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The University of Saskatchewan Undergraduate Research Journal celebrates 10 years of undergraduate artistic and academic excellence.

USURJ

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Vol 9 No 2 (2024): Summer 2024 Cover Artwork, "The Art of Henna in Rural Pakistan" | Warsha Mushtaq

Francisca Lopez Molina

The University of Saskatchewan Undergraduate Research Journal (USURJ) is an open-access, peer-reviewed journal that publishes scholarly articles and original artwork by USask undergraduate students and recent graduates across all disciplines. This February, USURJ celebrated 10 years since a group of undergraduate students first proposed the journal.

In early 2012, 23 USask undergraduate students in a Research Learning Community at the University Learning Centre (now the Learning and Curriculum Support Division), wrote a proposal arguing for a student-led, interdisciplinary undergraduate research journal that would contain high-quality research and review articles written by undergraduate students, with all submissions undergoing a review process by

established professionals in relevant fields. The Writing Centre coordinator, Liv Marken, sought funding from the Office of the VP Research, and the journal was finally staffed and supported in 2014. Current sponsors of the journal include the Library, the OVPR, and the College of Graduate and Postdoctoral Studies. The journal's creation was intended to benefit undergraduate students, with the first Editors-in-Chief, Scott Adams and Danielle Potter, stating in a 2013 article that they aim to expose undergraduate students to academic research and make undergraduate research accessible to the broader USask community and beyond.

The first issue of the journal was published in February of 2014 and 10 years and nine volumes later, their core principles are still maintained.

Currently, USURJ consists of four sections; Health Sciences, Natural Sciences, Humanities and Fine Arts, and Social Sciences. It is staffed by a student editorial board of over 25 students, led by Editors-in-Chief Aliya Khalid and Emily Zepick. Submissions vary by section. For Health and Natural Sciences, submissions can be in the form of original research articles or compilations and summaries of existing research articles into a review, which assesses the state of knowledge on a given topic and discusses different aspects of research in the field.

Submissions to the Social Sciences section typically consist of research papers that can be quantitative, qualitative, or theoretical, and can range from presenting new conclusions on a given topic to interpreting previously published data. For Humanities and Fine Arts, submissions

are in the form of research papers encompassing various relevant fields such as philosophy, linguistics, and literature, focusing on comparison, analysis, and aesthetics. USURJ also has a long history of publishing student artwork, with several student artists, such as Corinna Wolff, Mike Tremblay, and Aurora Wolf, achieving prominence in the Canadian and international art worlds.

Additionally, USURJ publishes research snapshots, peer-reviewed interdisciplinary research, and alternative submissions. Research snapshots can provide an overview of ongoing research or an original mini-analysis, intended for students involved in current research. Alternative Submissions is a category of submission meant for written work that contributes to research in a particular field but, according to USURJ, "does not conform to conventional academic practices." For instance, this includes Indigenous ways of knowing.

All of these submission categories ensure that USURJ balances knowledge from all disciplines, which continues to be one of its primary aims.

Another foundational principle of the journal is to maintain the highest quality by having submissions undergo a double-anonymous peer review process, which has been done since the beginning of USURJ. Submissions to all sections, except research snapshots, undergo at least one round of peer review by faculty in a relevant discipline who do not know the author, and whose identity is also unknown to the student, ensuring a double-anonymous review process.

Continued on page 2.

USURJ Celebrates 10 Years

Continued from the front cover.

In February 2016, USURJ achieved the major accomplishment of being indexed in the Directory of Open Access Journals (DOAJ). The DOAJ is an independent index of journals available online, free of charge. It maintains high standards and is very selective about which journals it indexes. In addition, USURJ does not charge submission or processing fees, further ensuring that the research is accessible to the USask community and promoting the exchange of knowledge on campus. Submissions made to USURJ are granted a Creative Commons Attribution-NonCommercial (CC BY-NC) license, which allows users to use the published material in a variety of ways as long as it's for noncommercial purposes and proper attribution is given to the creator. Authors can also choose an alternative Creative Commons license and artists

maintain full copyright. This accessibility and quality of its publications have contributed to its authors being cited in high-profile journals, including Nature: Scientific Reports, The Lancet HIV, New England Journal of Medicine, Polymers, Journal of Diversity in Higher Education, Third World Quarterly, International Journal of Environmental Research and Public Health, and International Journal of Nursing Practice.

Since its inception, the Editorial Board of USURJ has consisted of undergraduate and graduate students from a range of disciplines and colleges who are trained by the Writing Centre and Library faculty to manage submissions and give feedback. Meanwhile, the Advisory Board (a subgroup of the Editorial Board) consists of USask staff and faculty who

handle other crucial aspects of running the journal, such as copyright, hosting, editing, and proofreading instruction. Students involved with the journal have the potential to gain experience in the academic publishing process from either side — whether it's writing a research article, editing submissions, or handling administrative aspects of the journal, the skills gained apply to all fields of study and in academic or industry settings. The positive impacts of USURJ extend well beyond the student, benefiting the university and academic community by training students to be prepared for graduate programs and professional schools that involve research, and benefiting society by training well-rounded individuals.

USURJ receives and publishes submissions continuously, compiling them into two biannual issues. Additionally, USURJ publishes special issues, most recently, *Disrupting Expanding the Status Quo* (vol. 9 issue 1) was created to challenge ongoing

systemic race and gender-based exclusion in academic publishing.

Any USask undergraduate student or recent graduate who has completed research within the last two years (while still enrolled as an undergraduate student), and is interested in publishing with USURJ is highly encouraged to visit their website (<https://usurj.journals.usask.ca/index>) for complete guidelines.

USURJ invites the campus community, as well as friends and family, to join their 10th anniversary celebratory event on November 18 at 4 p.m. More details will be announced on their website and social media (@usurj_usask on Instagram and X, formerly Twitter).

Please join us in congratulating USURJ on 10 years of promoting excellence in undergraduate student research, success, and collaboration at USask!



First Issue Celebration (2014) | USURJ

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Celebrating 95 years of Ukrainian culture and community at USask

Fellow members of the Ukrainian Students' Association reflect on the club and their journey.

Darshana Lanke

The University of Saskatchewan Ukrainian Students' Association (USUSA) was established in 1929, originally under the name Alpha-Omega Society. Co-president of the USUSA Aleska Hira says the student association aims to "preserve, practice, and protect Ukrainian culture on campus."

The club hosts many events throughout the year to build community and celebrate Ukrainian culture, including Pysanky (Ukrainian Easter eggs), workshops, and Christmas carolling. Every November, they organize a Holodomor Awareness Week, commemorating the manufactured famine caused by hostile changes to Soviet agricultural policies from 1932 to 1933 that killed millions of Ukrainians. During this week, members go around the city distributing wheat sheaves along with information pamphlets on Holodomor.

The club's executive committee consists of two co-presidents, a treasurer, a public relations representative, a secretary, and a first-year representative, but they are looking at adding more members. The USUSA is continually growing and currently has 67 students involved with the club.

Aleska Hira is a second-year, pre-pharmacy Arts and Science student and co-president of the USUSA. She joined the club in her first year, serving as the first-year representative on the executive committee. Emma Belyk is in her third year majoring in linguistics and serves as the treasurer of the USUSA.

Hira says she joined the club because she "love[s] spreading Ukrainian culture around campus." She explained that even before coming to USask, she was very involved in the Ukrainian community in Saskatoon as she dances with one of the Ukrainian dance troupes in Saskatoon, the Yevshan Ukrainian Folk Ballet Ensemble.

Belyk joined the USUSA after they did a presentation in her Ukrainian 114 class. She says, "I got more drawn as I got in touch with my Ukrainian roots, my grandparents are very Ukrainian, and that line goes all the way back. As I reconnected with those roots, it was really nice to be like, 'Oh, this is a thing that I can be joining.'"

When reflecting on their years with the USUSA, Hira and Belyk's favourite memory is Christmas carolling. Belyk explains how the club carols in December and January are a way to "welcome in the new year with song, community and kinship." She goes on to express the significance of the unifying nature of being in a chorus, singing songs from your childhood in family and senior homes. Hira adds, "It's a really great way to get to know the greater community, too."

This year, the USUSA is celebrating its 95th anniversary. On Saturday, November 2, the USUSA is hosting a zabava at Marquis Hall, with doors opening at 5 p.m. The party will be a night of music, dance, and food. Hira excitedly shares that the menu will include perogies, cabbage rolls, salads, and traditional breads.

There will be dance performances from two semi-professional Ukrainian folk dancing groups, Yevshan Ukrainian Folk Ballet Ensemble and Pavlychenko Folklorique Ensemble. Hira says she is "just so [excited] to bring them together and have those two groups perform at the event." Additionally, there will be speeches from alumni and staff, including Dr. Nadya Foty-Oneschuk. The night will end with open dancing and raffles.

Hira says the night is about "uniting everyone and coming together to celebrate the huge history of the USUSA." Belyk further dives into that historical significance by adding, "We have survived a lot over the years ... and being able to be a part of that over in Canada as a student society, being welcoming to students coming from



Former VP External Natalia | @studentyuofs on instagram

abroad, being able to keep in touch with the roots that we have, not only as an association, but also as a culture established here it is phenomenal, and celebrating 95 years of that, like holy that is beyond incredible."

If you are interested in getting involved

with the USUSA, their next monthly meeting is on November 5 in STM room 160. Belyk encourages everyone, even those who aren't Ukrainian, to attend events and meetings, saying there is a "fascinating and vibrant culture that can be shared with anybody."

Three things I've learned from Amou

As fifth-year Huskie Women's soccer defender, Amou Madol transitions from a career as a decorated student-athlete to a career in pharmacy, she leaves behind a great example.



Amou Madol | Electric Umbrella | Huskie Athletics

Dori Sutherland

While I am still early in my career as a student athlete, being a Huskie soccer player has given me the opportunity to become part of a community of incredible people. Being surrounded by so many smart, kind, and high-achieving women every day has not only been humbling but also incredibly inspirational.

I could go on for ages about how much each individual has taught me something—and they all have—but one player that particularly deserves a spotlight on her achievements, in my opinion, is Amou Madol, a fifth-year fullback who will graduate from the USask College of Pharmacy next June.

Amou and I have always gotten along, but I have been lucky enough to really get to know her this season. After

rooming with her on every away trip of our regular season, I have come to appreciate her as a good friend and a role model. Here are three things I have learned from Amou this past season that I think serve as valuable lessons not only for athletes but for all students.

Focus on one thing at a time instead of splitting your attention. Amou's athletic career with the University of Regina began in the fall of 2018 with the Women's Soccer team, where she immediately made an impact in the back line as a first-year. Throughout the two years she spent competing with the Cougars, Amou tallied an impressive 2,447 minutes.

After the fall soccer season each year, Amou would switch her focus to track and field, where she competed in high jump. In her first year competing, she

earned a Canada West Bronze medal after jumping 1.70 m at the Conference Championships, earning herself a spot at the USport National Championships in both years she competed at the UofR.

In addition to her athletic achievements, Amou was named a USport Academic All-Canadian, a distinction awarded to student athletes who completed a minimum of 18 credits and achieved an 80% overall average. She earned this distinction in all three years she spent as an athlete at the U of R, although she only spent two years competing due to the COVID-19 pandemic.

Being a student-athlete can be tough. The pressure is high in university athletics and academics, both of which often require one's complete dedication and countless hours of practice to be successful. Despite this, Amou managed to balance two sports while completing her pharmacy prerequisites by doing her best to divide her attention efficiently between school, soccer and high jump.

During the soccer season in the fall, Amou strictly practiced soccer. During the track and field season, she focussed strictly on jumping, putting soccer on hold.

"After the season, I would just drop one thing completely and go to the other thing," Amou commented. "I appreciated being able to step away from one thing and dive into the next because it helped me become better at each thing. There's only so many hours in the day, and if I had done both things at the same time, I might've only been mediocre."

While competing throughout the Winter and Fall terms, she only took three classes a semester, setting aside time for another class in both the Spring and Summer terms.

"It took me three years to finish my prerequisites. Usually, if you do five classes a semester, you can do it in two years," Said Amou. "But I didn't want

to compromise my academics by grinding it all out in two years. I knew that if I did it the way that made the most sense for me, I would be more successful in getting accepted [into pharmacy] and that was ultimately the goal."

Seize your opportunities. When Amou entered the College of Pharmacy at USask in 2021, she thought that her athletic career was over. However, after a chance encounter with Huskie Women's Soccer assistant coach Abu Okonofua one early morning at the PAC during the Winter semester, Amou was presented with the opportunity to continue her soccer career with the Huskies.

"I felt like I could do more with soccer and build my story a little bit more than I did in track," Amou said.

She got off to a good start to her career as a Huskie soccer player in 2022, totalling a solid 767 minutes as a centreback. During her second year as a Huskie, however, Amou experienced a lull, not playing as many minutes as she would have liked.

"Last season, 2023, started off as not what I wanted. I think only halfway through the season last year is when I started to get more impactful time on the field," remarked Amou.

After a conversation with head coach Jerson Barandica-Hamilton, Amou decided to give playing fullback (outside defense) a try, despite normally playing central defense. It was a completely new position, but she was willing to try it out if it would open up new opportunities for her — and that was exactly what it did.

Opportunities can sometimes be rare in team sports. When things are going well on the field, it can be hard to find your way off the bench and onto the field. You have to be ready at a moment's notice to jump in and show what you can do when things are going wrong.

At halftime of what would eventually

be a 3-2 loss to the UBCO Heat around the midpoint of the season, Amou was subbed on as a fullback as the coaching staff looked to make some changes in a tough game.

She took this opportunity in stride, and after that, Amou consistently started and often played 90 minutes for the rest of the season, eventually playing a crucial role in the team's record tying 10-3-1 season and eventual third-place finish in the conference.

Keep grinding. "After the Winnipeg games, which I didn't play in, that was the shift. It wasn't what I wanted, so I knew I had to make a change. I had those conversations, did some self-reflection, and from then on, I put my head down and started grinding," Amou said. "In training, my perspective was that this was the Olympic final. I need to train like there's a medal on the line, and that's how you get noticed and get better."

"I got the chance to get in because I was showing consistency and being impactful in games, but I kept grinding because I was never really comfortable."

Amou has achieved so much academically and athletically thanks to this mindset, and this has been recognized not only by her teammates, who voted her Huskie Women's Soccer's most improved player for the 2023 season, but also by outside observers.

In 2023 she was selected as one of three panelists at the inaugural Huskie Women of Influence Breakfast, an event that is intended to raise scholarship funds for female Huskie athletes and highlight their achievements.

She was also selected as one of eight nationwide recipients of the Athletes on Track bursary, a program designed to offer financial support and career mentorship to Black student athletes who excel in the classroom, community, and in their sport.

Amou is excited to wrap up her schooling in the College of Pharmacy and return to Regina, where she will be reunited with her family and begin her professional career. She dreams of one day opening her own interdisciplinary practice, where members of the community, particularly those of lower incomes, can affordably and easily access a multitude of healthcare services.

While this is a big dream, she knows it is one she can achieve. After all, she is no stranger to putting her head down

and working hard to get what she wants. If there is any wisdom that she can impart, it is this:

"Stick to the process and just keep working, you never know what could come of it."

Want to get to know Amou better? Listen to her podcast *Dawg Dinner*, hosted with teammate Caitlyn Stove. Available on Spotify.



Amou Mado 2019-20 Track and Field University of Regina | @Arthur Images 2019

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Honouring Islamic History Month: Nine inventions you might not know were made by Muslims

From the first university to advancements in medicine, many contributions from the Muslim world laid the foundations for society as we know it.

Maryam Desin

From the first university to advancements in medicine, many contributions from the Muslim world laid the foundations for society as we know it.

Islamic History Month, celebrated in October each year, is the perfect time to reflect on the rich contributions of the Muslim world to our daily lives. One of these contributions is coffee, a drink many of us simply cannot live without. Though Italy's espresso bars often come to mind when we think of coffee, its origins lie far to the south — in Yemen. It was there, among Sufi monasteries, that coffee was first brewed to help monks stay awake during late-night prayers. From Yemen, coffee spread across the Islamic world before making its way to Europe, where it became the global phenomenon it is today.

Coffee is just one of the many remarkable contributions from the Muslim world. From the first university to the first toothbrush, countless Muslim inventions have profoundly shaped our modern world. These innovative ideas, often forgotten, stem from centuries of rich history.

In light of Islamic History Month, this article aims to highlight nine significant Muslim inventions that form the backbone of modern society.

The Scientific Method – Ibn Al-Haytham

The scientific method, which constitutes the basis of modern research, originated from the works of a Muslim scholar. Ibn Al-Haytham, commonly known as Al-Hazen, pioneered the process of testing hypotheses and verifying results through observation and experimentation. His innovative and methodical approach which emphasized creative and critical thinking, predates Renaissance scientists by nearly five centuries.



Al-Karaouine (Al-Qarawiyyin) University, Fez, Morocco | nimu1956 Getty Images Signature | Canva Pro

Optics – Ibn Al-Haytham

Many critical advances in optics came from the Muslim world, and Ibn Al-Haytham played a key role in these developments. He introduced the concept of the camera obscura, the earliest form of the camera, and his work on the nature of light and vision laid the foundation for modern optics.

Sociology – Ibn Khaldun

In the 14th century, Ibn Khaldun conducted the first systematic study of sociological concepts. His monumental work, *Kitab al-Ibar* (Book of Lessons), explored the rise and fall of civilizations and delved into the complexities of human society long before Western sociological theories emerged.

Surgery – Al-Zahrawi

Around the year 1000, the famous physician Al-Zahrawi compiled a 1,500-page encyclopedia on surgery which served as the standard reference in Europe for centuries. Among his many groundbreaking contributions were the use of dissolvable catgut for sutures, eliminating the need for a second surgery to remove stitches, and innovations in cesarean sections and

surgical tools, including the first surgical forceps.

Flying – Abbas Ibn Firnas

In ninth-century Spain, almost 600 years before Leonardo da Vinci's sketches of flying machines, Abbas Ibn Firnas attempted flight using a winged apparatus. Although his efforts ended in a crash landing, his work remains one of the earliest recorded attempts at aviation.

The First University – Fatima Al-Fihri

The concept of the university as an institution of higher learning was pioneered by Fatima Al-Fihri in 859 CE. She founded Al-Qarawiyyin University in Fez, Morocco, which still operates today, making it the world's oldest operating degree-granting institution.

Algebra – Al-Khwarizmi

The term "algebra" comes from the title of a book written by Al-Khwarizmi in the ninth century, *Kitab al-Jabr wal-Muqabala*, meaning "The Book of Reasoning and Balancing." Al-Khwarizmi is considered the father of algebra and introduced concepts such

as solving quadratic equations and the principles of exponentiation.

Hospitals – Ahmad Ibn Tulun

The idea of hospitals as institutions offering medical care to all, originated in the Muslim world. The first hospital of its kind, built in Cairo in 872 CE, was the Ahmad Ibn Tulun Hospital. It offered free care and operated on the principle of compassion for all in need, a practice rooted in Islamic tradition.

The First Toothbrush – The Prophet Muhammad (PBUH)

The first known use of the toothbrush dates back to around 600 CE, when the Prophet Muhammad (PBUH) recommended cleaning one's teeth using a twig from the Miswak tree. Today's toothpaste contains ingredients similar to those found in Miswak, highlighting how this ancient practice has endured through the centuries.

These contributions from the Islamic world are often overlooked or misattributed, but they have played a foundational role in shaping the society we live in today.

Continued on page 9.

Seeds: A True Story of Ethics in Farming

A new and exciting production from the Greystone Theatre.

Emily Mainprize

What is life? And what gives humans the right to own it? These are the major philosophical and moral questions in Annabel Soutar's newest play, *Seeds*.

This play documents the events of a court case beginning in the 1990s between Saskatchewan farmer Percy Schmeiser and the biotechnology company Monsanto Inc., regarding the genetically-modified crop RoundUp Ready Canola, which Schmeiser was found to have growing within his fields without having bought any from Monsanto or signing a Technology User Agreement (TUA).

Soutar incorporates the writing and information-gathering processes within the play, even including herself and her husband as characters, and showcasing her experience with pregnancy as she was doing her research. She includes accurate quotes from court transcripts and interviews with those involved in the case. This exciting drama starts conversations on the ethics of genetic modification and the usage of patents in the practice.

You may go into this play believing that either Schmeiser or Monsanto Inc. are correct in this scenario, right? I know I did. However, once I was in the theatre and invested in the court cases and stories that were told, my feelings shifted. Annabel Soutar did an excellent job of placing doubt in the minds of those watching the play, by simply being a good journalist and asking the right questions. Soutar showed how she was given contradictory information from both sides of the conflict, causing the audience to wonder who is really telling the truth and to deeply analyze what is being said and how we, as spectators, began this play with an inherently biased view of who was right and wrong.

Percy Schmeiser, after losing his initial case against Monsanto Inc., went to the Supreme Court of Canada where he fought valiantly once again. He, unfortunately, lost his case in a five to four-decision. This, however, would not stop Schmeiser from speaking up about his experiences with Monsanto Inc. and

his negative views of patents on genetically modified genes. Percy Schmeiser passed away in 2020, but his story lives on within the farming and science communities not only in Saskatchewan, but all over the world, because he had such a gigantic impact on how we analyze patents and ethics in the biotechnology and farming industries.

The production of *Seeds* at the Greystone Theater was directed by Ken MacKenzie, one of the professors within the University of Saskatchewan Drama Department, and I can confidently say that he put together an excellent piece. In working with the cast and crew, he was able to take a complicated story of life off of the paper and onto the stage. From the moment the show starts, you are sucked into the world that they created. There was not a single moment that didn't feel completely natural.

As for the actors, I would like to give every one of them a pat on the back after watching them on stage. Not only were they all brilliant, but many of them played several characters and had

to change from one character to another in mere seconds. If you aren't an actor, you may not completely understand how much it can take for some people to fully get into the mind and body of one character before going on stage, not to mention doing it on stage in a very short amount of time. Scott Eaton, who played Percy Schmeiser, channelled his inner Saskatchewan farmer when acting in this role. He truly embodied Schmeiser's struggle against Monsanto Inc., while also depicting the things he was still happy with in his life regardless of the adversities. Jasmine Keck, who played the playwright who walks the audience through the story as she does her interviews and research for this play, fully portrayed her character, even in her pregnant walk. Finally, Cadence Brehaut, who played the Monsanto Inc. lawyer, expressed her points clearly. She stated her lines clearly and concisely, exactly as a lawyer would before a courtroom. And these are just a few of the main characters in the cast. All of the actors who appeared on stage for this production are current drama students who are working towards careers within the arts and it's evident

that their work is paying off.

The costuming by Beverley Kobelsky, lighting by Katie Bleckburn-Dust and sound by Carlos Martinex created the optimal world for the actors to act in. There were plenty of projections of videos that were made by Monsanto Inc. to advertise their products as well as their company in general. The set, which included the silhouette of a barn towards the back of the stage, was made out of recycled materials and perfectly encompassed the artistic yet rustic vibe that they were going for. Each of the characters wore clothes that were appropriate for their careers or for the circumstances that they were in during the scenes.

Overall, this play was extremely well put together. From the writing, to the acting and the set, everything was deliberately chosen to create a world that captivated everyone in attendance. The audience members didn't need to fully understand much about farming or the science fields to enjoy the story and sympathize with each of the characters.

Continued on page 9.



Cadence Brehaut, Monsanto's Lawyer (Left), Jasmine Keck, the playwright (Middle), and Scott Eaton, who played Percy Schmeiser (Right). | Emily Mainprize

Loved and were loved, and now we lie, in Flanders fields

Exploring the significance of poppies for Remembrance Day.

Azee Amoo

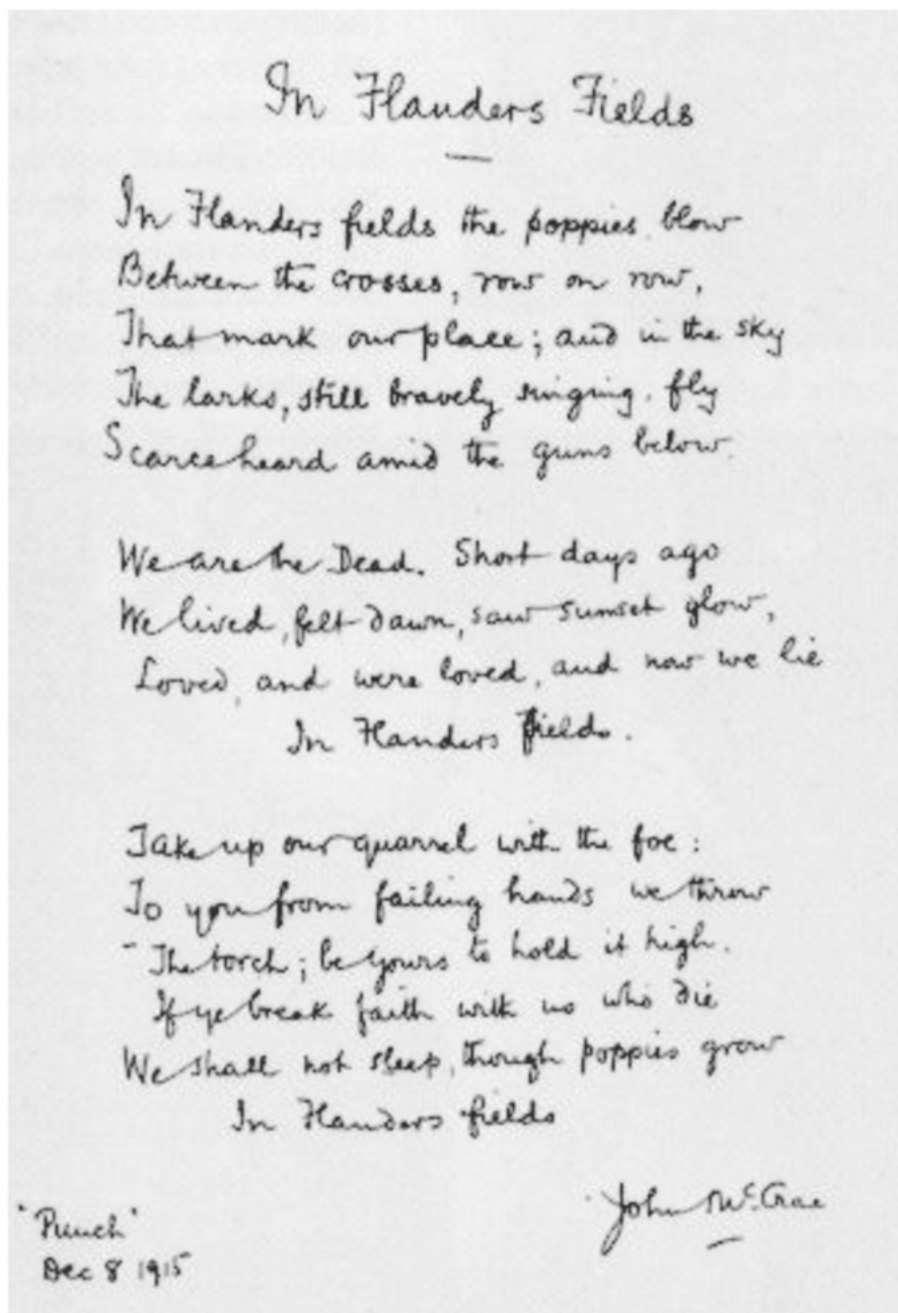
It's that time of year again when poppies are pinned over the heart, on the left side, in an act of respect and remembrance for our fallen soldiers. In all Remembrance Day events, the red flower is universally featured. Though performances, speakers and procedures may differ, this delicate floral iconography remains a common denominator.

For over a hundred years, poppies have been inextricably linked to war memorials in Canada and many other commonwealth countries. The story of the formation of this link is one of finding hope in times of tragedy.

After John McCrae, who served as a gunner and brigade surgeon during the first world war, watched his close friend Lt. Alexis Hannum Helmer die on the battlefield, he penned the poem, *In Flanders Fields*. Some retellings of this tale say he wrote his defining literary work inside a dressing station and others say it was on an ambulance step. Regardless of the murky origins, this poem is the reason why we wear poppies on Remembrance Day – but this hasn't always been the case.

McCrae tried to get his poem published in *The Spectator*, a popular political magazine based in London, but it was rejected. He was eventually able to get it published in an unassuming section of a British satire magazine without his name attributed. Shortly after its debut in December of 1915, the poem captured the heart of the public, eventually having its place cemented in history and annual Remembrance Day proceedings. Citing it as an inspiration, Madame Anna Guérin of France was the one who came up with the idea for the Remembrance Poppy. She created poppies out of fabric to raise money for the charity she founded that worked to help France rebuild after the First World War.

Before the lyrical prose, the poppy was just a poppy. The flower grew in abundance on the battlefields of Flanders during the First World War, after the dormant seeds were fertilized



McCrae jotted down this most famous of war poems in 20 minutes during the Battle of Ypres.
| Library and Archives Canada/C-128809



Red Poppies in a Poppies Field | Vetrestudio | Canva Pro

by the blood of the fallen. McCrae's poem had only popularized its inherent association with the somber reminder of the costs of war.

It's easy to get caught up in the romantic heroism of it all – to fight and die for one's country so that those at home will live to see a peaceful tomorrow. But what is important for us all to remember is that poetry only comes after the war. The glory that we see portrayed on screens or in old battle footage are seldom felt by the ones that lived through conflict – gun in hand or not.

No longer human are the individuals that make it back from the battlefield. They come back shells of who they once were, struggling to distance themselves from the senseless bloodshed and terror, while at the same time balancing on the podium that friends and family had crafted for their living legend to stand upon.

And let us not forget the innocents left to pick up the pieces after the soldiers have come and gone. The shopkeeper sweeping up bullet casings and shards of broken glass. The young boy watching his peers play a makeshift game of soccer, his phantom leg kicking on reflex each time someone's foot makes contact with the can. The child that will never be able to wake her mother, even as her tears fill an ocean.

There are multiple events happening on campus to honour Remembrance Day.

Notably, on November 11, 2024, at 1:30 p.m., USask is hosting its 96th annual ceremony at the Memorial Gates (near the College Drive entrance of Royal University Hospital).

For a spotlight honouring the many USask students, staff and faculty who served in the First World War, visit <https://spotlight.usask.ca/remembrance/index.php>





Seeds Promotional Poster | USask College of Arts and Science

Seeds tell the story of the trial between Percy Schmeiser and Monsanto Inc. in a way that is unbiased and simply states facts and quotes actual things from interviews and court cases word for word. On top of this, the actors had to learn their lines accurately because they were quoting actual things people said, and they did an amazing job of remembering what to say and do. It's clear that everyone who was a part of

this production did their absolute best to do this story justice and it paid off in the end.

The Greystone Theater puts on four shows every year, one of which is a show just for students in first or second year level drama classes. As for the others, students taking any level of drama class are able to audition. However, students who are attempting to finish their degree in drama are prioritized as it is a requirement within their program. The next show in the Greystone Theater will be *The Women of The Fur Trade* by Frances Koncan and it will be directed by Deneh'Cho Thompson. The production will be from November 21st to the 24th so make sure you keep an eye out for ticket sales if you are interested in supporting the USask Drama Department and getting to see some excellent theater.

Honouring Islamic History Month

Continued from page 2.

From scientific methods and university education to healthcare and hygiene, Islamic history is full of innovations that continue to influence our daily lives. As we navigate Islamic History Month, it's time to acknowledge and celebrate these lasting legacies.

For students interested in exploring the Muslim world, its history, and what it means to be a Muslim today, or have any questions about the culture and heritage, there are fantastic opportunities available on campus. The Islamic Dawah Society, as well as other

Muslim-led student groups like the University of Saskatchewan Muslim Students' Association and Islamic Relief USask, are hosting a variety of events. Specifically, the Islamic Dawah Society holds weekly sessions covering significant historical events that shape our contemporary context. This follows their incredibly successful decolonizing series covered last year. These sessions take place every Thursday, starting on October 3rd, from 5:00 p.m. to 7:00 p.m. in the Health Sciences Building. To stay updated, be sure to follow their Instagram page: @ids.usask.



Librarian at al Qarawiyyin in 1931 | CNN

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5 Breakthrough Artists from BreakOut West 2024

Highlighting five standout female performers from this year's BreakOut West Music Festival.

Laila Haider

Last month, Saskatoon's Broadway district was graced with the presence of countless aspiring artists and musicians, who made their way from across the country to participate in the annual BreakOut West conference and to perform at the festival. From BC to Newfoundland, artists from all over Canada found themselves in the comforts of the various venues Saskatoon has to offer.

Like many others, I tend to lean towards listening to international artists, often taking the homegrown talent around me for granted. When I do listen to Canadian artists, it's usually ones that have branched out and made the United States their stomping grounds. So when given the opportunity to check out a couple of sets from the festival and immerse myself in the independent music Canada has to offer, I took it with great glee.

Over the course of a few days, there

were several performances, all of which were worth the watch. I had the pleasure of going to a couple of shows and was blown away by the performances of these five artists in particular.

Les Shirley

First up is Les Shirley, an up-and-coming pop-rock band that has opened for Foo Fighters, Simple Plan, and Avril Lavigne. Composed of three talented women from Montreal, the rock group took the Black Cat Tavern by storm during their 30-minute set. They embodied the spirit of '90s grunge, from their attitudes to their melodies, embracing it as a central inspiration. The trio shook the floor for half an hour, singing in English and French, dedicating guitar solos to the ladies, and busting out songs that had everyone head-banging. The vibes were immaculate and their presence on stage was killer.

If you're into grunge, rock, or pop and are looking for music that will transport

you back to the '90s, be sure to check out Les Shirley and their sophomore album, *More is More*.

Arielle Soucy (featuring William Bryozoan)

Next up is Arielle Soucy, another Franco-Canadian artist from Quebec. Playing songs off her debut album *Il n'y a rien que je ne suis pas*, the folk singer-songwriter pulled the audience into a soothing, melodic lull. The album was longlisted for the prestigious Polaris Music Award last year and features stunning vocals and production. Her performance was full of soft, soulful ballads that had audience members of all ages swaying together. She's an incredible vocalist, and the production of her music truly highlights it. She serenaded the audience in both English and French with relatable songs like "Pardonne-moi" and "Il n'y a rien que je ne suis pas."

Soucy's performance was accompanied by the vocal performance of her friend

and fellow Quebec-based artist, William Bryozoan. The harmony of their voices was something you really had to experience live—euphonic and tranquil. After hearing him perform one of his works, the audience was drawn to his music. His sound is softer, much like hers, but he incorporates unique samples and concepts that really set him apart from the mainstream.

Soucy's music is whimsical and touching, giving listeners an insight into her life and mind. Bryozoan's is reminiscent of a mixture between folk and alternative. If you're a fan of Maya Hawke, Faye Webster, Laufey, or music that makes you feel like you're lying in an open field on a sunny day, make sure to check their music out.

Ayla Tesler-Mabé

Based out of Vancouver, Ayla Tesler-Mabé is no stranger to the music industry. As one of the headliners for the festival, she was among some of the biggest artists who performed at BreakOut West this year. Tesler-Mabé has travelled the world to play music since 2017, dabbled in several different genres, and been a part of multiple groups, like Calpurnia and Ludic.

Her performance was stunning. She showcased her incredible vocal talent and impressive guitar skills, playing songs off her most recent EP *Let Me Out!*, for a thrilled audience. People of all ages were on their feet, dancing along as she busted out a show-stopping solo, beaming under the stage lights.

Her discography ranges from indie-rock to alternative R&B to soul. Not to mention, she's got a powerful voice and can shred the guitar. If you're a fan of artists like Twin Peaks, The Regrettes, or Willow, you'll definitely be able to find something you enjoy from her works.

Beau Nectar

A collaboration between two bilingual artists, Beau Nectar is a folk-electro-pop duo from Ontario and Saskatchewan that draws inspiration from nature to deliver listeners a vivid and surreal experience.

Continued on page 13.



It was a wrap to the festival | @breakoutwest on instagram

Spooky Scary Movies to Watch this Halloween

My recommendations for films to watch this Halloween.

Emily Mainprize

It's fall, the best time to relax on the couch and watch whatever shows or movies you've been meaning to watch. As we get closer to Halloween, I always love rewatching my favorite spooky movies. So, if you're looking for some recommendations on what to watch, you've come to the right place. The following are some of my favorite horror and Halloween movies that I think everyone should watch at least once in their life.

The first movie I recommend is *The Conjuring*, directed by James Wan. In this suspenseful film, the Perron family move into a run-down house in Rhode Island with the intention of renovating it. Carolyn and Roger Perron, along with their five daughters, move all of their belongings into the home, but they quickly realize that something is very wrong as they experience increasing paranormal activity. To try and get to the bottom of what is happening in their home, they contact the well-known paranormal investigators Ed and Lorraine Warren.

This movie is based on the experiences of the real Perron family, but much of the story is fictionalized to be better suited for the screen. This movie is filled with nerve-wracking cinematography and well-written scenes, so if you're looking for a film that will keep you on edge the entire time, then this film is perfect for you.

My next film recommendation is *Coraline*, directed by Henry Selick and based on a novel by Neil Gaiman. In this story, a young girl named Coraline Jones moves into a new house with her parents. She feels unhappy after moving away from her friends and dislikes their new home and neighbors. She's especially upset by the fact that her parents never show her any attention and are always working. However, her life is turned upside down when she finds a small door behind a wall that leads to a parallel reality, where everything seems to be better and everyone has buttons sewn onto their eyes. She returns to this world every night until she gets the offer to stay,

under the condition that she sews buttons over her eyes. When Coraline refuses, she realizes that not everything is exactly how it seems, and that this other world may have actually been created to trap her there.

This entire film was created in stop motion, with all of the characters being sculpted from clay. This process, known as claymation, is extremely time-consuming, and thus the film took years to complete. Their hard work paid off because the final product is a

got lost and began to hear strange noises in the woods.

One interesting aspect of this film is that the actors were only given a 35-page outline of the plot and mythology behind the Blair Witch. Because of this, nearly all of their lines were improvised and the events were unknown to the actors, making their reactions to the events genuine. This enhances the realism of the found footage atmosphere that the film provides.

himself married to this dead woman while engaged to Victoria. The film follows as he tries to find a way to break off his marriage to Emily and return to Victoria.

This movie, similar to *Coraline*, uses claymation. Each of the characters is a clay puppet that is maneuvered to display distinct facial expressions and body language within the story. The storytelling is accomplished through writing character design and scenery, and it is masterfully done in every



Old haunted house | liveslow for Getty Images | Canva Pro

beautiful and eerie piece of cinema that can be enjoyed by people of any age.

The third film I'd recommend is *The Blair Witch Project*, directed by Daniel Myrick and Eduardo Sánchez. This found-footage film follows three amateur documentarians as they explore Burkittsville's gloomy Black Hills Forest in an attempt to search for the Blair Witch, a legendary local murderer. A year after their trip, nobody knows what happened to them. That is until the footage captured from their trip is found, revealing that they

My next recommendation is *Corpse Bride*, directed by Tim Burton and Mike Johnson. This animated film takes place in a Victorian Village, where we follow a man named Victor Van Dort as he prepares to marry a woman named Victoria Everglot. However, when Victor messes up his marriage vows at the wedding rehearsal, they are forced to put the wedding on hold. Victor goes into the woods to practice his vows, placing the ring on what he believes to be a branch but is actually the fingers of Emily, a corpse bride. As a result, he finds

sense of the word.

Of course, the majority of these films are classics that most people have seen, but that's precisely why I wanted to recommend them. They are definitely classics for a reason. They are extremely entertaining and well-crafted, and honestly, I could watch each of them a million times and never get bored because of the intricate details. So, if you haven't seen these movies before or haven't watched them in a while, I recommend giving them a watch this Halloween.

Finding joy in the studying grind

Simple techniques to stay productive and excited throughout the studying process.

Hajra Ghuman

With the semester in full swing now, the one thing all of us students are trying to do is study. This can get difficult to accomplish when other activities arise that seem a lot more exciting than sitting at a desk for way too long. Personally, I have always loved going to school, but I have also struggled with this, especially during my education after high school.

can get back to my task without worrying about forgetting what I just thought about. Once I'm done studying I go back to that list, and see which things need to get done, and which can wait for some other day when I'm not as busy.

To initially even begin making studying fun, I created a visual motivation board on Pinterest. This consists of different aesthetically

Kung Fu Panda soundtracks, I recommend checking them out if you need to really focus.

Sometimes, when I'm really struggling to focus, I pretend like I'm in a movie playing an expert in the topic, who needs to know the material because it's a do-or-die situation — like it's the last part of the puzzle that'll finally answer the main plot of the movie. This tricks my brain into making studying as

more times. Plus, they come in all kinds of cute colours, so how can I resist using them?

Changing environments is a necessary component to making studying enjoyable for me. If I stay in my room and only study there, not only would it become tiring fast, but I would stop considering it as a relaxing place. This is why I have a variety of study spots on campus and around the city that I go to regularly. When I am changing my study environment, this includes meeting up with friends for a study session. This is a great way to simultaneously explore new places and spend time with them through group study hangouts.

During my study sessions, I make sure to take breaks in between. This is crucial because even if I go through all the effort to make it fun, I will end up burning out fast without breaks. I like to go on a walk and sometimes go for coffee breaks between planned study sessions, then go back to where I was studying or change locations. Taking breaks allows me to be refreshed and go back to studying with that same positive mindset.

I've also set up a reward system for accomplishing different academic tasks. These rewards are dependent on how minor or major the tasks are. For example, if I just finished a bunch of readings for my classes, I'll reward myself with watching a movie and putting on a face mask. However, if I've just written a midterm and feel like I did well on it, I may reward myself by buying something I want. This allows me to stay motivated to keep going and look forward to studying.

Ultimately, the trick to making studying a fun experience is by incorporating a variety of study techniques and methods. Studying will likely not become dull if it's not an identical process every day. Once you're able to curate your own routine, the studying process will not only become more enjoyable but it'll also be appreciated more.



Young woman studying sitting outdoors | Jacob Lund | Canva Pro

However, after starting Law School this fall, I have been managing my study habits better because of my excitement over this new beginning. I have somehow been managing my study habits better by making it fun. I end up genuinely enjoying the process while also being efficient.

Before I start studying, the first thing I like to do is make sure I have a tidy space. I cannot focus properly when my space is cluttered because I get distracted by how messy everything is. My mind feels clearer when my space is organized and that helps me do my homework diligently.

Another thing I like to do that allows me to get studying done is whenever a random idea or thought pops into my head, I jot it down on a list. This way I

pleasing pictures of study environments or set ups, which when I view, inspires me to create my own and utilize it. Over time, I've been able to create temporary and permanent study setups where I can enjoy myself and be productive.

During study periods, I like listening to music that helps me hone in on the material. I've got separate playlists for when I need to motivate myself, read material or write out notes. I typically listen to phonk music when I'm doing tasks related to my academics. Occasionally, I'll put on a classical music playlist from YouTube when I'm writing for long periods of time. When I need an extra boost of motivation to get through those longer study periods, I tend to listen to movie soundtracks. From the *How to Train Your Dragon* to

exhilarating as studying can get, and then once I'm in the zone, I end up forgetting the fictional role I gave myself in the first place. Another method is pretending like you are the professor yourself and need to know the material inside and out. Not only does it help you learn better, but it can also be very fun.

I like utilizing all kinds of stationery supplies such as sticky notes, highlighters, pens and notebooks. When picking these out, I always get excited to use them which makes me look forward to studying. I cannot tell you how many of these supplies I have, and I make sure to use them consistently. For example, I use sticky notes daily. They allow me to stay organized with my readings and mark down areas I need to revise a couple

What working with kids has taught me

I am taking lessons learned from my time as an instructor in camps with me into the fall.

Darshana Lanke

For the past two summers I have had the wonderful opportunity to work with children. This summer I worked with SCI-FI Science Camps as a science instructor, teaching kids in grades K-9 about the fabulous world of science.

SCI-FI runs weeklong STEM camps for grade 1 to grade 9 kids during the months of July and August. During the school year, a variety of clubs for those same age groups take place. Girls Coding and high school engineering clubs are free of charge! Camps and clubs are based out of the engineering building. In the months of May and June, SCI-FI instructors also do hour-long workshops in schools on conducting science activities and engineering projects.

While I spent my summer instructing kindergarten students about the different parts of a plant and teaching grade 7 students how to code a space shooter game, I will take into the fall the lessons these kids and my coworkers taught me.

One bright sunny day during a workshop on the science behind how objects fly, my partner and I noticed that we didn't have one of the key components needed to do the activity. By this point the kids had already started their engineering builds. To



Focused group of kids working on table together | Vanessa Loring from Pexels | Canva Pro

make matters worse, my partner and I were scheduled to do this exact same workshop again right after completing it with this set. With no way of getting this crucial component, my partner and I looked at each other with panic. Oh boy.

But after some problem solving was done, a new idea came to fruition. One of the important components of being a good instructor is your ability to adapt. There are a million things that can go wrong, and it just might not work out, but you have to be able to be flexible and adapt the activities to meet the current needs of the situation. That is exactly what my partner and I did. My partner came up with another idea of

how the kids could perform that step of the activity, while still understanding the mechanics of those basic engineering and science concepts.

Now, you may be wondering what the response to this change was from these kids. Did they revolt? Did they burst into tears?

Well, the answer is none of the above. They listened to our renewed instructions and dove right back into building. They spent all their focus, energy and time into the activity. Not trying to poke holes into this rapidly created new activity, when I am sure there were. Instead of getting frustrated and upset with the change, they put

their minds together and did the best job they could with the time they had.

I take this lesson in stride. In my years in university there are many instances that resemble my own situation with that workshop — from assignments being posted with mistakes, a realization that only happened after spending hours on the assignment, to new classroom technology causing heightened stress. How often have many of us complained about how many assignments, quizzes, essays, midterms—don't even get me started on discussion posts—we have to complete? As your fellow student, I fully empathize with these emotions. I understand how upsetting and taxing on your mental health it can be.

However, this semester I am committed to trying a new avenue and shifting my focus, energy and time in doing the best job I can with the time that I have. We can and should feel all our emotions, but we should refrain from letting them consume the remainder of our time and energy on completing the task.

I have greatly enjoyed sharing my passion for science with kids this summer and I am so excited to continue learning, not only from my professors but also from our next generation of scientists.



5 Breakthrough Artists from BreakOut West 2024

Continued from page 10.

The duo was energetic and charismatic on stage, telling the audience all about the inspiration behind their works, and how they met. Their energy alone was enough to make people want to get up and dance. Their sound was unique, utilizing different instruments and techniques in an almost psychedelic way.

The duo released their first album *Two Lips*, a double entendre reflecting the floral theme of their music, just last year. They've racked up quite the accomplishments over their time together, completing two cross-country

tours, winning four Trille Awards last year, and being nominated for four Capital Music Awards this year.

If you're looking to expand the scope of your current study playlist, I suggest checking out this aspiring ensemble. Their sound is unlike any other.

Nico Paulo

Nico Paulo is a Portuguese-Canadian pop artist based out of St. John's who excels at emulating a dream-like environment through her music. Her music is dynamic and magnetic, with

lyrics revolving around themes relatable to all listeners. She performed songs off her latest self-titled album for the enraptured audience and had everyone captivated as they swayed along to songs like "Time:" and "The Master".

Her voice is full of depth and mystique, and her lyrics, regardless of the subject, build a world of their own. She manages to turn relatable, everyday ideas into a grand, wistful symphony.

As MTV puts it: "Your new favorite vocalist lives in Newfoundland."



It was a wrap to the festival | @breakoutwest on instagram

How to Thrift Like a Pro — Sustainability Girlie Edition

Let me lend you a hand on how to shop secondhand.

Nicole Ikenna-Mbaekwe

So, I hear you want to learn how to thrift. You're tired of visiting different stores, only to find overpriced items that don't match your style. You're at a crossroads between spending more on ethically sourced clothing (which sometimes still isn't even sourced ethically) or paying less for items that may lack quality or sustainable materials.

I have a solution: thrifting. It offers a different experience with a wider range of options. You'll find vintage clothing, upcycled pieces and pre-loved high-end items. Plus, by supporting small businesses instead of larger corporations that capitalize on donated items, you help the environment by reducing clothing waste and look fabulous doing it!

If you're interested in thrifting but don't know where to start, I have some great tips to share. I have been thrifting for over two years, and I've discovered beautiful pieces while making friends who also share a love of shopping secondhand.

Wear a Thin Base Layer So You Can Try Things On. As someone who feels anxious about germs and getting sick, I was initially apprehensive about trying on clothes while thrifting. However, I've come to realize that there's nothing to fear! I recommend wearing a base layer, like a compression long-sleeve top and a pair of thin leggings (or pants) so you can try on items without feeling bulky.

I usually bring some sanitizer to use after trying on outfits. I also make sure those layers cover my skin completely, so the clothes don't come into direct contact with me. And, of course, I always take a shower afterward!

Trying clothes on can be a bit stressful, but it significantly increases your chances of finding items that fit you properly and pair well with your wardrobe. Before I started trying things on, I often ended up with items that were too small since I was just eyeballing based on size. Keep in mind that brands have different sizing charts, so it's not always helpful to buy something based on it being your usual size.

I also bought a mini tape measure to check my waist and pant length so I have more accurate descriptions of what I am looking for.

Attend Thrifting Events. There are plenty of thrifting events in Saskatoon during the Summer and Fall. At these events, you can find small businesses selling upcycled clothing, handmade accessories, vintage wear and more.

Attending these events gives you access to a variety of items you may not typically find in bigger thrift stores. This is because sometimes they come from the owners of the small businesses themselves! I especially love discovering items that were upcycled or modified, as they offer a unique look and are crafted with creativity and love.

I recommend going early for these events. This way, you can browse all the vendors at your leisure and enjoy a wider selection of items.

Budget. While thrifting can be a more affordable option, it is still possible to overspend and buy things you don't need or can't afford. It's easy to get

carried away with all the beautiful finds. For instance, I almost spent \$200 on this vintage leather jacket even though I had already exceeded my thrifting budget for that day.

I advise creating a budget plan before you go thrifting. Outline how much you are willing to spend on different categories of clothing.

For example, if you budget \$100 for thrifting, you might assign \$20 for accessories, \$50 for pants and \$30 for tops. This approach will help you avoid overspending and ensure you buy items you only really like.

Buy Things That Fit Your Style.

Choosing what to buy while thrift shopping can be a challenge. With so many options and statement pieces, it's easy to end up with items you won't wear often. For example, I don't wear skirts, so if I buy a bunch of them while thrifting, I might only wear them once or twice.

I encourage you to build a capsule wardrobe. This includes pieces that work well together, colours you enjoy wearing and items that can be layered for any season. Before I go thrifting, I like to look into my closet and see what I want more of. A good example for me is denim jeans. I am always looking for different cuts, brands and materials, especially since it can be hard to find my size. On the other hand, I don't need to thrift jackets or coats because I already have enough.

It's important to recognize that one goal of thrifting is to reduce fashion waste, so being mindful of what you buy is essential. Statement pieces (outfits different from your usual style) can be fun, but buying too many may be wasteful since you're unlikely to wear them often or style them with other pieces.

If you're looking to change your style or incorporate new pieces into your closet, consider donating items you do not need anymore to your friends, family or charities (for example, ISSAC is accepting donations for warm winter wear!)



Thrift store sign | Belterz Getty Images Signature | Canva Pro

You can also upcycle clothing that you wish to modify. I like turning some of my dresses into skirts or turning turtle necks into regular long-sleeve tops.

Check What Material and Read Washing Instructions Before Buying.

Every item has different washing instructions. Some clothes are more delicate and require handwashing, dry cleaning or may not be washable at all.

Vintage pieces in particular are often made with delicate fibres and need to be hand-washed and air-dried to maintain their quality. Before making a purchase, it's helpful to read the label and make sure it's something you can properly care for, so it lasts for a long time.

I personally struggle with maintaining hand wash-only items, so I refrain from buying them.

Go Thrifting with Someone.

Thrifting is always fun when you're with someone! They can hold your bag while you try things on, help you look for cool finds and keep you from making unnecessary purchases.

I like going thrifting with a close friend of mine. We know each other's styles and can point out things that we think would look great on each other.

Thrifting can also be a great way to meet new people. I remember attending a thrifting event recently where I was trying to layer a corset on a top, and everyone in the shop convinced me to get the corset cause they thought I layered it so well!

It also makes for great conversations. I've made friends by simply complimenting their outfits and discovering it was thrifted.

Practice Thrifting Etiquette. When thrifting, it's important to be respectful of others around you.

Be mindful and polite. If someone is looking at an item you're interested in, indicate your interest but wait until they've decided whether or not they want to purchase it.

Remember to wait your turn in the fitting rooms (or the makeshift drapes they put around). If you make eye contact with someone who seems



Thrifting on the prairie | @karissapreloved on instagram

sure about how they look in something and you think they look great, feel free to give a compliment!

Also, remember to bring cash. Most vendors will only accept cash or Interac transfer. In case they can't process

transfers or your phone dies, having cash on hand is always a good idea.

Make Connections with Vendors.

During seasons without thrifting events, vendors often post new stock on their Instagram or advertise sales.

When I find a vendor with unique pieces that match my style, I ask for their social media handles so I can follow them. Some of my personal favourites include @karissapreloved (for vintage clothing), @whimsywares (for handmade accessories) and @purpleastervintage (for upcycled clothing and Métis-owned items).

For larger corporations like Value Village and Plato's Closet, I recommend joining their mailing lists to stay updated on sales. Additionally, donating quality items can earn you coupons for future purchases.

A Final Word.

Thrifting is a sustainable option that helps reduce fashion waste, supports ethical sourcing of materials, discourages brands from producing overpriced low-quality clothes and promotes small businesses while saving you money.

If you're new to thrifting, don't worry about not knowing what to do. Just be patient, and you'll figure it out! From one thrifting girlie to another, good luck and happy thrifting!



Interior Of Charity Shop Or Thrift Store Selling Used And Sustainable Clothing And Household Goods | Daisy-Daisy Getty Images | Canva Pro

Turning that frown upside down

When the blues hit, these comforting activities brighten my well-being.

Hajra Ghuman

With it getting gloomier and chillier outside, I tend to find my mood matching the weather these days. It is an interesting predicament I find myself in, as it is one of my favourite times of the year. I love fall and the feeling of a fresh start in September, but it can feel like I'm drowning when I'm swept up by a bunch of tasks on my to-do list. I know myself well enough that if I stay down for too long, it'll start impacting the work I need to get done. With that, I began to try to do some things that usually cheer me up.

I already have a self-care routine, but I love adding in extra tidbits as pick-me-ups. This routine can look different for everyone, as we're all into a variety of things. Personally, when I think of self-care, the first aspect of it that comes to mind is skincare. After the usual double cleanse of my face, I love putting on a face mask sheet before my serums. My favourite ones are the Dr. Jart masks, since they make my skin glow. I usually use these masks on a weekly basis, but especially when I need to feel better.

Once the skin has been taken care of, I love putting on a good movie. This allows me to distract myself from whatever is boggling my mind and escape into a fictional world. I tend to stay away from watching T.V. shows when I'm down because then I end up bingeing them, which can become unproductive and cause me to feel bluer.

I ended up re-watching *The Maze Runner* trilogy recently, since it had been a while since I last watched them. Ironically, the events that happen in those movies aren't the most relaxing for the viewer to be witnessing, but I already knew how everything was going to happen. As I was watching it, I realized how much I loved that era in time where all kinds of dystopian movies were coming out and how a lot of them are some of my most favourite movies of all time.

If I'm not in the mood to watch a movie, I end up online shopping, or at least just browsing (although I am most

likely shopping and not just browsing). This is something that used to get out of hand for me before I started practicing mindful shopping, and now I don't usually find myself indulging in overconsumption of materialistic items. However, I loosen the reins on this habit when I'm feeling sour. Am I saying it's the healthiest thing? Certainly not, but it sure cheers me up. I recently bought a coat for the fall, because who doesn't love a cute new coat? Then I ended up buying another coat, which I accidentally bought in the wrong size when I was on my shopping frenzy the other day. The second coat for now is TBD...

Something that always brightens my day is coffee. This is something I pretty much drink daily. However, it somehow tastes better when I'm unhappier. I like it in all its forms, and though I don't mind hot coffee, I particularly like it iced. Coffee is coffee

though, so I'm not picky with it when I don't have options to choose from. You could just give me the coffee beans and I'll make do with that, if that is the only option available (it hasn't come to that and hopefully it never does).

To make my time even better with the coffee, I love going on a little walk. Whether that's wandering through the park by my house or strolling through campus grounds, a walk doesn't just boost my mood, but it also ends up calming my nerves and allows me time with my thoughts. I especially love walking outside in the fall, when the leaves are ombre colours and a slight breeze is going by.

If the weather is too unbearable to go outside, I like spending time organizing my Pinterest boards. I am always updating them, but when I'm trying to uplift myself, I like doing this in depth. Whether that's changing up the board

covers or creating subcategories within each board, it brings me joy that I cannot necessarily express in the right way. I really love organizing in general, and being able to do this all in one place so neatly makes me smile every time.

Using my Pinterest boards, I like watching different tutorials to improve my skills when trying to cheer myself up. For example, I like trying out new styles with my hair and figuring out which ones work for me on what occasions. Now, I'm trying to figure out how to use a French pin. So far, I've been unsuccessful with some of the styles but hopefully I'll figure it out. I've also been checking out different eyeshadow and eyeliner techniques that would look nice for special events. I like learning new things in general, but especially when I'm down because it makes me feel better about myself when I've gained and applied new information.

When cheering myself up, I don't limit myself to just doing these activities. These are examples of some of the main things I have been doing recently. Some of them may be silly, but the combination of these activities with others have successfully cheered me up and have helped maintain that mood.

If you're feeling bluer than usual, I suggest brainstorming a list of things that make you happy. Whether it's something simple like your favourite food, or complex like producing your own documentary in your spare time, this will allow you to hone on what uplifts you so you're able to cheer yourself up too.

It's okay to feel down at times, but it is crucial to be able to recognize what's causing it and how to go about elevating your mood. Take care of yourselves out there, as it becomes even more crucial to do so since the academic year is only going to get busier.



Beautiful woman face with flower line art | Cre8corner from cre8corner | Canva Pro

CROSSWORD

Across

1. Address a deity
5. Alphabet sequence in reverse
9. The Rise and Fall of a _____ [14 across] [26 down]
12. Who Zeus cheated on
13. Coca Cola recently collaborated with them
14. See 9 across
15. Track 1 of 9 across
19. Publicities
20. Anorexia for one
22. A long time _____, in a land far far away ...
23. One billion years
25. Swiss mountain
27. Track 11 of 9 across (4,4,4)
31. Acid in fats and oils
32. Diamond Minecraft blocks
33. Traumatic brain injury abr.
35. Chappell _____ (and theme of this puzzle)
36. River valley of early civilization
38. Incinerate
39. Capital of Can.
40. First Nations people, the nehiyawak
41. Blue hedgehog
42. Single by 35 across (4,4,4)
45. Pre-syrup
47. Abbreviation at a race event for a withdrawer
48. Give money to
49. Artist Yoko
51. Donkey
53. Track 8 of 9 across (2,4,2,5)
59. Alternative to a TikTok offered by Instagram
60. Number one in Japanese
61. Quartz objects used to strengthen pelvic floor (with 64 across)
62. Pig pen
63. Secretly look for a marshmallow duck
64. See 61 across

Down

2. Person on the field wearing black and white
3. Son of 12 across, Mars is Roman counterpart
4. Ube is a purple type of this
5. English capital
6. Kardashian matriarch
7. Lopez or Lawrence
8. Number of dalmatians if Cruella got one
9. Society of high IQ's
10. Prefix meaning equal
11. Don't trust nobody in texter lingo
14. Tie the knot
16. Othello villian
17. Lists at restaurants
18. Like steam or perfume
21. First episode

	1	2	3	4		5	6	7	8			9	10	11
	12					13					14			
		15				16					17			
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		49	50				51				52			
53	54					55	56				57		58	
59						60					61			
62						63					64			

Crossword | Greta Mader Stevens

Down continued

22. Like a desktop computer (1,2)
23. Cream colour
24. Spanish chants
26. See 9 across
28. Tidy
29. Relation
30. Sing like Mason Ramsay
33. Ahi
34. Persuade with money
36. Ingredient of steel
37. Stark and Flanders
38. Dylan or Marley
40. Sequence that translates to a specific amino acid
41. Where the stars and moon are
43. Obsolete term for an upstart
44. House in Ecuador
46. Hokey Follower
50. Zero
51. Arthur of tennis
52. Air pollution
53. Partner to Mr.
54. So far
55. Napoleon Dynamite's brother
56. Cube or T
57. Type of Whiskey
58. Director Lee of Brokeback Mountain

Meet the Artist - Jayde DesRoches

A snapshot of a Saskatchewan-based emerging photographer and poet.

Francisca Lopez Molina

Jayde DesRoches, a fifth-year USask student completing her B.A. (Honours) in Psychology, has had a long-standing inclination towards photography and poetry.

She initially started capturing landscape images on her phone, but after taking a couple of undergraduate courses in photography, her interest grew. After getting her own camera, she has been practicing photography working towards her ultimate goal; getting into editorial photography, particularly for celebrities, where she would capture images that help support a story or narrative told in a publication. As practice for this, her favorite image to capture is currently a creative portrait.

The talented photographer wears many hats, including writing different forms of poetry. She explains that she

gradually started writing to process her feelings, and that she only started to share her poems recently. Her poems cover a broad range of naturally human experiences, explaining that she writes whatever comes to her mind.

In the future, she hopes to combine her knowledge of these two artforms into a book, where her poetry is accompanied by her very own photos.

For the past year, Jayde has been enriching the Sheaf with her poetry and photography, having published them in almost every print issue since October of 2023. In the beginning, she would submit a poem of hers overlapped with images she captured, but this has progressed into submitting extremely high-quality stock photos of the USask campus and volunteering to take pictures of our Welcome Week table. She does also continue to submit poetry, which we always welcome!



Creative portrait by Jayde DesRoches | @JadedExposure

For anyone wishing to explore Jayde's photography, please visit the Instagram account she has dedicated to her craft: @JadedExposure

The Sheaf Editorial Staff very sincerely appreciates all the diligent work Jayde has done for us in the last year, and we're happy to watch her grow as an artist. Thank you, Jayde!



sept 20, 2024, pt 2.

if you find yourself among friends who don't treat your heart with care,
its okay to stay awhile to test it out,
see if anything changes,
see if there's a time that when you say something, people listen.
you can wait as long as you want,
but one day you can also decide to let them go.
you can think back to the friendships you made where you didn't need to earn respect,
it was just given.
and you can choose yourself,
because you deserve better.
you deserve love,
you deserve respect,
you deserve to be heard.
because what you say is important,
you are important,
and if people don't see that, then they aren't your people.
and why would you want someone like that anyway?

j.d.
@JadedExposure



Statue of Lesya Ukrainka on campus | Jayde DesRoches (@JadedExposure)



The cast from Seeds at Greystone Theatre | Emily Mainprize



Howler with the Pavlychenko Folklorique Ensemble in 2022 | Pavlychenko Folklorique Ensemble



The cast from Seeds at Greystone Theatre | Emily Mainprize



Past vinok (headress) making event | USUSA



Thorvaldson building on campus | Jayde DesRoches (@JadedExposure)

Very first Alpha Omega Society executive
| USask Archives and Special Collections

USSU BACKPAGE

A

G

M

Annual
General
Meeting

Nov. 28, 2024

6:00pm

📍 Arts 143



All bylaw amendments must be emailed to communications@ussu.ca by 4:00pm on November 8, 2024



FEMME FATALE

MOVIE NIGHT

October 28 at 5PM

📍 Women's Centre

Join us for
a night of
spooky
cinema &
snacks!



LOUIS' REWARDS PROGRAM

Earn points and free coffee when you come to Louis' and Louis' Loft!

+5 POINTS

for every dollar spent

\$5 OFF

for every 250 points you redeem

FREE COFFEE

for every 10 purchased from Louis' Loft

SASKATOON Civic ELECTION 2024

GET READY TO VOTE for your local government on NOVEMBER 13, 2024

ASKATUNE LIVE AT LOUIS'

Name Tunes WIN PRIZES

Wednesdays at 7:30 PM

FREE to Play

with DJ CHARLY HUSTLE

Visit ussu.ca/events for more information