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Dedication, Grit and Belief: A story of success for Huskie endurance athletes

The USask's Men's Cross-Country team ends a successful season by capturing the team bronze at the 2024 Canada West Cross Country Championships, for the first time in 22 years.

Darshana Lanke

On October 26th, the Huskie men's cross-country team competed in Camrose, Alberta at the Canada West Cross Country Championships. They claimed bronze, with a score of 84 points. Alexander Webster led the team with a 12th place finish, Quincy Fast was right behind him in 13th, Anthony Antaya finished 15th, Kaiden Deck in 18th and Jacob White in 26th. Because of their performance, both Webster and Fast were named Canada West second team all-stars. Additionally, Deck was awarded the Canada West Student-Athlete Community Service Male.

The women's cross-country team also had a strong showing, with the team placing fourth. Jaira Cross Child

received the Canada West Student-Athlete Community Service Female, and Kaitlyn Harrison and Jenica Swartz were made Canada West first and second team all-stars, respectively.

Deck, a fourth-year marketing student, joined the USask men's cross-country team in 2021 with Webster, who is majoring in engineering. Deck and Webster's journeys with cross-country running started in elementary school, but they progressed to more competitive training in high school when they started training with Jamie Epp, the current lead endurance coach for the Huskies cross-country team.

Fast, a first-year Master of Physiotherapy student, has been running for over a decade and with the

Huskies for 2 years. He jokes, "I got into running because I was the fastest on the soccer team, but I was probably the worst player. So I had to switch to a sport where other people didn't rely on me as much."

Before the start of the season, the team had set clear expectations and goals for the season, one of them being to bring home a team medal. Webster says, "We [Huskie men's cross-country team] showed up on day one and knew what our goals and expectations were." This is the first time that 16 of the team members hit the time standard to make the team, when in previous years it was around seven which added to the expectation that "this was going to be a group that performs better than they ever have," explained Webster.

Deck adds that the team has slowly been building towards the goal of having the next podium finish since its last in 2002. He reflects on his first year as a Huskie, which was the first time since 2014 that they scored as a team at the Canada West Championships, placing fifth. They continued to build on momentum in the subsequent years, by placing fourth in 2022 and 2023.

Along with a clear vision, the team's training schedule was rigorous and well-planned. The team trained six days a week, alternating between aerobic runs of 50-90 minutes and workouts which included a mix of fartlek, interval, and tempo running.

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The Huskie mens cross country team after capturing Canada West Bronze in Camrose, Alberta | Adrien Bazinet Alberta Athletics

USask's Men's Cross-Country team Continued from the front cover.

Having run this course and knowing how difficult it is, the team made a change to their Saturday hill runs. They decided to drive out to Blackstrap Provincial Park to run those more difficult cross-country ski trails and hills instead of their usual hills in Saskatoon. Webster says, "That's how badly we wanted that medal. We knew that we needed to do absolutely everything that we could to make sure that on race day we were going to be able to execute what we wanted. So nobody was questioning why we were going to this really difficult training place, because we knew that the pain that it was going to give us was going to help us for when we actually do the real deal on competition dates. It's symbolic in a way, it shows how much we were willing to change and hone in to hit our goal."

While the training prepares the athletes for their upcoming races, it also establishes deeper bonding between the team and creates a tight-knit group, which Deck and Fast agree is their favourite part of being on the team. Fast says, "I obviously have a lot of specific moments that I hold great value to, but I think it's just the everyday aspect... pretty much every week I'm seeing at least one guy on the team to go for a run, and that's what I value the most about being a Huskie."

Another instrumental part of the season, according to Fast, was the belief that they could win a medal and that it "never wavered." Deck agrees, saying, "Long distance running is 100% a game of belief."

Deck describes the lead up to the Championships, having had no major obstacle, as "a fairytale season." Webster says, "That's not just a testament to luck, but that's a testament to the work that we were doing to stay smart. There's a lot in running that can go wrong. We had injuries, but that's expected in the season. It's the severity of the injuries that really dictate how the season is going to play out. We found ourselves in a case where every single guy who was hurting or dealing with an injury was able to recover and contribute."

After months of intense training, the Huskies arrived at the Canada West

Championships. Fast, describing how he felt after completing the race, says "the immediate finish is always super stressful. You're trying to find your guys, and you're trying to do some math on the spot." This author would like to note that she is amazed that these athletes are performing math calculations after running their 8 km race.

Fast goes on to say, "Alex finished right in front of me, Anthony right behind and then just on the horizon, I [saw] Kaiden and Jacob. These are guys that really stepped up on the day, and they were like a couple places behind us, when usually they're like 10 or so places behind." It's at this moment when Fast figures out the team got bronze. "It's just an unbelievable feeling watching my teammates finish and knowing that day they pulled through for us."

Webster agrees with Fast that this was a team effort. "There was no hero and there was no main character on the team. Every single guy had a story's worth of experiences and decisions that led them to get where they were."

He highlights one member's story, Anthony Antaya, a third-year medical student who "has been with the Huskies for over five years, [and came] back to use up his last few years of eligibility just because he knows how important this goal was and how much he wanted to share it with the team."

Webster goes on to say "It's something that I thought maybe only happens in movies or books, where so many guys commit themselves for one goal... for us to have actually got it done, it shows me that things like this actually happen in the real world."

Deck adds "It's also worth noting that we were only half a point off of silver. We even came close to breaking something that we hadn't even talked about."

At the championships, Deck was also recognized for his academic excellence, commitment to community service, and athletic success with the Canada West Student-Athlete Community Service Male award. Deck greatly enjoys volunteering with running groups and

has been coaching since 2020. He says "It's kind of cliché, but you're making a difference and it's a good feeling."

Deck not only inspires the groups he coaches but also others, saying there is "nothing that compares to running". He encourages readers to try out running. "When you start running and exercising – when you start giving yourself up to a bigger goal and purpose, it kind of spills over into the rest of your life as well." He says that running has the potential to not only benefit you physically but can also make you more productive in other areas of your life such as school. "I encourage [you] to just try it out and see what [can] happen in [your] life because you can never expect what can happen."

Fast expresses gratitude on behalf of the team towards the people who helped them achieve their goals. "We want to thank our coaches, Jason Reindl, Jamie Epp, and Jared Welsh, for their time, commitment, flexibility, and willingness to go along with our goal setting this year." It was also a full circle moment for coach Epp, who was part of the last team to bring home the bronze medal from the Canada West Championships, in his fifth year of competition in 2002.

The team ended the season with their last race on November 9th at the U SPORTS Championships in Kelowna, British Columbia. Webster describes it as "one last hurrah for the season. We showed up and ran really good races..."



Kaiden Deck and Jaira Crosschild | Supplied

we ended an already successful season with just another good one for the books."

Now, the team hasn't hung up their shoes just yet. Deck gives a teaser for the track season, "We [are] hoping to break the Huskie record in the 4 x 800 m, which would be another thing that hasn't been broken since the 1980s." To track the Huskie endurance athletes' journey, follow them on social media @huskiesendurance and @huskietfcc.

There is nothing more inspiring than watching everyday people pursue their passions with dedication and grit. This is a resilient team that has faced setbacks over the years, but never wavered in the belief that one day they could bring home the medal. And bring it home they did, in this journey of endurance.



Kaiden Deck and Jacob White at Canada West | Adrien Bazinet Alberta Athletics

The Sound Problem

Not to be a killjoy, but you should probably get some earplugs.



Dori Sutherland

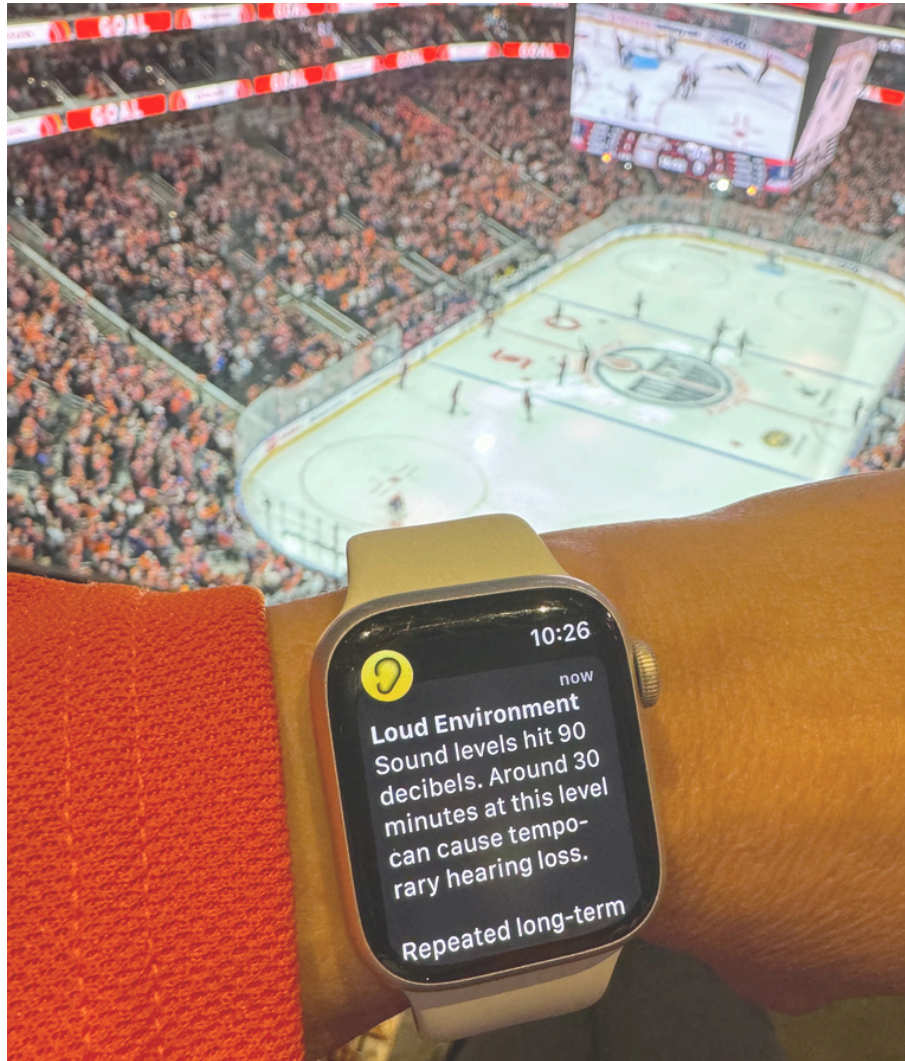
Whether it's nails scratching on a chalkboard, a police siren, a balloon popping next to our ears, or yet another fire drill in the dorms, we can all think of some loud sounds that make our ears bleed (not literally, hopefully).

While we know to avoid these sounds, there are countless other sounds present in our daily lives that actively cause harm to our health, even if we don't notice it. Oftentimes, we don't realize just how loud the sounds of our city environment can be because they are just a standard part of modern life, but long-term exposure has measurable negative effects on our bodies. Sounds we listen to recreationally, such as music in our headphones, can have a similar impact.

Humans have long observed adverse effects on hearing from occupational noises as well as natural sources. In 1713, famous physician Bernardino Ramazzini wrote that Italian coppersmiths would eventually become deafened from their work hammering copper all day. In the ancient Latin work *Natural History*, an encyclopedic account of natural history compiled in 77 AD, the author observes a loss of hearing in residents living near the rapids of the Nile River.

While high-amplitude sound has impacted hearing health for centuries, modern advancements have exacerbated the danger to societies. Since the Industrial Revolution, humans have increasingly been packed in bustling cities and exposed to noisy industrial machinery, increasing noise pollution. In recent years, this has been even further exacerbated by technologies such as speakers, televisions, phones, and computers that easily allow us to blast enjoyable yet loud sounds.

To understand the threat that loud sounds can pose to our health, we must first understand how they are measured. What we experience as the pitch of a sound is related to its frequency, measured in Hertz, a unit which represents the number of cycles of the sound wave in a second. A higher pitch



Smart watch warning at a NHL game | The Sheaf

correlates with a higher frequency. The perceived volume of a given noise pertains to its amplitude—the measure of the relative strength of a sound wave, which corresponds with the height of the wave. Decibels (dB) are the unit of choice to quantify the amplitude of sound energy, with a larger amplitude corresponding to a higher volume, which in turn results in a higher decibel value.

It is important to note that the decibel scale is not linear. Rather, it is logarithmic, meaning that each 10 dB increase represents an increase in sound intensity by a factor of 10. A sound that was 20 dB would be 10 times more intense than a sound at 10 dB, a sound at 30 dB would be 100 times more intense, 40 dB would be 1000 times more intense, and so on. An increase of just three decibels corresponds with sound energy doubling.

When the amplitude of a sound is too great, it exerts more force on the inner ear fluid inside the cochlea. The fluid is

moved more, causing damage to the hair cells which are crucial for sending signals to the brain regarding auditory information.

Sounds at 70 dB or below have a low likelihood of having adverse impacts on hearing and have no restrictions on safe exposure time. Once a sound reaches 85 dB, it has a safe exposure time of eight consecutive hours before hearing loss becomes a risk. For context, normal breathing is typically around 10 dB, an average conversation occurs between 60-70 dB, and emergency sirens are between 110-129 dB.

Young people are particularly vulnerable to causing completely preventable damage to their hearing. Common recreational listening activities such as listening to music through headphones at maximum volume and attending loud venues such as concerts, sporting events, and clubs are measured to have noise levels between 94 and 110 dB on average.

Given that sound energy doubles with each three-decibel increase in amplitude, the amount of safe listening time is also halved with each three-decibel increase. Recall that for sound at 85 dB, you can safely listen to it for up to eight hours. This means that at 94 dB, the lower threshold for some common recreational activities, a safe level of exposure would only be one hour at a time.

It is hard to believe that such common activities could be so damaging, but the threat of a hearing crisis is very real. Despite its preventable nature, a staggering 17% of teenagers and 19% of people in their 20s show signs of noise-induced hearing loss. According to the World Health Organization, more than 1 billion young adults are at risk of permanent, avoidable hearing loss due to unsafe listening practices.

So, what can we do as students to protect ourselves?

As students living in a city, we will unfortunately always be exposed to noises that are out of our control whether it's from traffic, construction, or noisy roommates. According to the WHO, noise is the second largest environmental cause of health problems, just after the impact of air pollution. While we can't always control our environment, there are a couple of measures we can take to limit our recreational exposure while still enjoying the activities we love.

Wear earplugs at loud venues. They're cheap, easy to carry around, relatively inconspicuous once they're in your ears, and you'll be able to enjoy a night out while listening to music at a comfortable level. I know that you're thinking they're weird. I used to be a doubter too—until I had my ears ring for two days straight after a particularly loud night at the bar. Not worth it!

Take breaks. When listening to music on your headphones or at a venue, make sure you take breaks every once in a while to give your ears a rest from being bombarded by sound waves.

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USask Huskie Athletics Mid-Year Review

Catch up on everything going on and coming up around Huskie Athletics.



Heritage Logomark | Huskie Athletics

Dori Sutherland

Football

The Huskies got off to a slow start to the eight-game season, with a 1-3 record in their first four games before going on a four-game winning streak to close out the season in second place with a 5-3 record.

The Huskies advanced to face the University of British Columbia Thunderbirds in the Canada West semifinals. The semifinal took place in Vancouver, where the Huskies stunned the Thunderbirds' home crowd with a dramatic fourth-quarter comeback from a 13-point deficit, advancing the Huskies to the 87th Hardy Cup Final.

The 2024 Hardy Cup, hosted at Griffiths Stadium, was full of storylines. The Huskies faced provincial rival Regina Rams in the final for the first time in 22 years. The Rams were the first team in Canada West history to reach the final with a 3-5 record. Despite the Huskies' best efforts, the Rams prevailed 19-14, becoming Canada West champions. The Huskies finished second in the conference.

Although the season didn't end as the Huskies had hoped, there were many individual achievements to celebrate. Five players were named to the Canada West all-star team, including Daniel Wiebe, Seth Hundebly, Kody Gutek, Jack Warrack and Ryker Frank.

Ryker Frank received both the Canada West Football Community Service Award and the Russ Jackson Student-Athlete Community Service Award, recognizing his work on a national level. Senior Advisor Jerry Friesen was honoured with the Gino Fracas Award, which recognizes the national Assistant Coach of the Year.

Men's Soccer

Men's Soccer finished sixth in the Canada West Prairie Division with a 3-10-1 record, failing to qualify for Canada West playoffs. Third-year midfielder Ethan Cabral led the team in points with four goals and was ranked fifth in Canada West for shots taken, with 38 in 14 games. With only one graduating senior, Mason Ogoke, the Huskies Men's Soccer team is in a good position to start the 2025-2026 season.

Women's Soccer

Women's Soccer finished third in the Canada West Prairie Division with a 7-2-5 record, advancing them to the quarter-final round of Canada West playoffs in Victoria. The Huskies put up a good fight, but the Victoria Vikes, the eventual Canada West silver medalists, emerged victorious with a 1-0 win.

Third-year midfielder Nammi Nguyen and fourth-year forward Alyssa D'Agnone were both named Canada West second team all-stars, with D'Agnone finishing the season tied for

third in the conference for goals scored, with 9 in 14 games.

Fourth-year defender Anna Oliver won the Canada West Women's Soccer Community Service Award and the USports Women's Soccer Community Service Award, receiving recognition nationally for her work in the community. Oliver's win marks the first time a Huskie Women's Soccer athlete has won a major USport award.

Cross-Country

The Cross-Country team had a strong showing this past season, culminating with the women finishing fourth in the conference and the men capturing third place at the 2024 Canada West Championships in Camrose, Alberta. The men's bronze medal was historic as it represented the first time they had medalled in 22 years. Both teams went on to claim thirteenth place at the National Championships in Kelowna.

The Huskies boasted four all-stars, with Kaitlyn Harrison's impressive fourth-place finish at the Canada West Finals earning her a first-team all-star shout. Jenica Swartz, Alexander Webster, and Quincy Fast all received second-team all-star nods. The Huskies swept both the Men's and Women's Cross-Country Community Service Awards, with Kaiden Deck and Jaira Cross Child receiving the honours respectively.

Track and Field

Huskie Track and Field begins the road to the Canada West Championships with the PR First Chance Meet on November 30th at the Saskatoon Field House. The conference championships are being held close to home in Regina this year, and the dominant Huskie women's team will look to repeat as champions for the seventh year in a row.

This team has many amazing athletes to watch, but keep your eye out for Michael Akintunde and Avery Pearson. Akintunde is the Huskie long jump all-time record holder and 2022-2023 USport long jump champion, and he is returning to competition this year after being injured. Pearson is the reigning 1000 m national champion, 600 m

silver medalist, and second on the Huskie all-time 1000m top ten list.

Women's Hockey

Huskie Women's Hockey is currently 0-10-0-4 on the season (10 regulation losses and 4 overtime losses). There is still a lot on the line with 14 games left in the season. Bronwyn Boucher leads the skaters in points with 6. They will be on the road facing Macewan this weekend.

Men's Hockey

Men's Hockey is having an impressive season so far with a record of 10-4-0 and 14 games left to play in the season. They have consistently been nationally ranked throughout the season, and were ranked seventh in the nation as of November 25th.

Fourth-year forward Dawson Holt leads Huskie skaters this season with 15 points. Goaltender Jordan Kooy is ranked amongst the top five in the conference in a variety of statistical categories, including goals-against average, win percentage, and save percentage, which he is first in. Roddy Ross is also ranked third in save percentage. Second-year defenseman Landon Kosior is fourth in the conference for assists with 11 assists in 11 games played.

They will look to pick up a pair of wins against the MacEwan Griffins this weekend at Merlis Belsher Place.

Men's Basketball

The Huskies are currently 0-6 in regular season play. They have had a tough schedule early in the season but with 14 games left, the Men's basketball team still has lots to play for.

Second-years Dylan Miller and Easton Thimm are off to a strong start this season, with Miller leading the conference in 3-point percentage and Thimm being fourth in the conference in rebounds per game with an average of 9.2.

They look to get their first wins of the season as they head to Kamloops this weekend.

Women's Basketball

Coming off of a Canada West championship and a second-place finish at Nationals last year, Women's basketball is looking to go all the way this season.

The Huskies faced adversity early in the season after the University of Calgary Dinos pulled off the upset and swept them on opening weekend. The Huskies bounced back from this setback, going on to sweep the University of Manitoba Bisons in their home openers the following weekend. The Huskies won both games by large margins, highlighted by Gage Grassick becoming the first player in program history and the 12th player in Canada West history to record a triple-double.

Next, Women's basketball faced the fifth-ranked University of Alberta Pandas, pulling off two statement wins by margins of 25 and 27 points.

Currently 4-2, the Huskies were ranked sixth in the nation in the most recent USport Rankings and look to secure a pair of wins against Thompson Rivers University this weekend to extend their winning streak.

Men's Volleyball

Men's Volleyball has been consistently ranked nationally and came in at number eight in the USport rankings this week. Their current record is 4-4 in a highly competitive Canada West conference, with 12 games remaining.

Second-year middle blocker Jacob

Baird is off to a strong start to the season as he is currently ranked fourth in the conference in blocks per set with 1.03. Third-year setter Noah Opseth is ranked second in Canada West for assists per set, with 9.91.

The Huskies will take on Thompson Rivers at the PAC this weekend in a doubleheader with Women's Volleyball.

Women's Volleyball

Women's Volleyball is currently ninth in the Canada West standings with a 3-5 record and 12 games left in the season. They will also face Thompson Rivers at the PAC this weekend.

Third-year outside hitter Taryn Hannah is amongst the top performers in Canada West, ranking third in kills per set with an average of 3.69. Third-year setter Tielle Hagel is second in the conference for assists per set, with 10.03.

Wrestling

Huskie Wrestling has had a lot of individual and team successes to celebrate and it's still early in the season.

Both the men's and women's teams had successful showings at the Dino Invitational in Calgary this past October, with the men's team taking first place and the women's team taking second. Sierra Mullin, Cole Sanderson, Myah Phillips, and Owen McGillvray each took first in their respective weight class. Four more Huskies

finished second, and two finished third, bringing the total to ten medalists. The Huskies Wrestling team also had six medalists in the SFU Open in Burnaby, BC, early in November, and two medalists at the Haws/Elton rumble, including a first-place finish from Judah Arthurs.

The Huskies will compete at home this weekend with the Huskie Duals on Friday, November 29th and the Huskie Open on Saturday, November 30th.

Tickets to Huskie Athletics events hosted here on campus are free for USask students to attend, and can be obtained through their website: <https://huskies.usask.ca/index.aspx>. Go cheer on our University of Saskatchewan Huskies in their upcoming games!



Huskie football celebration | Huskie Athletics Facebook

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10:10 by Michael Trussler: A collection of reflection and introspection

Check out this raw and insightful collection from award-winning author and poet Michael Trussler.

Laila Haider

Michael Trussler, a Saskatchewan resident and professor at the University of Regina, is the award-winning author of poems, short stories, and creative non-fiction works. His essay collection, *The Sunday Book*, won the 2023 Saskatchewan Book Award in the Non-fiction category for its brilliant use of memoir as a medium to explore life at all speeds. *10:10* is his seventh book, and like some of his previous collections, it takes on a heavy topic in a climate where we all need to address it.

Released last month, *10:10* is Trussler's latest work. It has been in progress for decades, nearly the entire length of his career as an author. The piece is experimental and innovative, acting as a commentary on the state of the world, and posing questions that many of us ask in times of hopelessness.

How can violence and beauty coexist? How can a world as cruel as ours hold such vast wonders?

He's sought answers to these questions for nearly his entire life, driven by his

curiosity and desire to understand the world.

When he was 18, Trussler went on a backpacking trip to Europe where he came across the Stedelijk in Amsterdam, a world-renowned modern art museum that changed the course of his life.

He recounts the moment he came across *The Beanery*, an exhibition by Edward Kienholz that struck him so deeply it inspired the title of his book nearly 30 years later. It features patrons of a bar losing time to the allures of alcohol, each of their faces replaced with a clock stuck at 10:10.

Trussler says that, as someone who has struggled with depression and substance abuse in the past, Kienholz's work opened his life up to him.

"What he (Kienholz) meant was that, when you drink too much... time doesn't really exist. You're sort of caught up in this, this loop of 10:10," he explains.

When he re-visited the exhibit later on in life, he looked back on his first exposure to *The Beanery* as a teenager and realized that he hadn't actually understood the depth of the work and its meaning. Only that, as a kid from a small town in Southern Ontario, it was liberating. It represented something larger than the individual—something that, as someone confined to the culture of a small town, he had never really encountered before.

He didn't realize until decades later, that Kienholz's installation had been a catalyst to nearly all of his works. Lying dormant in his mind, *The Beanery* was an inspiration that changed the way he thought about the world.

Trussler says that *10:10* is unlike any of his other books. Having written it on and off for as long as he has, years and years, it is the work that is most organically him. He takes great joy in

the fact that publishing and books as an art have changed and that he can express nuance in experimental, avant-garde ways that weren't possible when he first began writing.

His essays are gripping and real, thoughts splayed across pages that everyone can relate to. With a keen interest in visual art, he implements his own photography as well as other visual mediums in *10:10* to give his audience an insight into the scope of the duality of the world around us. He uses emails, imagined interviews, and high art to drive the message home.

Trussler has the masterful ability of being able to write from various perspectives in a meaningful way, and *10:10* is an excellent example of his skill. He presents eye-opening juxtapositions that leave you reflecting on the topic at hand, wondering how exactly the world can offer both bird-watching and genocide. He offers unique and hard-hitting commentary on the tumultuous balance between the world's beauty and its callousness, his poems both graceful and striking.

His works reflect on the duality of humanity and nature, how art coexists with war and creation with destruction. It's a stunning collection that pits nature against modernity, highlighting instances of natural beauty against the violence and climate anxiety we find inherent to our lives in today's day and age.

"One minute Trussler is singing the praises of lyric poetry, the next he is sharing the reckoning of knowledge and dreams. What an unusual, mixed media; simply said, there is magnificence here," wrote Barry Dempster, author of *Being Here: the chemistry of startle*.

Trussler's vivid and compelling imagery has a way of getting in your head and staying there, leaving you to reflect on how exactly you see the

Continued on page 13.



10:10 book cover | www.cbc.ca/books/10-10-by-michael-trussler-1.7291155

Paving paths that lead back home, and weight of grief: Installations at PAVED Arts this month

Take the time to revel in some of the unique and topical art pieces on display down at PAVED Arts this winter.

Laila Haider

PAVED Arts is a non-profit, artist-run gallery and art centre that has been helping local artists produce and exhibit their works for over 20 years. With a mission of supporting local, regional, and national talent, they've made it clear that PAVED Arts exists solely to support artists and help them achieve their goals.

This winter, PAVED is showcasing two concurrent pieces: *The Sounding* by Jess Richter, Rania Alharthi, Kris Alvarez, and Terri Fidelak, and *We Return* by Wanda Nanibush and Mohammed Abu Laban.

Both pieces are incredibly touching, revolving around sensitive topics like grief and colonization, and the pain that comes along with them. They utilize unique methods of expression that really resonate with their audiences, leaving them reeling in the aftermath, thinking about their own experiences and the context in which they exist.

The Sounding is a collaborative project that highlights different mourning rituals. It's a unique performance piece that works to protest against the strict structure of society and its silencing of grief. It's a vocal representation of all the pain that grief carries, personally and communally.

Embodied by the four prairie-based artists, *The Sounding* is a performance that relies upon the relationships between them. They create different improvised sound performances based on their locations and the sorrows they feel individually and collectively. After working together for several years, this group of artists has created a deep and dynamic relationship built upon mourning and its expression through sound and performance. To express themselves and their pain openly and honestly, both emotionally and spiritually, they adjust and tune the space as needed.

This exhibition, and the mourning



The Sounding - Jess Richter, Rania Alharthi, Kris Alvarez, Terri Fidelak | PAVED Arts

rituals as shown by the artists, will offer audience members the chance to explore pathways of grief and engage in personal and collective mourning in their own ways. The work exists not only as a service to themselves and their fellow collaborators but to serve their communities as well. They want to extend their hand to others and acknowledge grief, and everything that comes with it. In doing so, they present an intentional act of care for the places they go and the people they come across. As their voices come together, both in harmony and discord, they shift the energy of the space they occupy to get ready for whatever they encounter next.

The Sounding is a work that focuses on one of the most complex and difficult experiences a human being can face in their life. Grief is something that has been struggled with since the dawn of humanity, and through this work, audience members will be able to see it in a new light. All four artists work together to give space to this incredibly immense emotion so that it can be witnessed and held by all present.

This incredible and unique display of emotion will be on view until December 13th.

In Wanda Nanibush and Mohammed Abu Laban's *We Return*, they focus on

the displacement of Indigenous Peoples from their lands, highlighting a connection between the experiences of the Palestinians and the Indigenous Peoples of Canada.

Nanibush, a political activist and renowned artist, has built a career fighting against injustice, and expressing the woes faced by colonized peoples. As the child of a residential school survivor and a victim of systemic racism, she has taken a definitive stand against colonialism and its modern impacts and iterations.

As someone who has travelled to Palestine, and has friends and colleagues from the region, Nanibush has expressed a connection to the land and its people, and she draws distinct parallels between her people's experiences and theirs.

We Return is raw and genuine. The main image that is displayed in the piece was taken by Nanibush during a visit she took to the village of Luffa, which is accompanied by Prose written by Abu Laban, who lives in the West Bank.

In the exhibit, they use both Anishinaabe and Palestinian aesthetics and designs to express the common threads between the two groups. They display a tapestry of text and images

that display both group's values, and how their cultures value family, children, land, and unconditional love. They interweave different traditional patterns from both backgrounds to highlight the aesthetic similarities between them as well.

The basis of the installation is connection and joint efforts to end the oppression of all peoples. It's about resilience, resistance, and holding the importance of children and land close to your heart, despite the hardships you face. It's about returning to your home, rejecting expulsion and cruelty, and giving back love to those who love you.

We Return proposes a message to all audience members: Cherish your people, cherish your children, and cherish your land, regardless of its past or future.

This billboard project will be on display until February 2025.

If you have time to go downtown and check out some artworks that make you reflect on your connections to the world around you, make sure to check out these two exhibits at PAVED before they're gone. Both exhibits are being shown at the PAVED Arts Production Centre, at 424 20th St. W. (Saskatoon). Entry is free and open to the public.

USask Graduate Hailey Weber's Journey to her

Saskatoon-based artist and USask alumna Hailey Weber discusses her artistic

Nammi Nguyen

Hailey Weber invites viewers to explore personal themes of belonging and place through vibrant textures and immersive works. A Saskatoon-based artist and recent graduate from the University of Saskatchewan, Weber continues to captivate audiences and evolve artistically.

In an interview conducted within her latest exhibition, *Germinate*, Weber provides insight into her artistic journey.

Weber grew up in Saskatchewan, on Treaty 6 territory, and spent much of her early years in rural and remote areas. She credits her surroundings with inspiring much of her art.

“Natural spaces nourished me in those early and foundational years,” Weber says. “I’m constantly looking for opportunities to go back to those places that helped shape me into who I am.”

Weber has been painting since childhood and has always had ambitions to pursue art professionally. She sold her art in her first market at 16 and started showcasing her work online just a couple of years later.

She decided to continue her artistic journey at the University of Saskatchewan, where she pursued a Bachelor of Fine Arts Honours Degree, graduating in the spring of 2023. During her time here, Weber also showcased another side of herself, playing five years of U Sports soccer with the Huskies.

Weber’s hard work and dedication have been recognized with several awards, including the prestigious Judy Poole Award, granted to the most distinguished USask Department of Art and Art History graduate.

She attributes her education at the University of Saskatchewan as a huge proponent of her success.

“I can’t say enough good things about the Department of Art and Art History. While it’s a small program, I think there

are so many incredible benefits to that. It’s really community-based and I created a bunch of foundational relationships that have helped propel me forward in the first year or two after graduation. It’s a wonderful, wonderful community. There’s a lot of really excellent faculty that are incredibly helpful and knowledgeable.”

paints, graphite, inks, and pastels.

“I think that the different types of media come together to create a really interesting relationship. I’m constantly looking for meaning and belonging within a lot of contexts.”

Beyond that, Weber also employs

beginning of growth, where small shifts lead to meaningful transformation.” Through her work, she seeks to honor the concept of roots and simultaneously cultivate spaces for new possibilities to emerge.

The exhibition features three large-scale immersive pieces that intentionally incorporate empty spaces and unrendered areas.

Weber explains, “They’re meant to feel a little bit incomplete... [and] perhaps a little bit incoherent. I’m trying to push the viewer to sit with the work as a reflective space so that they can fill in the gaps based on their own memories and lived experiences.” She adds, “The bigger picture is still kind of in the process of growing into itself.”

Despite her success, Weber acknowledges that being a full-time professional artist comes with its share of daily challenges, which can accumulate into larger obstacles over time.

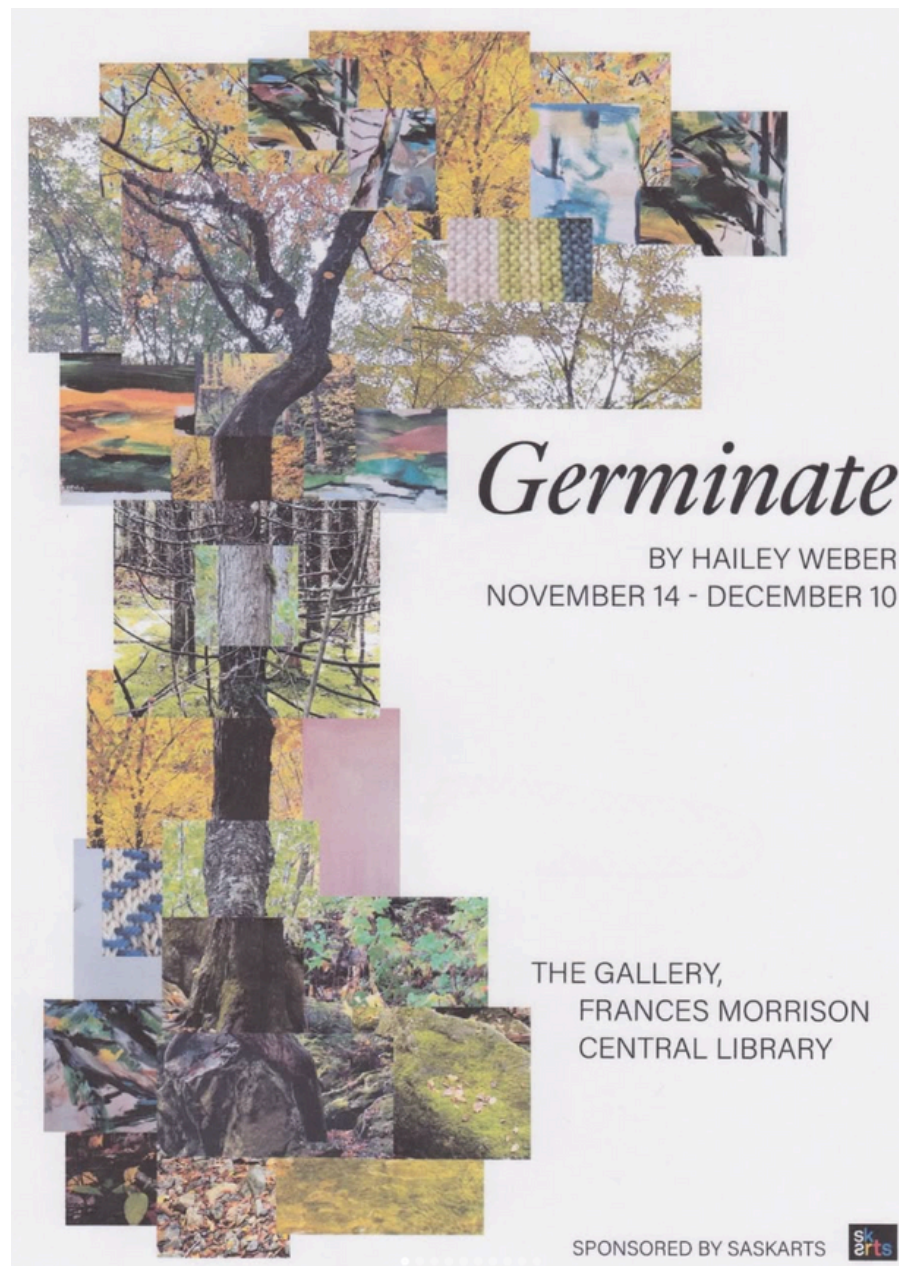
“I’m constantly dealing with logistics, planning, setting things up or taking things down, or making ideas or preparing a grant.” She adds, “There’s an opportunity for things to go awry or for things to not pan out exactly how you would imagine.”

Additionally, she explains how an artist’s career can be ambiguous in terms of how you want to shape your path forward. Being afforded so much creative freedom can bring up challenges in terms of planning.

To combat this, she believes that, “It’s just constantly about being aware of what’s going on in your life and in your career, and just taking everything in stride because not everything works out perfectly.”

Moving forward, Weber wants to continue to experiment and evolve, pushing into new media or revisiting ones of the past more deeply. She sees her artwork as a constant evolution.

“One body of work doesn’t necessarily inform what you’ll see from me next. I



Germinate graphic design by @neatons | Instagram @artbyhaileyweber

Since graduating, Weber has continued to push her boundaries as an artist.

Most of her two-dimensional works revolve around themes of belonging and place. She constantly changes media and works on different surfaces, challenging herself to explore ideas more deeply. She uses a variety of materials, including oil and acrylic

cyanotype techniques, and this summer she ventured into filmmaking, debuting her first artistic film at Nuit Blanche YXE, a city-wide outdoor art festival.

Her unique artistic processes are apparent in her newest exhibition, *Germinate*.

For Weber, germination represents “the

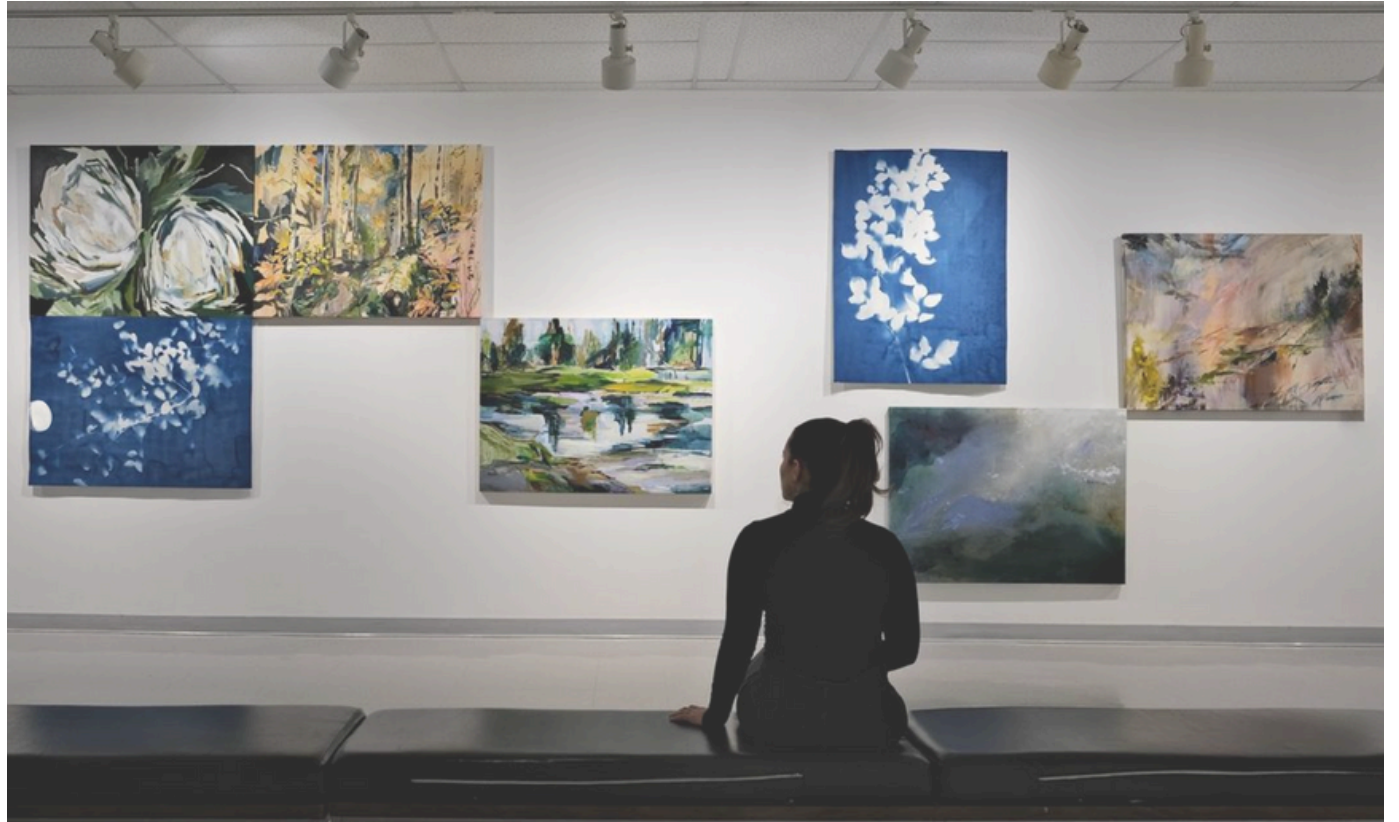
Latest Exhibition, Germinate

evolution, challenges, and the inspiration behind her latest work.

would say [that Weber's art is] something that is constantly shifting and growing into itself, much like the name of this exhibition, *Germinate*."

Weber encourages USask students to engage with the thriving local art scene. "The art community here is absolutely bustling," she says. "There are so many incredible places to see work in Saskatoon, even in unexpected places. I would encourage USask students to explore where they can find work, where they can sit with work, [and] where they can enjoy work."

She suggests a variety of exhibitions that can be enjoyed year-round. The College Art Galleries in the Peter MacKinnon Building, the Kenderdine Art Gallery in the Agriculture Building, and the Gordon Snelgrove Gallery attached to Place Riel are all free to view.



'Germinate' exhibition at the The gallery at Frances Morrison Downtown Library| Instagram @artbyhaileyweber

"I can't say enough good things about the Department of Art and Art History. While it's a small program, I think there are so many incredible benefits to that. It's really community-based and I created a bunch of foundational relationships that have helped propel me forward in the first year or two after graduation. It's a wonderful, wonderful community. There's a lot of really excellent faculty that are incredibly helpful and knowledgeable."

Weber adds, "The art community [in Saskatoon] is also incredibly kind, wonderful, and supportive. So, if you want to be a part of the community, you can either reach out to me or you can also reach out to other artists. It's a great place to exist and to be."

Germinate is viewable at the Frances Morrison Central Library Gallery until December 10. To learn more about Hailey Weber's work, visit her Instagram @artbyhaileyweber or her website www.artbyhailey.net.



'Germinate' exhibition at the The gallery at Frances Morrison Downtown Library| Instagram @artbyhaileyweber



You're Probably Typing Wrong

Exploring better ways to type after years of doing it all wrong.

Nicole Ikenna-Mbaekwe

As a college student, you might think typing should be intuitive. It's likely not something you think about much, seeing as you've probably been doing it for so long. You may not even have noticed that some people type differently from others, or that there are actually recommended techniques for typing.

Or maybe you do—in which case, you're probably better than I am. Until last month, if you'd asked me, I would have told you I was the greatest typist of all time. I spend most of my time typing, writing and editing articles, coding and debugging, and applying for internships (though Google has yet to give me a chance). I spend more than half of my day typing.

And yet, I still struggle with it. I am currently typing this article like a duck, wobbling my fingers and trying to remember the YouTube tutorial I watched earlier that showed me the proper finger placement when typing.

A while ago, I started experiencing discomfort in my finger joints when I typed or wrote. It felt as though they were exhausted from being used too much. At first, I thought this was a medical issue and was about to start writing my eulogy for when I was gone until I stopped to consider—what if I am typing wrong?

In this world, there are different kinds of typists. And as a hybrid typer, let's just say I could be more efficient. I use two fingers to type, my right ring finger and my left index finger. They carry the weight, finding all the letters, and pressing on the keys.

Hybrid typing is a common approach that combines various typing techniques. People who use this style tend to focus on the screen but occasionally have to glance down to find the key positions. While it works for many, it is not always the most ergonomic or efficient method.

One of the disadvantages of hybrid typing is the tendency for frequent typos. The problem with using just two fingers, or hybrid typing, is that while you can learn to type fast, it puts a lot of strain on your fingers. When the workload is balanced among all 10 fingers, you're less likely to experience pain or develop repetitive strain injuries such as carpal tunnel syndrome.

Typing using all 10 fingers is known as touch typing. Using this method, typists keep their wrists relaxed and rested down, rather than lifting them while typing, which helps prevent carpal tunnel syndrome. Touch typing also reduces the likelihood of making spelling errors, since each keystroke is made by the finger closest to the desired key. As a result, typists can type faster and more accurately.



Person typing on a laptop | Ron Lach from Pexels | Canva Pro

However, transitioning from hybrid typing to touch typing can be challenging. As someone who has used the hybrid technique all my life, it's been tough reminding myself to use the proper finger placement and to correct myself when I slip back into using just two fingers.

I had to do some research on touch typing and how to practice it. I used websites like Typing.com to learn the correct hand placement and keystroke. They also offer typing exercises, which improve your typing speed. Another great site is TypingClub. It groups letters together in different sections so you can focus on the letters that have been the most difficult for you.

Overall, this process has been a valuable lesson. It reminds me that learning never stops and that there are always more efficient ways to do things. It's important to keep an open mind and learn new strategies that are easier and faster.

If you've been experiencing pain while typing or having trouble writing, it might be time to evaluate your typing style. Is it comfortable? Are any of your fingers being strained too hard? If so, you might want to switch to a different method, like touch typing. However, the issue could be something else entirely, so be sure to consult your physician first.



Why Being in Your 20s Sucks

Can we still 'Live, Laugh, Love' in today's economy?

Nicole Ikenna-Mbaekwe

Being in your 20s feels like you're expected to have everything figured out, especially as a university student, where the pressure to choose a career path, network, and plan your future is overwhelming. The weight of these difficult choices feels exhausting, and the anxiety of not knowing if you're on the right track is daunting.

Growing up, aging felt like a video game. Each year unlocked a new level, with special skills and new powers, like staying home alone at 13, getting Instagram at 15, being an adult at 18 and finally, at 20, life would be perfect — I could finally do whatever I wanted. Right?

That's why birthdays were so special to me. Blowing out those candles felt like the end credits of a level, rolling the film for something more exciting. As I got older though, they just reminded me of what I was yet to accomplish, leaving the nagging feeling that I was falling behind in life.

The crushing weight of expectations has made me feel stuck as if I'm standing still and watching my life unfold from the sidelines. I want to move forward, to put in the effort and chase my goals, but I feel trapped in an endless loop of wishing and wanting, but never taking the steps to make things happen.

Perhaps life was easier during my parent's generation. They grew up in a time when education, jobs, and even retirement seemed more attainable, something that now feels out of reach. In today's economy, it's harder to pay for tuition, difficult to find a job that offers security, and challenging to hold on to the dreams of a simple, stable future.

This isn't to say that we should stop dreaming. But maybe, in the face of these overwhelming pressures, we also need to be kinder to ourselves, allowing space for mistakes, room for growth, and the understanding that things may not go as planned. The number of people in their 20s struggling with depression and anxiety has increased in



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

recent years, largely because of the pressures to succeed—society's expectations of achieving the 'perfect life', coupled with anxiety about responsibilities we face, and concerns about food, jobs and housing.

This leads me to question the ideal of a perfect life that we're all told to strive for. If life is only about reaching some end goal, what happens to the moments in between? Are we so focused on the outcome that we miss the joys, friendships, growth and learning that come from the journey itself?

With every dream being capitalized on and inflation raising the cost of living, even basic things like getting an education have become more difficult. It feels like the world has put a price tag on everything—even our dreams.

Being in your 20s feels like you're still a teenager, but everyone expects you to behave like an adult. You're stuck in this space where you're supposed to have it all together, but you still feel like a kid trying to navigate the world, pretending to know what you're doing.

The crushing reality of having to

survive on my own keeps me up at night. As an international student, the weight of needing to succeed feels heavy on my chest. Living can sometimes feel like a chore, where the basic act of surviving, such as preparing meals, paying bills, and meeting deadlines, become overwhelming tasks. On days like that, making a name out of myself feels like a faded dream, a distant memory I can barely hold on to.

How am I supposed to build the skills I need for the job market when I can barely remember to cook my dinner? How do I network and pitch myself to companies when I freeze up talking to barely speak to the cashier at the store?

With today's economy, having an education no longer guarantees landing a job. I wonder constantly if I am choosing the right career path, especially because new reports about 'dying jobs' come out every few years. It feels like a gamble these days, sending in a job application is like buying a raffle ticket and praying you win. Your prize? An entry-level position that expects you to have 5+ years of experience.

Despite all the uncertainty, I still believe we need to dream. But it's important to dissect why we want to achieve them. What lessons do we hope to learn along the way? Who do we want to meet, and what kind of person do we want to become? When we reflect on these questions, we realize that there is no single path to achieving our dreams. Sometimes your reality—imperfections and all, might be good enough for now.

Beating yourself up for things not turning exactly the way you want is useless. What matters is making the most of the situation you find yourself in, even when it's tough. It is easier said than done, but using the resources around you, leaning on others, and trying to live fully in the moment can make a difference. This is the time to truly live and to experience.

Your 20s might suck less if you accept them for what they are. Everyone's journey is different, and that's why we need to build a community where we can access and offer support. Let's not be afraid to discuss the challenges we

Continued on the next page.

The Sound Problem

Continued from page 3.

Limit the volume on your devices. If you have an iPhone, it will automatically send you notifications reminding you to reduce your audio levels if it thinks that your audio exposure is too high. For more detailed information about audio exposure, you can check the Health app, which will give you a breakdown of your weekly listening. You can also set up your iPhone to automatically restrict volume levels in your headphones. Go to Settings > Sound & Haptics > Headphone Safety > Reduce Loud Sounds, and use the slider to set a maximum decibel limit.

If you have a Samsung, you can adjust your media volume as well by going to Settings > Sounds and Vibration > Volume > Media Volume Limit to set a maximum volume. Samsung doesn't indicate a decibel level, but the slider turns orange when levels are too high.

Other Android phones vary in terms of their volume-limiting options—if you

have a non-Samsung Android, do some research to find out what options your phone has.

Be aware of your rights. While this doesn't necessarily pertain to recreational noise, it is important knowledge for students entering the workforce or working to support their studies. A 2017 study found that an estimated 42% of Canadians are exposed to hazardous workplace noise, and an estimated one-third of workers have some degree of hearing loss.

Saskatchewan, like many other jurisdictions, has regulations in effect to protect workers from the dangers of occupational noise exposure, which can be found online. A general rule of thumb is that if you have to raise your voice to be heard by someone an arm's length away, your environment can be considered risky and might require additional hearing protection.

Happy hearing!



Woman listening on headphones | Burst from Pexels | Canva Pro

Why Being in Your 20s Sucks

Continued from page 11.

face. Talking about our problems can bring clarity, strengthen our resolve, and bond over shared pains.

Finally, I want to take a moment to appreciate you for the work you're putting in. Sure, it might not always feel like a lot, but remember—growth, no matter how small, is still progress. Take a second to be proud of yourself.

I'm proud of every single one of the students at USask, especially those who feel like they're drowning in the pressure because I know how far they've come. Even if you're not 20 yet, the struggle is still the same, and it's okay to feel overwhelmed. So here's a reminder to live, laugh, and love—because no one else is going to do it for you. (Source: random millennial pillowcase at Walmart.)

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10:10 by Michael Trussler

Continued from page 6.

world around you. His lyrical prose, paired with the mixed visual media he utilizes, is fluid and gripping. He engages with the topics at hand in a way that opens your eyes.

10:10 presents humanity and the world in all their glory—magnificent and off-putting.

With the current state of the world, it is easy to find ourselves lost in its cruelty, but Trussler does a splendid job of giving his audience a new perspective. The world is whole, and in that wholeness, we will find both wonders and flaws. It's what we do with the information presented to us, how we dissect it and how we shape our lives around it that matters.

Letting ourselves succumb to the horrors only adds to them. Admitting defeat to the cruelty this world has to offer is to shun the vast wonders we

have at our fingertips.

What value is there in despair? Why give in to the grief that destruction brings us when the world has so much more to offer? Why not oppose the destruction? Why not protect what we do have?

Why focus on the shadows when there is light above us?

Don't let yourselves get stuck in the loop that is 10:10. Act.

Michael Trussler's *10:10* poses questions that lead to hundreds more. This collection is a testament to his skill, and his ability to look both inward and beyond himself, addressing human context within the Anthropocene and the vastness of it all. If you're looking for a new book to sink your teeth into this winter, make sure to check out his latest work.

Photo of the week



November 23/24 weekend snowfall in Saskatoon | The Sheaf

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aug 20, 2024

i cried in the car on the way home.
 i saw a man on a tractor,
 and it made me think of you.
 so i cried.
 we lost you one january,
 and with that went my childhood.
 nothing was ever the same.
 it still feels weird when people sit in your chair,
 but sometimes it feels oddly comforting,
 to sit in the spot you had sat so many times before,
 almost like you were still alive.
 you'd recline the seat and ask for the remote,
 you'd make us watch some curling or CIA show,
 or you'd sit there while everyone else cleaned up after dinner.
 i don't know why i cried so hard when i thought of you,
 you could be so cold.
 yet when i look back,
 that's not what i remember.
 i remember the notepad kept in the pocket of your shirt,
 where you'd write all your poems,
 or the time you took out your dentures and made us all laugh so hard.
 i remember how we'd celebrate our birthdays together every april,
 and share a birthday cake,
 and that's why i cried in the car on the way home.

j.d.

@jadedExposure

SUDOKU

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@usasksheaf on @sheafteam on thesheaf.com



**INTERESTED IN
WRITING?**



Contact editor@thesheaf.com for more details

CROSSWORD

Across

- 1. Misfortunes
- 5. Sacred song
- 10. Futon
- 14. Number on a concert ticket
- 15. Canadian gymnast Black
- 16. Mar's greek counterpart
- 17. Put a word to
- 18. Times for lunch
- 19. Metallica drummer Ulrich
- 20. Puppet group created by 33 across
- 22. Red cousin of 20 across
- 23. Helpers to professors
- 24. Meter used in Shakespearean works
- 26. Member of 20 across
- 30. What you do after shuffling
- 32. Jewish scripture
- 33. Creator of 20 across
- 38. Settlers of Catan resources
- 39. Residents
- 40. Mojito ingredient
- 41. Member of 20 across
- 43. One of the three sisters
- 44. Instead
- 45. Member of 20 across
- 46. Like John Diefenbaker and Henry Taube for USask
- 50. Bobby on the ice
- 51. Singer and civil right activist Horne
- 52. ____ the ____ member of 20 across
- 59. Don't have
- 60. Like an electronic mortgage
- 61. Designer Mode of supersuits
- 62. ____ of Man
- 63. Med school subj.
- 64. Close by
- 65. "____ so High" by Tal Bachman
- 66. Weapons first used in World War I
- 67. Blows Up

Down

- 1. "____ she lovely" by Stevie Wonder
- 2. Biblical wife of Jacob
- 3. Uncool
- 4. The trunk of a tree is one
- 5. Correspondent across the ocean
- 6. Feeds the pigs
- 7. An ingredient in many lotions
- 8. White fluff from the dryer
- 9. Saviours
- 10. Where many a woman was accused and hanged
- 11. Toothpaste brand
- 12. Physicist Enrico
- 13. Org.
- 21. Zion National Park's state

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59					60						61			
62					63						64			
65					66						67			

Crossword | Greta Mader Stevens

Down continued

- 25. Pub order
- 26. Like one unit of Fermium
- 27. Sushi wrapping
- 28. Angers
- 29. Clump
- 30. Song at a funeral
- 31. Award for 20 across's show
- 33. Reminders
- 34. National Leaguer in slang
- 35. Old name of Thailand
- 36. Prefix meaning "all"
- 37. Where one might find an egg
- 39. Conscientious
- 42. Put in writing
- 43. Hunk of Ice
- 45. Grandfather of 16 across
- 46. Allison and Alexandra, maybe
- 47. Contain
- 48. Like Fester in the Addams Family
- 49. Brands
- 50. Drama starring Jason Bateman and Laura Linney
- 53. Genus of olives
- 54. Type of word
- 55. Musical about young adults in New York
- 56. Paradise
- 57. Med school subj.
- 58. Covers with sticky black liquid

USSU BACKPAGE

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