloops-Thompson District.

Throughout her career, DeRose has repeatedly been recognized for her work in Indigenous education. Among her many professional accolades, DeRose was named the inaugural winner of the Teacher Educator Award

from the Association of BC Deans of Education in 2005. Then, in 2012, the BC Ministry of Education appointed her as the first-ever Superintendent of Aboriginal Achievement.

In a statement from the university, Brett Fairbairn, TRU president and vice-chancellor, offered praise for the incoming chancellor, saying that "her dedication to Indigenous education and her efforts to promote intercultural understanding" made DeRose the embodiment

of TRU's core values.

The statement explains that as chancellor, DeRose's responsibilities will include presiding over convocation ceremonies and serving as a member of the university board of governors and senate.

DeRose, who is only the fourth chancellor in university history, will formally be installed in a ceremony later this spring. She succeeds Nathan Matthew, whose term has now concluded.



Astronaut Roberta Bondar presents her talk *Perspective Shift: Moving Beyond the Familiar to Reach for the Extraordinary* at the TRUSU Common Voices lecture series.

Star Treking with astronaut Roberta Bondar

CALVIN BORGHARDT STAFF WRITER

Dr. Roberta Bondar shifted perspectives beyond the familiar when she spoke at a TRUSU Common Voices guest lecture on Feb. 29. Bondar was Canada's first female astronaut and the first neurologist in space. She was also named to the Order of Canada, among other accomplishments.

Her talk, *Perspective Shift: Moving Beyond the Familiar to Reach for the Extraordinary*, explored a combination of connections between disciplines. Bondar began by advocating for the integration of art and science, favouring STEAM (Science, Technology, Engineering, Arts and Mathematics) instead of STEM.

She asked the audience to consider, "Who could I be?" Bondar proceeded

to outline a process for pursuing goals based on their answer. Ambition begins with inspiration and aspiration. Those sparks guide our plans and strategies. Execution and revision, the final stages of this process, are equally important.

Bondar's lecture mirrored her lived experience. She outlined her development, from her early interest in flight, her response to Rachel Carson's environmental classic *Silent Spring* and her membership in her secondary school's Science Club, through her studies of zoology, pathology and neurobiology, to her training as an honours student in professional nature photography.

She dedicated three years to photographing all of Canada's national parks, which were published in a book

titled *Passionate Vision: Discovering Canada's National Parks*. Bondar displayed several of these pictures as she stressed the value of engaging with nature through the art of photography, saying that she hopes they provide compelling reasons to pay attention to fragile organisms.

As her lecture approached its conclusion, Bondar introduced the culmination of her curiosities: the Roberta Bondar Foundation, an organization committed to building and maintaining the relationship between humans and nature. Two of the foundation's key initiatives are the AMASS (Avian Migration Aerial, Surface, Space) research project, also known as Space for Birds, and the Bondar Challenge.

Avian migration,

Bondar's passion for flight, and her views of Earth, both extraterrestrial and terrestrial, inspired her to create AMASS. The project combines surface, aerial and space photographs to offer a layered perspective on the global scale of bird movements and highlight the necessity of habitat protection.

The Bondar Challenge encourages participants to use the universal tool of the camera to capture images related to biodiversity, challenging them to communicate their understanding of our environment through creative expression, blending art with science and science with art.

Bondar is a polymath. She obtained her Bachelor of Science in zoology and agriculture, a Master of Science in

experimental pathology, a doctorate in neurobiology, and a Doctorate in Medicine. She was also admitted as a Fellow of the Royal College of Physicians and Surgeons of Canada in neurology. Additionally, Bondar holds certifications in scuba diving and parachuting. Furthermore, she is an acclaimed professional nature and landscape photographer.

Bondar ended her lecture with a Q&A, which she humorously called "stump the chump." The questions ranged from "Was Star Trek one of your inspirations?" (It wasn't) to "What was life like in space?" (which prompted Bondar to elucidate her experience of zero gravity). She closed the Q&A by affirming that volunteering is vital to a vibrant society.

New TRUSU building in very early planning stages

EAGLE ANDERSEN NEWS EDITOR

TRU's Students' Union (TRUSU) is in the early stages of securing a plot for a new building on campus as part of amendments to the campus master plan. Even though it would be some time before anything became official, a senior representative from the union was agreeable to discussing ideas about what a new building could accomplish.

The proposal for a new building was mentioned during TRUSU's annual general meeting on Jan. 22, a meeting which saw an increased student turnout compared to prior years.

TRUSU Executive Director Nathan Lane told the Omega that although there are no immediate plans to build a new student union building, they are taking measures to ensure they may be able to do so in the future.

"TRU is currently in the process of developing its long-term master plan. So we've approached TRU to try and secure a memorandum of understanding which [would] essentially set aside a parcel of land on which a future student union building could be built," Lane said.

The master plan acts as a guiding document for the future development of the campus. According to Lane, it has been nearly a decade since TRU released the most recent master plan, so the university is currently updating it.

Lane said he hopes to complete the memorandum of understanding by the end of this academic year to ensure TRUSU will have a suitable physical home long-term. However, he added that a new building will probably not be required



ROBERT MCALASTER/THE OMEGA

Students enjoying the lounge outside of Common Grounds at the TRU Students Union.

// It's likely at some point the student union will expand its facilities. We're talking 20 years into the future, //

Nathan Lane
TRUSU executive director

within the next decade.

The union resides in the Campus Activity Centre (CAC), occupying an addition constructed in 2001. This iteration is lacking some features that Lane said could be beneficial for students.

"We're doing the best we can to use the facilities that we have, and I think that our existing space is succeeding,"

Lane said on how the CAC currently serves TRUSU. "There [are] a whole series of opportunities [for] spaces that could be considered in a new development."

Specifically, Lane noted the need for more usable outdoor space and a large indoor event space that caters to clubs and campus groups in the current building.

Since this potential project is in its earliest stages, no exact location is being considered. Though Lane said the union would have some general aspirations in mind.

"Our goal is to try to secure a location that will be at [the] full build-out of TRU, closer to the center,"

Lane said. "The further away from the center of the developed campus, the more limitations it puts on you for programs and other things."

Due to its early stage, a source of funding for the project has yet to be considered.

"It varies widely across the province," Lane said of how a student union building would be financed. "There's lots of different models for how a building might be funded. We have not started any of those conversations yet."

Ultimately, Lane affirmed that the first step is agreeing to a memorandum of understanding with TRU, which TRUSU hopes to accomplish later this year.

From dancer to athletic therapist:

Meet the Blazers' Rebecca Kuresh

ELLEN KAZEMBE CONTRIBUTOR

In the sports arena, success is often accompanied by an account of perseverance and recovery. The role of the athletic therapist arises as one who assists in that process. Rebecca Kuresh's story is about the emergence of a young dancer who, sidelined by injuries, rose to become a compassionate athletic therapist dedicated to empowering athletes through their recovery process after injuries.

"I kind of took the long way around," Kuresh said, reflecting on her journey to Athletic Therapy. Kuresh started her journey during her undergraduate years at the University of British Columbia, where she studied Kinesiology. This was followed by two consecutive years of Athletic Therapy at Mount Royal

University. Her motivations for her studies were beyond scholarly pursuits and were firmly rooted in a deeply personal account.

"I think having that perspective on being a high-level athlete and being injured, not always knowing what was wrong with me, kind of inspired me to want to help athletes in similar situations."

"I was a dancer growing up, and I was always injured. It kind of ended my dancing career," Kuresh told the Omega.

For Kuresh, experiencing the loss of her career ignited her profound compassion for other athletes circumnavigating similar complex injuries she had previously encountered.

Fondly drawing on inspiration from her father as her role model, Kuresh added that her own worldview was shaped by his logical approach to different situations and his love for sports. In the past, Kuresh worked with the Drumheller Dragons and Canmore Eagles. Today, her role revolves around assisting athletes with injury assessment, emergency response and rehabilitation for the Kamloops Blazers.

Kuresh's approach goes beyond physical assistance; it also includes assessing mental readiness to get back on the ice after an injury.

"If they are constantly thinking about the injury on ice and they are worried about getting hurt again, then that's a reason that I would hold someone back," Kuresh said. She encourages athletes to prepare well, sleep well, hydrate, warm up properly and take accountability for their own bodies in order to keep on going.

As an athletic therapist, Kuresh finds fulfillment in the success stories she has seen and contributed to, including but not limited to athletes getting scholarships for university, empowering others to recover from setbacks due to injuries, and athletes being "drafted to the NHL."

Of all the stories she could tell, Kuresh told the Omega that one about a hockey player "who was injured right at the end of his season and needed surgery" stood out the most. As a result of Kuresh's rehabilitation efforts, not only was the athlete able to fully recover and resume their sporting career, but he also earned a scholarship to study in the United States. Being able to contribute to the transformative process from being injured to reaching new heights in sports demonstrates Kuresh's profound work in assisting athletes to the next level of their journey.



International students take their shot at live hockey

LIFEI LIU-CALVER CONTRIBUTOR

TRU welcomes many students worldwide, from India to Korea and the Netherlands to Mexico. Perhaps one of the more intensive programs for international students is offered by the International Training Centre (ITC), where participants come from around the world to learn about Canadian culture in two—or four-week sessions.

Of course, one cannot learn about Canadian culture without indulging in our national winter sport — hockey.

On March 1, three students who attended a hockey game hosted by the Kamloops

Blazers welcomed an interview to talk about their experience watching it for the first time.

Alvaro Maguiña, a student from Lima, Peru, had seen a few games on television before visiting Canada. Speaking to the Omega, Maguiña expressed how excited he was about his first live hockey game, noting how different the sport was compared to what he would watch back home.

"The game was an interesting experience. In Peru, we only have soccer and basketball," Maguiña said. "The mechanics of the team and the way they play

is the opposite in Peru."

Ayaka Imanishi and Sera Ito from Kyoto, Japan, had also never been to Canada before. Like Peru, Japan is not known for hockey. While it does have a hockey team, the country focuses more on ping-pong, tennis, or soccer.

"We have never seen a hockey game," Imanishi said. "We were so excited."

Collectively, Imanishi and Ito also struggled to pick their favourite part of the game itself before ultimately deciding that it was the energy from the crowd and how it responded to the drama on the ice.

"When the audience 'wooded,' it was very

exciting," Ito said, referring to the crowd's reactions.

The whole audience stood up and cheered."

"Even when they fought too," Imanishi added.

According to Imanishi and Ito, other memorable moments of the night included seeing Digger, the Blazers mascot, and seeing shots of the crowd on the monitors suspended above the rink, even if they didn't make it on camera.

Clearly, for Imanishi, Ito and Maguiña, it was a great night as each expressed what an amazing time they had, suggesting that they would jump at the chance to enjoy another game in the future.



SEAN M. HAFLEY/GETTY IMAGES

Olen Zellweger: Former Blazer makes NHL debut as *A MIGHTY DUCK*

AIBIIKE ALYMOVA SPORTS EDITOR

Olen Zellweger, the CHL's Defenceman of the Year, recently made his NHL debut. In 2023, Zellweger was part of the big trade that the Kamloops Blazers made with the Everett Silvertips.

Zellweger started his hockey journey in Calgary, Alberta. Being influenced by his siblings, he started playing from a young age.

"It just ran in the family. My siblings played hockey. I grew up next to a lake, and we would play hockey [every] winter." Zellweger told the Omega.

In 2018, at 15 years old, Zellweger was drafted by the Everett Silvertips, making his debut with the team at the beginning of the 2019-2020 regular season. Overall, Zellweger played 148 games for the Silvertips, scoring 28 goals and 103

assists. During his tenure with the team, Zellweger earned his big break when he was drafted 34th overall in the NHL Entry Draft by the Anaheim Ducks.

Still, Zellweger had to pay his junior league dues before getting a shot at the pro level. Near the end of his final WHL season, Zellweger was traded from Everett to the Kamloops Blazers. Although he would enjoy a relatively short stint with the team – only 32 games in total – Zellweger would amass 22 goals and earn 30 assists.

"It was an easy process of adapting to Kamloops. They were welcoming to me. We had a good team and coaching staff, so it made it easier for me to transition over."

Blazers management added the star defenceman to bolster their roster

for the 2023 Memorial Cup tournament, which they hadn't hosted or participated in since 1995. Although the Blazers were the first team to drop out of the tournament, Zellweger was named the team's MVP.

"The overall experience was really good. It's an amazing event to be a part of. I'm still a little disappointed with how it all went down."

Following his time in Kamloops, Zellweger turned 20 years old and his junior career had ended. Now, he was ready for the pros.

The dynamic defenseman kicked off the 2023-24 season with the Anaheim Ducks's AHL affiliate team, the San Diego Gulls.

"It's a big step [transitioning from junior to pro], but I don't think it's been a huge change.

There's a difference. Different calibre players here, definitely more skill and strong players."

Zellweger represented San Diego at the 2024 AHL All-Star games.

"It was awesome. It's a lot of fun to be in an event like that. You get to meet a lot of new people, a lot of new players that you've never met around the league. Overall it was a great experience for me."

On Jan. 23, he had his official NHL debut against the Buffalo Sabers. Anaheim won 4-2 and Zellweger got a point for an assist.

"It was amazing. I had some family there to watch me. That [was] a dream ... to play in the NHL and my first game this year is pretty special. The game felt pretty good, the team played well and it was good to get a win."

ARTIST CHAT

with TRU international student adviser Marianna Abutalipova

AUGUSTUS HOLMAN ARTS EDITOR



"Precious" by Marianna Abutalipova

The reasons that artists make art differ for each individual, and through this ongoing series, we want to explore them all. The Omega is interested in talking to diverse local artists at TRU and across Kamloops to discuss the complexities of art, why people make art and how it affects the artist and the viewer.

For many artists, the ways in which they discover inspiration can be as diverse, unique and different as the works they create. Marianna Abutalipova, an international student advisor at TRU, uses her experiences with dancing and travel to create colourful paintings and collages. Her paintings are often inspired by women, dancers and vibrant flowers. Abutalipova's childhood and personal experiences have played a large role in forming the shapes, textures and colours she uses in her art.

For most of her life, Abutalipova would be what she considers "a traveller." Her journey as an artist developed through her experiences with various cultures, but it started in Uzbekistan, where she was born.

"When I was little, my relative — sister of my grandfather — was from Kazakhstan. She was the first female art journalist in Kazakhstan and so she had many books of artists and she gave many to us. I think when I was little, I started looking at the books, and somehow, before I knew [it], I was drawing. I still

remember the first book that was my inspiration; it was [by] Nadya Ruscheva. She's a Russian artist ... she died when she was very young, I think at 16 or 17," Abutalipova said. "She was drawing a lot from Greek mythology but also from some authors, writers, lots of dancers, ballerinas. I have this book now at home, but this was kind of my [first] inspiration."

The flow and form of dance inspire Abutalipova's works. She said she takes the most inspiration from belly dancing, ballet, and her previous history as a rhythmic dancer. Abutalipova simultaneously practiced visual arts and dancing in her youth and believes that the reason she frequently paints women dancing is that she was surrounded by both forms of art while growing up.

In her paintings, Abutalipova enjoys creating images of women, flowers and the art of dance. Abutalipova says that she sees so much beauty in dancing and the graceful form of all women.

"Women's bodies, they're like flowers," Abutalipova said. "It doesn't matter what shape the woman has; there is something in it that fascinates me... I would compare [women] to flowers. There are so many different flowers, and every flower is beautiful. They have times when they are more beautiful than during other times. Sometimes, they open up; sometimes, they are closed. They have different colours... I think it's

the same with women. All women are beautiful. I can see it in all of them, and that's what I like to capture."

Painting in neutrals is something Abutalipova has struggled with. She has found that painting with bright colours is more representative of the image she aims to create and the feelings she wants to evoke in viewers.

"Sometimes I'm a little afraid when people look at my art, they [may] feel like there is a lot of everything going on. It might be overwhelming, but some people say that's what they like about it, the combination of the colours, it's so vibrant. Somebody [once] told me, 'Marianna always paints, [she] always motivates people,'" Abutalipova said. "I guess I like to make people happy and to inspire them so when they look at something, they feel good, it makes them feel happy. I think that is what I like to represent [in] my art."

Abutalipova has found inspiration in BC after moving here in 2008. The landscapes of Kamloops and the students she meets as an International Student Advisor here at TRU inspire her to paint and get creative. She believes BC is her forever home and will continue to be inspired by the surrounding nature and people.

If you are a local artist and would like to talk about the arts and your work, please contact the Omega's Arts Editor, Augustus Holman, by email at auggietaylor6284@gmail.com or by phone at 250-351-9676.

Poet's CORNER

Bright Essence

Witness weakness
Plague holy cities fallen,
Dens of darkness visible,
Vain pursuits & empty profits.

Charged & chained in chartered streets,
All-consuming fire marks each life
For death, though none live to die;
Few find their pneuma numinous.

Psyche, spilled on the spelling wall,
Calls: "Bright Essence uncreated,
Unveil Creation,
Reveal Eternity;

My Inward Light;
Thy Holy Ghost."

Lust Cities Feverish

Board the lowest ledges
Toward grandiose legends
Of star signs by divines
Or blessings heaven-sent,

Not heard nor held in hands
Who wonder & wander
Lust cities feverish,
Where all flesh is a flash

For a tone in hive chimes;
These numbers mean nothing,
As that clock ticks & talks
Of manacles mind-forged.

Rhythm governs all,
Breathing every beat;
Rhymes maundy my feet
In pulse complete.

*Calvin Borghardt is a staff writer
for The Omega and a Canadian
poet who longs for lyrical lines.
His poem, A Pact by Pound, was
published in The 2022 One
Page Poetry Anthology.*

CFBX Top 30 Charts

– March 14, 2024 –

Artist – Album (Label)

- 1) **Jeremy Kneeshaw**** – 4th Try (Independent)
- 2) **Bry Webb*** – Run with Me (Idee Fixe)
- 3) **Breeze*** – Sour Grapes (Hand Drawn Dracula)
- 4) **Hot Garbage*** – Precious Dream (Mothland)
- 5) **Brandon Isaak*** – One Step Closer (Independent)
- 6) **Ginger Beef*** – Ginger Beef (Independent)
- 7) **Jordan Klassen*** – Marginalia (Independent)
- 8) **Nyssa*** – Shake Me Where I'm Foolish (Six Shooter)
- 9) **Astrocaster*** – Astrocaster EP (Independent)
- 10) **Giorgia Fumanti*** – Cinema Collection (Independent)
- 11) **Pit Props*** – Basement Demos EP (Independent)
- 12) **Or Bleu*** – Beaucoup (Disques 7ieme Ciel)
- 13) **Erika Angell*** – The Obsession with Her Voice (Constellation)
- 14) **Rene Huard Project*** – Blues Calling (Independent)
- 15) **Mercer Hassy Orchestra** – Duke's Place (Independent)
- 16) **Phillipe Cote/Francois Bourassa*** – Confluence (Odd Sound)
- 17) **Sami Branin** – Riveter (Padiddle)
- 18) **Elegua*** – Elegua (We Are Busy Bodies)
- 19) **Carla Luna White*** – Carla Luna White (Independent)
- 20) **Catrin Finch/Aoife Ni Bhriain** – Double You (Bendigedig)
- 21) **Jocelyn Gould*** – Sonic Banquet (Independent)
- 22) **Deadly Skulls*** – #1 in Sweden (Transistor 66)
- 23) **Kevin Drew*** – Aging (Arts and Crafts)
- 24) **Blue Machine*** – Paths EP (Independent)
- 25) **David Deacon*** – Good Day Good Night (Independent)
- 26) **Matt Paxton and the Pintos*** – Tornado EP (Down by the Point)
- 27) **Adieu Narcisse*** – La Conclusion Existe Deja (Dure Vie)
- 28) **De Bouquet*** – Any Other Way EP (Independent)
- 29) **Vandelux*** – When the Light Breaks (Th3rd Brain)
- 30) **JJ Grey and Mofro** – Olustee (Alligator)

* indicates Canadian Content ** indicates a local artist

— CROSSWORD —

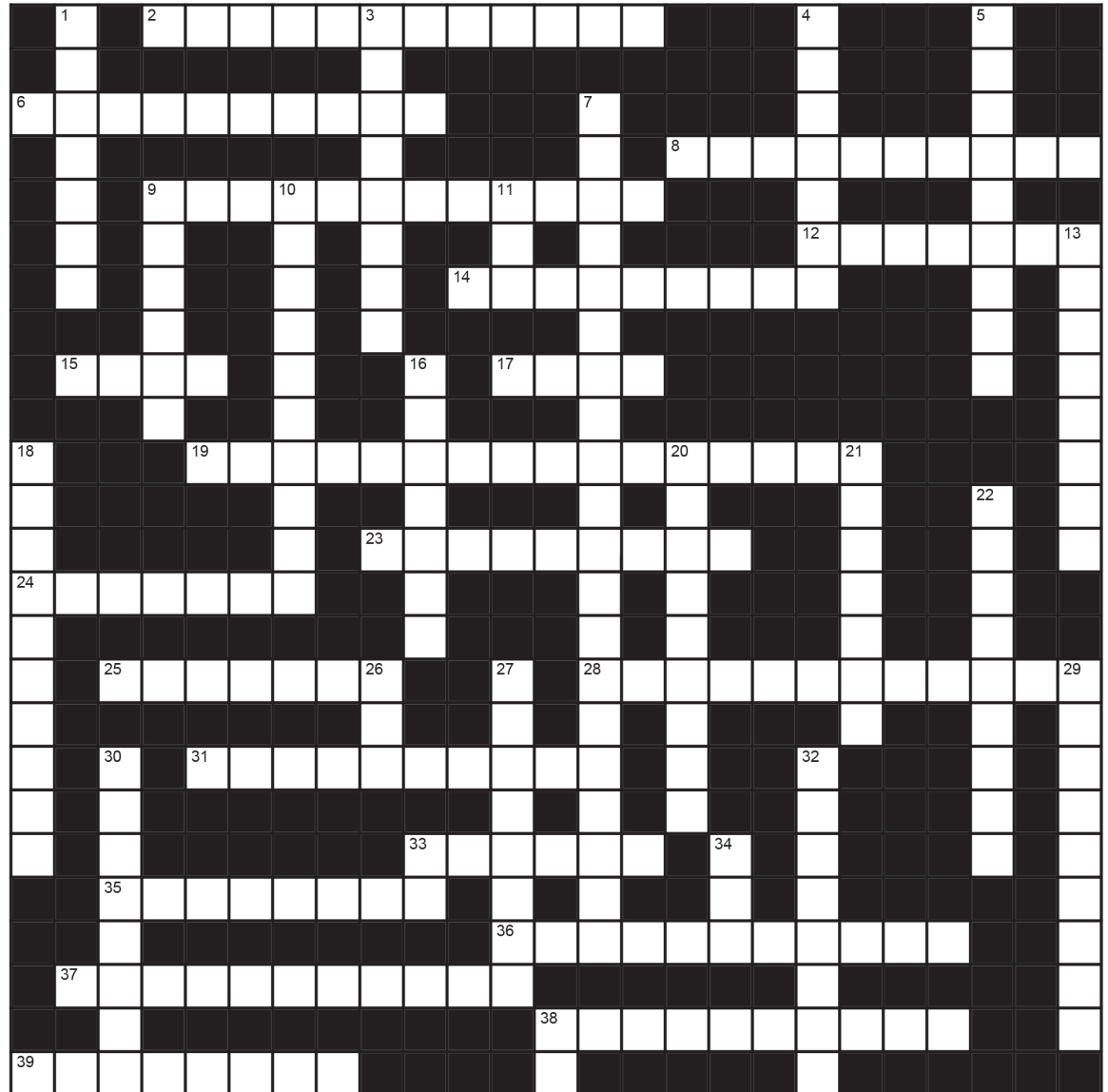
Around Kamloops

ACROSS

2. An island in the Thompson (12)
6. East of downtown; formerly a village (10)
8. Home to a former sanatorium, named for a river (10)
9. Fruit-growing land to the west, named after an English farmer (12)
12. The third-most popular religion in Kamloops (7)
14. The east-west running park in downtown Kamloops (9)
15. Precious metal found in local hills and creeks (4)
17. The city's rainiest month (4)
19. The 2141 locomotive is dubbed this (16)
23. Backflips and berms in Valleyview (9)
24. Smoked meat in August (7)
25. A coniferous tree/shrub and Kamloops neighbourhood (7)
28. A community was established near Kamloops in 1907 to treat this disease (12)
31. Find Fortune on this land (10)
33. Kamloops' Member of Parliament (6)
35. Namesake of what flows beneath Highway 1 (8)
36. Connects north and south (11)
37. A person from Kamloops is called a... (11)
38. Where two rivers meet (English) (10)
39. This neighbourhood's eponymous road runs north beyond city limits (8)

DOWN

1. Aflame on the ice (7)
3. It means "river junction" in Secwepemctsin (8)



4. West End cemetery belonging to this ethnic group (7)
5. Kamloops outlaw known for train robbing (9)
7. City theatre group founded in 1975 (20)
9. Between Nicola and St. Paul (6)
10. Last name of the only woman elected as Kamloops mayor. The park surrounding Mt. Dufferin was named in her honour (10)
11. Kamloops' Japanese sister city (3)
13. Recreational island (8)
16. Shown and shined cars downtown (7)
18. City calls itself this capital of Canada (10)
20. Grasslands beyond Batchelor (9)
21. Eastbound, one-way, downtown (7)
22. Rural area to the south (9)
26. Hospital initials (3)
27. River runs west to the ocean (8)
29. Abundant plant on Kamloops hills (9)
30. Go skiing (8)
32. A city in Scotland (8)
33. Its rails run along the north of Kamloops Lake (2)
34. If you're landing here, know these three letters (3)
38. Its rails run along the south of Kamloops Lake (2)

— SUDOKU —

2	4		7	8				3
				9		1		4
	7	5				9	2	
	2	3	9		4	6		
	6					2		
9	5		6				4	7
6								9
4				3			1	6
5	1				9			2