



# THE SHEAF

## PUBLISHING SOCIETY

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YOUR UNIVERSITY OF SASKATCHEWAN STUDENT NEWSPAPER SINCE 1912

## Advice for Incoming Students, From Outgoing Students

Starting university can feel scary, but it doesn't have to be. Here are some tips from older students on navigating university life.



Students learning in library. | Shutterstock from Getty Images | Carva Pro

### Francisca Lopez Molina

With classes back in session, a new set of students is joining the USask community to further their education. University life is intrinsically very different from high school in many ways. From the content and pace of classes to relationship dynamics or living on your own for the first time, sometimes it feels like everything changes when starting university. As daunting as this sounds, take comfort in knowing everyone experiences this to some degree.

By the time this article is published, I will have (hopefully) graduated with my Bachelor's degree after four long years. When I started university in the Fall of 2021, I was absolutely, completely terrified. I was moving out of my parents' house on my own and starting a major that seemed almost too hard to get through, while trying to juggle having a social life with all the newfound duties and responsibilities of being an adult. I say this not to make you pity me—but because this

likely will also be the case for many new students. I cannot speak for everyone's experiences. However, in hopes of comforting and helping at least one person starting their university journey, I gathered current students to ask them about their experiences and what they learned from first-year to now regarding some aspects of university that first-year students often struggle with.

### Choosing a major and career path

One of the most common concerns among students of all ages is making the very personal decision of choosing a major and a prospective career path.

Paul, a fourth-year Biochemistry major, has been interested in discovering and understanding life and biology scientifically since high school introduced him to the field. During his first two years of university, however, he realized that being a Biochemistry major aligned better with his interests than being a Biology major, which he was for a semester. "It's not weird to not know what you want to do

at university," he explained. Even though first-year STEM courses are often regarded as "weeder" courses, Paul says he never doubted his place in the major. "Advancing through classes, I felt like I earned my place in the degree. I didn't need to feel like I didn't belong—I earned it."

Similarly, Victor, a fourth-year Economics student, knew he wanted to study economics before starting university, and the sentiment hasn't changed. "I always loved math and politics, and the social side of things. So, economics as a social and quantitative science seemed like a good fit for me," he explained. However, Victor also expressed that he believes most people doubt their place in their major at one point or another, saying that "it's a natural part of our university journey. There were big stepbacks for me that really made me doubt whether I could make it or not." Although sometimes the future does not look as bright as we may have pictured it, Victor believes that "the important thing is to see beyond those bad days and bad moments and strive towards the final objective. If yesterday was a bad day, then make today a good one."

I was also a Biochemistry major, but had a vastly different experience. I barely took the high school science courses required to start the major. I initially had little interest in my courses and thought I was just using the degree as a stepping stone to a career in medicine. I truly started to understand and enjoy the major towards the end of my second year. I remember taking my first quiz in my first-ever biology class, getting a 70 and crying, convincing myself I was not cut out for science. At the time, this seemed like the end of the world—now, after getting my B.Sc. Honours and planning to start a career in biochemical science and not medicine, as I had originally thought, I look back and laugh.

### Classes and academics

At first, choosing the right classes can be a difficult task. The university also requires that most students take required courses in different areas, such as sciences and humanities, as well as electives, in conjunction with their major classes. One concern some first-year students often have is finding the courses (either the content or pace) too hard.

"The hardest classes I've taken were those I was not interested in," explained Paul. "The hardest thing was putting in the effort into topics I did not enjoy." One way Paul described navigating tough classes was by getting motivation from friends. "Even though the topics might not be appealing, getting the motivation to study from people taking the same class is enough." In my opinion, the hardest classes are those taught by professors who provide few resources for students to succeed, or those that are very test-heavy.

Fortunately, many resources are available to help students choose their classes. Syllabi for most classes are available online for you to decide which class to take, and some well-known professors are discussed on the 'Rate My Prof' website. Academic advisors can also be a valuable resource for some people. Paul explained that "[He] recommends having meetings with academic advisors. Even though it might not be as high quality as you would expect, it is a necessary step in your degree."

One additional piece of advice Victor offers first-year students, reflecting on his own experience, is to plan ahead based on the syllabus. "I used to read the syllabus once and never open it again unless I really needed to. This would have helped me not only to get better grades but also to reduce the amount of stress bad organization and timing—specifically at finals—produce," he explained.

In my opinion, the most daunting aspect of academics, initially, was exams. In my first semester of university, I was particularly scared of midterm exams. Finals turned out to be bigger, scarier opponents—but midterm exams came first. I broke out in stress hives minutes before starting my first physics midterm in my first semester. However, don't fret! The anxiety around exams is often attenuated as time goes on. My honest advice is simple: if you're scared of an exam, get studying. Writing an exam knowing that my answers are complete and correct is one of the best feelings I've experienced, academically, throughout my time in college.

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# A Letter From Your Editor-in-Chief

My journey with the Sheaf and vision for the 2025-2026 Sheaf publications

**Darshana Lanke**

I joined the Sheaf in 2023 as a staff writer. I was in my second year of studies at USask and wanted to find a sense of belonging and community on our large campus. I first heard of the Sheaf from my older sister, who, a couple of years prior, had served as opinions editor for the paper.

I originally intended to work with the Sheaf for just one year to gain a new experience. If you were to tell me then that I would be with the Sheaf for two more years, I would have probably not believed you. While I was an avid news watcher and greatly enjoyed reading the newspaper delivered to our house daily, I wasn't someone who was known for writing journalism articles in my spare time.

However, I soon fell in love with communicating stories that mattered to students and the welcoming and supportive environment that the Sheaf cultivates.

I still remember my first interview with the Sheaf hiring committee, which consisted of Shantelle, the business manager, and Becky, a board member who professionally worked as a freelance journalist. I was nervous going into the interview, but within a few minutes, they both made me feel incredibly welcomed and relaxed. Although they had not yet hired me, Becky offered to lend me her own copy of the Canadian Press Style Guide after learning I didn't have much experience with it. It is this welcoming spirit that has made me feel at home at the Sheaf, and it is this constant supportive

environment that is one of the first things I share with people when asked about my experience at the Sheaf.

Our first staff meeting of that year took place in September. Since then our team has steadily grown, but in my first year, I was the only staff writer. I was completely lost when it came to pitching an article. I turned to one of the friendly faces I had gotten to know better during Welcome Week and nervously rambled my first set of ideas. One of them was about the housing crisis in Saskatoon, and another was about my experience working in customer service.

If I thought I was nervous to pitch the article, sharing my first article draft was downright terrifying. Sharing a piece of writing is in many ways like sharing a piece of yourself. The experience is one of vulnerability, laced with thoughts of "Will they judge my writing? Will they hate how I phrased this idea? Will anyone even want to read this article?"

Over time, I have come to appreciate my growth as a writer, gaining confidence in my writing skills and also in the knowledge that the role of the editors is not to judge your work or you as an individual but to help you share your message in the most accessible manner with everyone. Still, I cannot help but cringe when I look back at that first piece of writing.

I will always look back on my first year with the Sheaf with fond memories. Our mere six-person team was tight-knit. We would spend hours chatting about anything

and everything during and after the staff meetings. My favourite group activities included going to see a co-worker's musical, enjoying brunch with the girls and watching another co-worker's ringette game. Through these activities, I found a family on campus.

In my year as a staff writer, I gravitated towards news pieces. I loved getting the opportunity to interview students and write informative articles to give readers the information they needed to make their own opinions without the influence of the author's voice. Last year I became the news editor, a role I thoroughly enjoyed! It has been incredibly rewarding to help writers with shaping their stories and grow as writers.

My favourite part of last year was the size of the team, which included four staff writers and, for the first time, a social media director! Not only were we able to have a larger presence on our website but we were also able to reach out to more students and clubs, covering stories that were important to them.

Our social media director was creative and grew our Instagram and TikTok pages from the ground up. She also launched a successful job application campaign on our social media pages. A campaign that brought in the talented and enthusiastic individuals I now have the privilege of leading as this year's editor-in-chief.

I am beyond excited to serve as the editor-in-chief for this academic year! My vision for this year's publications is one that



represents the voices of students at its heart. After all, The Sheaf is a paper written by students, for students.

The Sheaf is an independent journalistic organization keeping you informed on the USSU and university administration. It is your source for learning about student associations, clubs and the many exciting and invigorating events they host! It is a space for you to share your opinions on the hard-hitting topics that matter to you — like what is even going on with the Riverdale series.

Last year, my first article of the year was on what the Sheaf does and how to get involved. I encourage students to volunteer with the Sheaf, whether that be by submitting pitch ideas, articles, or editing. Our office is always open for students to pop by and chat with me or other members of the team.

More than anything, my vision for the Sheaf is to create that same welcoming and supportive atmosphere that I experienced thanks to my predecessors. I have gotten to call this office home, the team a piece of my heart, and this journal a highlight of my time in university.

## Your USask student newspaper since 1912

Room 108, Memorial Union Building

**Editor-in-Chief** - Darshana Lanke  
editor@thesheaf.com

**News Editor** - Colton Danneberg  
news@thesheaf.com

**Culture Editor** - Laila Haider  
culture@thesheaf.com

**Opinions Editor** - Hajra Ghuman  
opinions@thesheaf.com

**Staff Writer** - Emily Mainprize  
emily.m@thesheaf.com

**Staff Writer** - Hannah Ha  
hannah.h@thesheaf.com

**Staff Writer** - Katherine Walcer  
katherine.w@thesheaf.com

**Staff Writer** - Cameron Budd  
cameron.b@thesheaf.com

**Copy Editor** - Dori Sutherland  
editor@thesheaf.com

**Digital Content Creator** - Nammi Nguyen  
news@thesheaf.com

**General Manager** - Shantelle Hrytsak  
gm@thesheaf.com

@sheafteam on



@usasksheaf on



thesheaf.com





# Make the effort to make friends in your first year

Friends are invaluable to your university experience, but you can't just wait for them to come to you.



Best friends | Sport Studio | Canva Pro

**Dori Sutherland**

The start of a new school year is an exciting time, especially if you are in your first year of university. But alongside the excitement of growing up and getting a fresh start in university comes a host of new challenges, such as academic pressure, increased self-reliance and social anxiety.

While each of these difficulties can be daunting, socializing in university can feel particularly tough. When we struggle with things like grades or living alone for the first time, it is often possible to adapt to these challenges by adjusting our own habits and attitudes.

However, when it comes to making friends, your success is not only in your hands, but also in the hands of your peers. Being rejected by others is difficult, and sometimes it feels like it isn't even worth it.

I can attest to this firsthand. After moving to Saskatoon from a different city, I felt much more overwhelmed by the prospect of building a new social network from scratch than I did by learning to care for myself without my parents around.

Despite how difficult it might feel, that doesn't mean it's not worth the effort. One of the most important parts of making friends is taking ownership of your social world and being intentional about connecting with others.

## Making friends requires effort

The easiest place to start is in class—the

more you attend, the better. One study found that when strangers were planted in college classes and didn't interact with anyone, students still reported finding the strangers who showed up for those classes to be more likable. Just by going to class every day, you become a much more approachable, familiar face (and your grades will be much better for it too).

Joining campus groups is an even better option if you have the time. These spaces allow you to connect with people who share similar interests in a more intimate setting.

By showing up to class and clubs, you have already overcome overt avoidance, which is the tendency to avoid events, clubs and classes. This is a great first step, but simply being in the same room as others usually isn't enough to build new relationships.

You also need to overcome covert avoidance, which means failing to engage with new people once you get to events. We've all done it—it's much easier to just show up and wait for people to talk to you. The problem with this is that most other people are also waiting for you to talk to them!

As intimidating as it may feel, you're far more likely to succeed in meeting new people by making an active effort to make the initiative speak to your peers. Research shows that people who believe friendship is based on luck tend to feel lonelier over time. Meanwhile, those who put an effort into making and maintaining friendships report less loneliness.

Friendship doesn't often just fall into your lap! So make an effort to talk to people before class and during club meetings. As intimidating as it may seem, most people will be happy to chat with you—personally, I have never experienced otherwise.

## Why it's worth it

Having a support network of friends as a university student isn't only important for your mental and social health, but it also helps you learn, both in your field of study and about the world around you.

Higher education draws thousands of students from diverse backgrounds into one place to study. That creates a unique opportunity to interact with people who have different experiences and worldviews. Even if our values, interests, we can still connect through the common struggle of pursuing higher education.

In a survey of over 7,194 first-year students conducted at 122 U.S. universities, 64% of students who entered university with no close "interworldview" friendships (defined as sharing different political ideologies, religious traditions and guiding values) made at least one such friendship by the end of the year. In addition, 20% of this group reported making five or more.

These students also became more understanding and accepting of all other worldviews as well. University presents a unique opportunity to broaden your horizons and learn more about the world—and maybe even yourself.

A large portion of students in the study also reported changes in their own worldviews.

Friendships not only help our social well-being, but also support academic success. They create support networks that encourage collaboration, accountability and motivation. There's a breadth of evidence from a range of studies to prove that friendships can boost GPAs, increase the likelihood of continuing education and increase motivation.

Even if you don't necessarily become close friends with someone, it can't be understated how helpful it is to know someone in your class. At some point, you'll inevitably miss a class, and having an acquaintance to talk to will make getting caught up so much easier.

Realistically, most people you meet in class won't end up becoming your best friends. It's hard to go from the "class friend zone" to hanging out in your free time—but that doesn't mean it's a waste of your energy! The more people you meet, the more likely you are to find your match and besides, it never hurts to have more people to say hi to around campus.

Enjoy the new school year, and have fun meeting new people. It might be overwhelming at first, but most people are just as overwhelmed as you are!

It's going to be a great year.



# Rebuilding a Routine After Summer Chaos

How to get crash back to Earth after the end of summer



End of summer. | Black2heep from Getty Images Pro | Canva Pro

## Hajra Ghuman

After months of late nights, erratic schedules, spontaneous trips, and the kind of freedom that makes you forget what day it is, September hits like a cold shower. Suddenly, 8:30 a.m. lectures, deadlines, and a constantly pinging Outlook calendar return with a vengeance. Rebuilding a routine after a chaotic summer feels like dragging your sunburnt, half-feral self out of bed and trying to remember how to be a person again.

But here's the thing: it's not just hard — it's necessary.

It's more than just time management. Rebuilding a routine is about reclaiming a sense of control and purpose. It's about remembering why you're here, what you want, and how to not burn out by week three. It's about fighting back against the mental fog that summer's disarray leaves behind. And while TikTok productivity hacks and five-step morning routines might make it seem like all you need is a better planner or a \$30 water bottle, the truth is, rebuilding your routine takes a bit more intention — and a lot more honesty.

### Step One: Acknowledge the Chaos

Let's not pretend summer didn't completely derail us. Maybe you worked a soul-crushing job. Maybe you had the time of your life and don't remember a single academic thought crossing your mind. Maybe you tried to be productive but ended up doom scrolling in bed every day until 2 p.m.

Whatever it was, own it. Pretending that

you're stepping back into campus life as your "best self" is not only unhelpful — it's delusional. You're probably starting this semester tired, unfocused, and maybe a little emotionally hungover. That's okay.

Routines don't thrive on guilt. They thrive on realism. If you start by expecting yourself to operate like a machine from Day 1, you're setting yourself up for burnout. Start by being honest about where you're at. Then, build from there.

### Step Two: Start Stupidly Small

The temptation to overhaul your life is real. You want to wake up at 6 a.m., go to the gym, eat a perfectly balanced breakfast, and get all your readings done before lunch. That'll last maybe two days.

The key to rebuilding a routine is lowering the bar. Seriously — lower. Lower than you think. Wake up 30 minutes earlier, not two hours. Pack your bag the night before. Read *some* of the assigned reading, not all 120 pages in one sitting. Build trust with yourself in tiny ways. When you keep small promises, you're more likely to keep bigger ones.

Trying to rebuild a routine all at once is like trying to clean your entire apartment in one frantic evening: it's exhausting, and it won't stick. Instead, think of it like brushing your teeth. You don't wait to feel "motivated" to do it. You just do it. It's boring, automatic, and effective — and that's the point.

**Step Three: Design for Your Real Life, Not Your Ideal One** There's a version of you that lives in your head. That version of

you goes to every lecture, eats vegetables, and finishes assignments a week early. That version is a lie.

Design your routine around who you *actually* are, not who you wish you were.

If you're not a morning person, stop trying to be one. If you study best at night, stop forcing yourself to hit the library at 9 a.m. Your routine should support your energy, not fight against it.

This might mean skipping morning workouts if you're chronically sleep-deprived. It might mean doing your readings while eating dinner instead of in the library where you pretend to work but actually watch YouTube for three hours. Be brutally honest about your habits — then build around them.

### Step Four: Let Go of Perfectionism

Your routine will fall apart. You will sleep in. You will miss a lecture. You will stare at your laptop for an hour and write nothing. That doesn't mean you're lazy. It means you're human.

Perfectionism is the enemy of consistency. It tricks you into believing that if you can't do everything perfectly, it's not worth doing at all. But rebuilding a routine isn't about perfection — it's about resilience. It's about showing up *again* even when you failed yesterday.

When you mess up (and you will), don't catastrophize. Don't declare the day ruined. Just pivot. Pick the next thing and do it. The more you practice, the stronger your routine gets.

**Step Five: Make it Make Sense Emotionally** This is the part people skip: your routine has to matter to you.

If your schedule is just a bunch of obligations you resent, you'll find every excuse to avoid it. But if your routine helps you feel sane, accomplished, and connected to what you care about, it becomes a tool, not a prison.

Attach meaning to your habits. Don't go to the gym because "you're supposed to" — go because it clears your head. Don't do your readings to impress your prof—do them because you want to sound smart in class (or at least not sound like an idiot). Don't plan your day to be productive—plan it to feel less chaotic.

When your routine is emotionally rewarding, it sticks. And more importantly, it feeds you rather than drains you.

**Step Six: Protect the Routine Like Your Life Depends on It (Because It Kind of Does.** A good routine is like a fragile ecosystem. All it takes is one all-nighter or one weekend bender to throw everything off. And once it's off, inertia kicks in, and suddenly it's been two weeks and you're back to eating instant noodles at 3 a.m. while crying over overdue readings.

So, protect it. Say no to things that will destroy it. Make peace with being a little boring. You don't have to go to every event or stay out until 4 a.m. every weekend. Boundaries aren't lame — they're self-respect.

There's freedom in discipline. Not the rigid, joyless kind, but the kind that lets you feel in control of your time, your energy, and your life. And honestly, there's nothing cooler than being the person who actually has their act together — especially when no one else does.

### The Bigger Picture

Rebuilding a routine isn't just about getting your assignments done or showing up to class. It's about who you're becoming in the process.

It's choosing clarity over chaos, momentum over stagnation, and agency over autopilot. It's the slow, unsexy work of aligning your daily actions with your longer-term goals. And it's the foundation of a university experience that doesn't just survive, but thrives.

Summer may have scattered you, but you get to decide how you come back together. So no, you don't need to have it all figured out. You just need to start. And then keep starting. Every day. One small step at a time.

Because the routine isn't the goal—it's the launchpad.



# Thriving in University: Strategies for Academic Success

## A Practical Guide to Navigating the Challenges and Opportunities of Higher Education

Hajra Ghuman

When entering university, it can be both exhilarating and daunting simultaneously. The rigorous academic environment with the increased volume of material to cover can overwhelm anyone, even if you were an overachiever in high school. However, no need to fret, as this overbearing feeling is quite normal. To navigate this transition effectively, it is essential to prepare yourself to approach your studies strategically.

The first step to academic success is understanding what will be expected of you. The syllabus, which every university course has, is a file that will aid in your academic roadmap for the course. It outlines the course objectives, grading criteria, key deadlines and required reading materials. Ignoring it is analogous to driving without a map in a foreign place—you are going to be severely lost and frustrated. Be sure to familiarize yourself with it well for each course. Additionally, setting personal academic goals helps maintain focus and motivation throughout the semester. Having a clear objective for each course, whether that is for the top grade or wanting to become an expert in the subject matter, it will help guide your efforts more effectively.

Without a structured plan, it's not that hard to fall into the trap of putting it off until you eventually get to the point where you end up last-minute cramming. Creating a study schedule that allocates fixed time slots for readings, attending lectures, assignments and review sessions improves retention and reduces stress that can be induced once you severely fall behind. However, studying isn't just about time management—it's also about technique. Passive studying, such as just reading the notes you took from the required material or in class, isn't enough and it can be more time consuming than it needs to be. Active learning techniques, such as summarizing concepts in your own words, asking



Students studying together. | Jacob Lund | Canva Pro

questions and engaging in discussions, should be implemented instead. The Cornell note-taking system, mind mapping or the Feynman technique (teaching a concept to someone else) can enhance your understanding and retention. Taking breaks between study sessions is crucial to do as well, using techniques like the Pomodoro method can help improve focus and prevent burnout.

Academic resources can efficiently make or break your studying experience. Universities, such as ours, provides access to academic databases and understanding how to use the library system which will significantly enhance the quality of your research for academic papers or your comprehension of the course material. Academic texts can be quite dense and cannot just be skimmed casually, so being able to read critically is equally important. Developing a habit of annotating key points and making connections with other materials deepens comprehension and engagement with the subject matter. When

researching, maintaining proper citation habits can save time and avoid plagiarism, ensuring academic integrity in all assignments.

Study groups can reinforce concepts, brainstorm ideas for assignments and allow you to stay motivated. When listening to someone else's perspective on a subject matter, it can allow you to possibly understand the material in a much more effective way or reinforce your own understanding. Beyond peer support, seeking guidance from professors and advisors can provide clarity on difficult topics and assignment/exam expectations. Faculty members are there to help, and their insights can save you hours of confusion and significantly improve your academic performance. I highly suggest taking advantage of office hours and academic mentoring programs that can provide additional layers of support and enrich your overall learning experience.

It is crucial to learn how to balance

coursework with personal responsibilities, and that requires effective time management and self-care. For a more organized approach to studying, prioritize tasks based on urgency and difficulty. However, when managing your time regarding your academic tasks, it is vital to also allocate time for your personal well-being. To prevent burnout, it is essential to ensure you are having sufficient sleep, exercising regularly and are engaging in activities that help you relax. Mindfulness practices can go a long way in maintaining mental clarity and academic endurance. Staying physically active and maintaining a balanced diet can contribute to sustained energy levels and cognitive function, ultimately aiding you to perform well academically.

Something that is also important to keep in mind is that having resilience and adaptability when entering university, and throughout these studies, is key to a successful university experience. No one prefers receiving criticism but viewing it as an opportunity to learn rather than a personal attack fosters continuous improvement. It can be used to refine your skills and understanding, which is essential for academic growth. Checking out supplementary materials listed in the syllabus and attending academic workshops offered by the university can broaden your knowledge as well, but that requires additional effort from your end and putting your ego to the side.

Every student has their own learning style, so experimenting with the tips mentioned above and tailoring them to your needs is key to performing well. The challenges that arise when enrolled in university courses can transform from obstacles into opportunities for growth, making your academic journey not only successful, but also enriching. The way you adapt and grow due to the courses you take at your time in university will provide skills that are valuable in any career path you choose.





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# The Realities of Dorm Living

What it's actually like to live on campus.

## Emily Mainprize

Dorms are often featured in the media and advertised as a big communal environment where everyone interacts and parties. It's idealized as the pinnacle of the university experience and something every single student experiences while they are at university.

Advertisements for dorms show people smiling and laughing together on a grassy lawn in the middle of summer. Bright and happy imagery is used to advertise dorm living as being perfect and a place where you'll find a community.

However, the reality of living in campus dorms is actually quite different from this idyllic vision. Each residence has its pros and cons, as most living situations do.

## Voyageur Place

While living in dorms right on or near campus can help with getting to classes quickly, it is quite expensive. In a single room, you would get the room to yourself, and in a double you would have a roommate. And there would be a shared bathroom and showers, typically for an entire hallway. Along with this, there is a meal plan which allows you to eat at Marquis, a buffet-style cafeteria. While this doesn't sound horrible for what the students pay, the quality of many of these things does subtract from how great of a deal it might be otherwise. These buildings are extremely old, having been built in 1912 along with the rest of the campus, and renovated as needed since then.

While the age of the building provides a lot of character and historical value, it also means that some of the rooms are extremely worn down. Like wallpaper peeling off the walls or carpet fraying as it has not been replaced at least since around the 80s. While the dorms are still most definitely livable, they are in need of renovations and more care.

Sometimes, the people living in these dorms can be extremely loud. While the Residence Assistants have rules in place to lessen the number of parties and there are quiet hours in place, it does not stop people from occasionally talking extremely loudly in the hallways or dorms. Occasionally, students living in the dorms will pull the fire alarms at random times of the night or smoke in their dorms, causing the smoke alarms to go off as well, which causes overall disturbances to everyone in the dorms, not to mention that it is a huge safety hazard.

These dorms aren't bad, though. While yes, they are old and need some TLC, they are still quite nice to live in, especially if you are a first-year student or an international student, as it puts you directly in the middle of campus life. The dorms are right in the middle of campus, which

makes it really easy to make it to your classes or other locations around campus in a matter of minutes. It has a direct attachment to the tunnels, which means that in the winter, you can typically get to your classes without even having to go outside.

Along with this, Residence Assistants plan plenty of activities for the students living in the dorms to attend and meet each other. It's quite easy to make friends at these events and they can foster a community of friends in the dorms. And, as most students already know, the University campus is extremely beautiful, so most of the views from the dorm room windows provide a spectacular view of the historic buildings and extravagant architecture.

## College Quarter

Then, there is College Quarter, which accounts for the Spruce, Pine, Birch and Aspen Halls. These dorms come with a kitchen, a living room, a more private bathroom and a meal plan. The meal plan provides them with funds to eat at some of the places around campus occasionally, while also making most of their meals at home.

These dorms are much newer, having been built in phases between 2011 and 2013. So, while there is still occasional maintenance needed in these dorms, it is much less than in Voyageur Place.

They are further away from campus, which means students staying in these dorms have about a 10-minute walk every day. This can be a pain when it is storming outside in the middle of winter, but it isn't too bad when it's nice and warm in the fall.

The dorms in College Quarter as well are more private, which has its advantages and disadvantages. Because you don't need to leave your dorm to eat and, there is less contact with other residents and therefore

you're just in a bit of a bubble with those you are sharing your unit with.

It can also be harder to receive mail in College Quarter, as the mailboxes are inside the building and are quite small, so many of the big packages will be left at the post office for pickup. In Voyageur Place this is not an issue as larger packages are usually left with residence services where they can be picked up by the student during their open hours.

## McEown Park & Seager Wheeler Hall

McEown Park is a group of four buildings near College Quarter. These four buildings include Assiniboine Hall and Wollaston Hall (1 and 2 bedroom units for upper year students; max of 2 people per unit), Souris Hall (2 bedroom units for students with children) and Seager Wheeler Hall (6 bedroom units).

The pricing for these dorms varies but is typically less than that of College Quarter and Voyageur Place. Most students living in these dorms report that they are generally in fairly poor repair, having not been updated very much since around the 70s or 80s and having elevators that break down frequently. Supposedly, there have been a few cases of rodents and insects in Seager Wheeler before as well. The building maintenance has reportedly dealt with these issues in the past, and the overall experience is that it's not an issue, but it is still something to watch out for. These dorms also mean that you have about 10-minute walk, as well as they are in the same general area as College Quarter.

However, in these dorms there is reportedly a strong sense of community. Especially in the Seager Wheeler dorms, where there are 6 bedroom units. This means that you're in close proximity to many other people which can really provide a feeling of connection to those

around you.

## Graduate House

The Graduate House is one of the newest of the dorms around campus, having been built in 2013. This building provides housing to students who are graduate students (in post-graduate diploma, masters or Ph.D. programs), students enrolled in Medicine, Dentistry or Veterinary Medicine and undergrad students enrolled in their 2nd, 3rd or 4th year of studies on campus. However, priority is given to those who are Grad students.

The costs for the units are: Studio Unit is \$1,375/month, one Bedroom Loft Unit is \$1,687/month, two Bedroom Unit (shared) is \$1,110/bed/month, two Bedroom Loft Unit (shared) is \$1,375/bed/month and two Bedroom Deluxe Unit (not shared) is \$1,731/month.

These units are quite nice, and similar to the College Quarter dorms. They are also right beside the College Quarter buildings so again, while there is a bit of a walk to get to campus, it doesn't take too long to get there.

While living in dorms has its advantages and disadvantages, the experience is something that sticks in students' minds for their entire lives. It's not a very glamorous lifestyle, as many movies or advertisements might have you believe, but it fosters a community of students who are all striving to be the best that they can be and gaining new experiences together. Living in dorms is a great way of transitioning from living at home to living on your own, as you are not alone in these new experiences and have a community around you that is willing to lend you a hand. This sense of community with other students is truly what dorm living is all about and has given me, and countless others, memories that we will cherish forever.



Two female college students in dorm room. | Seventyfour | Canva Pro



# Places to Study on Campus

Great places to study and get work done around campus

Emily Mainprize

Whether you're new to the university or this is your last year, finding places to study on campus can be a struggle. Even when you do find a place, sometimes you're unable to get work done because you get distracted or feel uncomfortable.

Within this article are a few places on campus to try next time you're searching for a new place to study.

## Low Sensory Study Room

There is a Low Sensory Study room in Murray North room 162. This room used to be called the quiet study room, but it was transformed into a low-sensory space last year. While it's still considered a quiet study space, it also has accommodations for students who have sensory sensitivities.

There are comfortable chairs with dividers that provide students with a comfortable space on campus to study. Along with this, the room also includes low lighting with lamps in each space, to make the light dimmer for those who find it difficult to concentrate under the typically harsh lights in some other spaces.

Finally, there are rules about what is allowed within the study space. Food cannot be brought inside and any drinks must be covered. On top of this, things that have strong smells are not allowed in the space either. This helps maintain a space that can accommodate all students' needs.

If you are someone who may have sensory sensitivity, this space could be a great place for you to get things done and feel comfortable while doing so.

**Leslie and Irene Dubé Health Sciences Library** The Health Sciences library is a quiet place to study but does not have the sensory accommodations the low-sensory study room has.



College student studying | iStockphoto from Getty Images Signature | Canva Pro

It is a study space designated for individual studying, being very quiet with the only occasional distractions being people walking past while heading for their study spot or leaving once they're done studying. It is a bright environment, with lots of sunlight and lights around you.

There are some comfy chairs as well as some rolling chairs at tables, so you're able to choose what you prefer. The library also contains three floors, so you're guaranteed a spot no matter how crowded it may be.

If you're someone who prefers a quiet space and appreciates a bright environment, then the Leslie and Irene Dubé Health Sciences Library might be the spot for you next time you're studying on campus.

## Louis' Loft

On the upper floor of the historic Memorial Union Building is Louis' Loft, which has plenty of cozy spots to sit and get work done in a busy and bustling environment. They are open from 9am to 4pm from

Monday through Friday, but are closed weekends and holidays.

Louis' Loft is constantly full of friends and colleagues dining, getting work done, and holding meetings. This fact makes it a busy and colourful place to study. If you're a person who prefers an active environment when you are working, then this might be the place for you.

And, if you end up working up an appetite while you're studying hard, there's food right there. Louis' Loft has a wide selection of drinks and food, with a multitude of vegan, vegetarian, and gluten free options for all your dietary needs. Along with this, their coffee and espresso are locally and equitably sourced from Venn and Road Coffee.

So, if you enjoy a snack or a coffee while you study as well then drop by Louis' Loft for a bit to work sometime.

**Education and Music Library** The Education and Music library is another

spot to visit. Inside of this library there are tables and chairs on one side, and more private cubicles with outlets along the walls. The privacy that the cubicles provide is great for when you need to focus on your work and not get distracted by people nearby.

This library is very quiet and has a great amount of natural light. It is similar to the Health Sciences library, however it usually isn't as crowded. So if you prefer working with less people around then this is a good option to go for instead.

## Murray Library Ground Floor

The ground floor of Murray Library is known for being a social hub here on campus, with plenty of people coming there with their friends to study during the day. There are lots of couches, tables and chairs to suit your needs while you get your work done.

Although this spot is well known by many on campus, to not include it in this list would not do it justice.

While it is loud occasionally, it is an excellent spot to work with your friends in a space that is comfortable. There are even private study rooms that you can book for when you need to work on group projects or similar assignments.

It does tend to be quite crowded, but if you are able to find a spot there, you can definitely get a lot of work done, either with friends or on your own.

Overall, there are plenty of locations on campus where students can drop in and study, it just depends on the environment that suits you. So, try out a few of the places listed in this article next time you're trying to find a place to work. You just might find a place that is perfect for you.

Dr.

*Aaron Bazylak*  
Dentist

**fresh**  
dental

306.664.8737  
1-3130 8th St E. Saskatoon

www.draaronbazylak.com  
@freshdentalsaskatoon





# Dealing with Illness While at University

What it's like to have an illness while in school and methods that can help make it easier

## Emily Mainprize

Having an illness can be extremely difficult to manage on its own. When combined with things like work and school, it can be extremely stressful for an individual with an illness to find a balance. Going from doctor's appointments and gathering the energy to make it to your classes every day can be a lot to manage and might even cause more harm. That's why, when you're dealing with an illness, whether it's chronic or temporary, it's really important that you take care of yourself. Remember to put your health first by resting and visiting the doctor when you're ill. Don't put off taking care of your medical needs just because you have other things to do for work or school. Your health is a priority and without taking care of yourself, you won't be able to do the things that you need to do to the best of your ability.

Your mental health is just as important as your physical health, so take time to take care of yourself in that way too. Do things that you like or things that make you feel better or give you joy. Get some exercise, take a nice long bath, watch a movie, take a nap or read a book. It's okay to take some time to yourself away from worrying about your schooling to prioritize yourself and take care of your mental health.

Dealing with illnesses, especially in the long term, can affect you a lot mentally. So, taking time for yourself to do things that make you happy in such a hard time is beneficial.

Essential information is shared in lectures that may not be featured on posted materials like slideshows. While this is great for encouraging attendance, it can also cause students who are ill to attend classes while they are feeling unwell or may result in these students missing out on pertinent information. This can cause students who have to miss lectures frequently due to appointments to do worse on examinations and assignments. One thing that can help with this is to make connections with other students in your class so that if you miss a lecture, you can contact them and share notes. This way, you still have access to the information that you may have missed in a lecture while sick or in an appointment. It may be nerve-racking to strike up conversations at first, but not only will you be able to get access to that information, but you just might make a close friend in the process.

Another good thing for you to do is to communicate with your professors about what they can do to assist you. Most professors want you to succeed in their courses. By communicating your needs—

be it extra time on an assignment or rescheduling a test because you have an appointment, your professor can assist you to the best of their ability to make sure you succeed. Of course, you may need a doctor's note or something similar before they will accommodate your needs. Along with that, not every accommodation you may want will be allowed. It is important to understand that while your professors want you to succeed, they can't allow you to pass the class without you completing the assessments. However, they can adjust things like timelines to give you more time to do the work if needed.

There are resources available on campus that might also be of assistance. If you have a chronic illness or a temporary health condition such as a broken bone or something similar, you can contact Access and Equity Services. They can provide you with extra accommodations that you are unable to get by just contacting a professor. You can also get access to equipment to assist you in class which may not be available to other students generally. For this, you would need proper documentation, which you can send to Access and Equity Services online as part of your application and pre-intake form. From there, they will make an intake appointment with you to discuss what you may need in the future to assist you when

attending classes or taking your midterms and finals.

Outside of studying and taking care of yourself both medically and mentally, it's important that you interact with people. If you have something that may be contagious or are unable to leave the house much, then call or text your close friends and family. If you're not contagious, then invite people over or go and do things you enjoy with people you love. A feeling of isolation is common when you're ill and so it's very important that you still feel connected with those around you. Having a strong support system is monumental when recovering from an illness or learning to live everyday life with a chronic illness.

Living everyday life while ill is challenging, but it doesn't mean that the rest of your life has to stop. Many people with chronic illnesses can go on to live fulfilling lives even though it can be hard. Finding a balance in your everyday life to support yourself, even when you're ill, is extremely important to be able to succeed and live your life. There are plentiful resources that you can access to support yourself when finding this balance. Don't be afraid to reach out for help from those around you when you need support.

# Take care of yourself

## Advice for Incoming Students

Continued from the front cover.

### Getting involved with campus

If you don't trust my advice, that's okay. However, if there's one thing you should take away from this article, is to get involved on campus. Fortunately, USask has many ratified student groups, volunteer organizations and other groups to get involved with.

I did not get involved with activities until the summer after my first year. I didn't think I was supposed to, and didn't find any groups I was interested enough in. Maybe, getting involved with something I don't enjoy would have been beneficial—I could have met new people, found out

what I was truly interested in or gained a new interest. Many echo this sentiment. "I'm an introvert, and getting involved with campus groups and campus activities is something I was always hesitant about," said Victor. "Last year I started getting involved with student groups like the [Economics Student Society], and the benefits are plenty. From networking, to continuous support from peers and professors as well as the skills you get when you start interacting more and being involved in projects and events."

Victor always expressed that "[he] does regret not being involved in campus groups

or events during most of [his] university career. It really is a good opportunity to connect with people, learn more about university life and about yourself and the kind of student and professional you want to be someday."

If you're an introvert, you should still try to put yourself out there. I know it's not easy, but it's a good way of meeting people with the same interests and of roughly the same age. It also ensures that you'll see them somewhat frequently! So even if it takes some time for you to step outside your comfort zone, you'll be around the same people. Most majors have a student

society, and that's a good starting point before you find your niche.

If there's no advice you can take from this article, I hope it at least makes you feel less alone. The first year of university is hard in many aspects, but looking back, all your experiences during this critical time shape you as a person and shape your career. In the long run, you'll learn to appreciate even the experiences that at first don't seem so pleasurable. Study, believe in yourself and put yourself out there—and it will all work out in the end.



# Overcoming Overconsumption: 7 Ways To Make More Mindful Purchases This Fall

It's a new term, and you may be tempted to go all out to feel like a new you. But be careful—this marketing tactic only leads to debt and despair.

**Nicole Ikenna-Mbaekwe**

"Don't you need new shoes this term? It's fall, are you sure you don't want to buy more dresses? Hey, Aritzia is having—15% off jackets! Oh, and SHEIN has free shipping on Sundays, so you can get pants for just \$20!"

Does that sound familiar to you? Maybe it's just me, but every time I get that creeping feeling that I "need" to buy something, a wave of anxiety follows. Fenty just dropped a new lip gloss? I'm already at Sephora, with my credit card in hand, waiting for the doors to open.

We live in a capitalistic society where ads are shoved down our throats—through billboards, social media and even our peers, as constant new trends convince us we must buy the latest "life-changing" products. This often leads to overconsumption: buying things you do not need. Those trendy sale items? They sit in your closet, unworn. That shiny home gadget from TEMU? Completely useless. Before you know it, your wallet is as bleak as your motivation to return those impulse buys.

However, this does not mean you shouldn't buy things you like or wish to have. It just means being more mindful of how you spend. Oftentimes, where and how frequently you shop doesn't just affect your long-term financial health—they impact the environment and labour conditions.

Also, and this is important: It's okay not to have everything you want. Capitalism makes us feel like we're incomplete without the latest and "greatest" products, but materialistic items don't create lasting happiness or contentment.

If you struggle with mindful spending, that's okay, most of us do. Here are some practical tips that have helped me cut back on overconsumption:

**Styling Clothes: Use What You Have To Get What You Want** I used to think dressing the way I wanted meant constantly expanding my wardrobe. More dresses, more bags or more tops—it never ended. Half my income went to shopping, and I prioritized quantity over quality. Ironically, the poor quality of these mass-produced items ended up not lasting long enough and barely matched anything else I owned.

Now, I experiment with fashion. I turn dresses into skirts, layer tops in unexpected ways, and create new silhouettes from old pieces. TikTok and Pinterest influencers promoting sustainable fashion have shown

me that creativity and authenticity matter more than an endless supply of clothes.

**Makeup: Drugstore Doesn't Mean Low Quality** With celebrity brands popping up like mushrooms, such as Rhode, Fenty, Haus Labs, Rare Beauty, Rem Beauty, Kylie Cosmetics (shall I go on?)—there's a growing belief that if it's not from a big-name brand, it isn't good enough. Pop culture and classism have convinced us that a brand name matters more than the actual product.

But going into a store for one lipgloss and leaving with three lip contours, two lip

at least once a week, but those purchases add up. That's money you could be saving or using for something more useful. I'm not here to tell you to "just stop eating out". Instead, here's some realistic advice:

**Split orders with a friend.** You can share a footlong, a pizza or even do a group DoorDash order to cut delivery fees. Sometimes it's cheaper than buying food on your own.

**Compare prices.** Some spots on campus are overpriced (looking at you, Ag Cafe). Opt for cheaper alternatives like the Arts and Science Cafe sandwiches, Subway

Some easy ways to cut costs are to sign up for loyalty programs to get discounts, meal prep to have easy-to-grab food when you're tired and buy from restaurants that serve big portions (small, independent spots often do).

**Electronics: Do You Really Need That**

**Gadget?** Technology is amazing. It gave us laptops, iPads, headphones, AirPods, monitors, gaming pads, VR headsets...see where I'm going?

The list never ends, and the mining of materials, like cobalt, for these devices has serious ethical concerns. Before purchasing, ask yourself, "Is there an alternative?", "What was I using before this came out?", "Is it worth the cost and environmental impact?"

Making a pros and cons list with these questions can help to determine if it's a good idea to make that purchase.

Another good idea is to buy second-hand items. Trusted stores and certified refurbished tech (even directly from brands) that sell refurbished tech with warranties are great options that save money and reduce waste.

**Subscriptions: Do You Use Them All?**

Netflix, Disney, Amazon Prime and Hulu—when was the last time you even opened Hulu? If you have multiple subscriptions, consider cancelling what you don't use, splitting costs with friends or family or downgrading to cheaper plans.

Make a ranked list of your monthly subscriptions. That way, if your budget ever gets tight, you know exactly what to cut out first.

**Textbooks: Check Before You Register**

This one isn't on you, it's on them. Professors making students buy \$100 textbooks they barely use should be a crime.

Make sure to check before registering or immediately after the syllabus gets posted to check if there are mandatory textbooks you need to purchase. Sometimes different sections use different materials, so consider switching to another section, or if possible, dropping the class for one that doesn't require you to buy textbooks.

**Final Words**

Saving isn't easy, especially when companies make spending so tempting. However, small changes add up. If you focus on mindful spending, your wallet (and future self) will thank you.



Black woman with saving piggy bank. | David Prado from Getty Images | Canva Pro

shines and five lip glow shiny sticks? Yeah, that's how capitalism wins.

It's fine to buy high-end brands if you genuinely love them, but remember: drugstore brands like e.l.f., NYX and Maybelline have been those girls for years. Before I buy makeup, I check reviews from people with my skin tone, think about what will enhance my routine and see if I already own something similar.

This way, I only buy what I'll really use.

**Food: The Campus Struggle**

University is stressful AF (as ficklesticksticks). You start the term hoping the next four months are going to be carefree, filled with meal prepping, yoga and going to bed at 10 p.m. That's every student's dream until the reality of assignments, all-nighters, coffee for breakfast and spending over \$50 a week on campus food.

It's really hard not to spend money on food

cold cuts, or snack deals from student offices (CSSS, for example, sells discounted snacks).

**Buy cheaper treats.** If you're like me and enjoy the dopamine of spending money on treats, try to buy cheaper treats. Find alternatives to satisfy those sugar cravings that won't make as big of a dent in your wallet.

**Lastly, allow me to point out the obvious.** The easiest way to reduce spending money on food on campus is to pack a lunch. It doesn't have to be extravagant, it could just be small snacks. Even just bringing carrots or a sandwich helps to reduce impulse food spending.

**Food: The Doordash Dilemma**

Ordering takeout feels like a small expense, until you check your bank statements wondering who stole all your money, and realize it was just you. That \$21.99 burger? Probably \$5 cheaper in-store.





# I Hope in Every Universe We Find Each Other

The joys of staying in touch with high school friends

**Darshana Lanke**

I graduated from high school four years ago, and I still have such fond memories of that time. From cheering for my friends at basketball games to giggling over bubble tea, it all brings a smile to my face.

While I attended a fairly large high school in Saskatoon, I was in the French immersion program, so we were a tight-knit group. The majority of our classes and schedules were identical.

I remember waking up at 6:30 a.m. to attend choir before school started. It counted as a sixth class in the semester. You had to be passionate about music to get up even earlier than normal just to sing. Being part of the school choir introduced me to the music community at my high school. Over the next four years, we would create beautiful harmonies together and perform at school concerts, senior care

homes and my personal favourite — carolling to the office staff and students as they arrived at school during the last week of classes before December break.

University me could never register for a 7:30 a.m. class ever again.

I remember presenting projects and speeches in front of the class and looking at a sea of encouraging, familiar faces. Now, I rarely stand in front of a classroom, let alone know everyone in it. In fact, in my years of undergrad, I have yet to take a class that has required me to give a presentation in front of my peers.

My high school teachers knew everyone's names and could attribute personal characteristics to all their students. Now, I sit in lecture halls with 300 seats, and professors don't even blink at the steady drop in attendance. Having a teacher know my name is something I never thought I'd

miss about high school.

Above all, my most cherished memories are of my French immersion friends and how driven and hardworking they were. No matter the assignment, project or non-academic adventure, we gave it our all. I recall a group of us leading a year-long project to get a greenhouse at our school. None of us particularly had a green thumb, but we spent months planning, texting, meeting up with teachers and emailing principals to try and make it happen.

I miss the collective sigh that would come from the class, myself included, after a particular group of guys would present. Their video projects were so over the top that no one ever wanted to go after them. They didn't need to do that much. They would've gotten a decent grade with less work, creativity and time. But striving to do their best and reach new creative heights was something my group of friends deeply valued, regardless of what others were doing or expecting.

That's a trait many of them still carry with them. One friend is now a business major and a soccer athlete for the Huskies. Another is pursuing a performing violin degree in Berlin. One is conducting neurology research on hand-eye coordination alongside their studies. Whatever they're pursuing in their life, they're giving it their all.

Some are now married, others are renting their own spaces, and a few have spread their wings to new cities. I'm so grateful to have gone through high school with such kind, passionate and hardworking people. I'm even more grateful to still have them in my life.

Twice a year, we all meet up for a reunion — I like to call it the Frenchies reunion. I was at an appointment the other day when the receptionist asked what plans I had for the break. I told them it was the fourth year in a row that the Frenchies reunion was

happening. They noted how incredible it was that my group of friends still stays in touch all these years later. It wasn't until that moment that I realized how sweet and special it is to have people in my life today from a completely different period of my life.

There's something truly so special about friends that you can pick up right where you left off. We may not text each other every week, but whenever we're all in town, we go for brunch. After catching up over mouth-watering omelettes, we'll head to someone's house to chat more, play cards and end up spending the whole day together. I never know where the time goes when I am with them! There's no awkward pause from the months that have passed — just a group of girls reminiscing and "oohing" and "aahing" over the new happenings in our lives. Our laughter-filled conversations are often interspersed with one of us reminding the others that we are being too loud for a public place.

If you, dear reader, just graduated from high school and are starting university while feeling a little sad about losing that close-knit high school bond, know that you're not alone. And know that the end of high school doesn't mean the end of those beautiful relationships.

Here are a few recommendations I have for staying in touch with your high school friends:

**Check in regularly.** It doesn't have to be daily or weekly — your friends understand that university is time-consuming. Just be intentional. Don't send a message to send it. Show you genuinely care. I remember in my first year, a friend sent me a care package filled with my favourite snacks. Another trio of friends and I set up a regular weekly check-in time for life updates.

**Have a yearly reunion.** If most of your friends are in school, summer and winter breaks are a perfect time. Taking the time to plan a reunion shows that you value being in each other's lives. Just make sure it's not always the same person organizing it, they'll burn out. If you're not the type A friend, at least make sure to thank the ones who are for their efforts.

**Bonus tip: Make sure one of your friends has a fire pit...** not a requirement to staying in touch, but definitely a bonus when choosing a host for reunions.

While it's normal to feel nostalgic about high school, I know that I look back with rose-tinted glasses. Know that it's possible to build equally beautiful bonds and memories at university.

To my crew of high school friends, I hope in every universe, we find each other.



Authors friends grade 12 graduation celebration | Darshana Lanke



Authors grade 12 graduation | Darshana Lanke



# Three Lessons from Buddhism to Take Into the New Semester

How mindfulness can shift how you navigate your everyday life, allowing you to become more present, compassionate, and open to change.

**Nammi Nguyen**

A new semester brings about many different emotions for students—excitement, stress, and perhaps some anxiety as a new chapter begins. Amid the flurry of university life, it's easy to lose sight of practices that nurture your mind and, by extension, your relationships with others. By reflecting on key teachings from Buddhism, you can become more present, compassionate and open to change.

Though I'm no Buddhism expert, I've had the privilege of learning from my mother, a practicing Buddhist and attending a Plum Village Buddhist retreat. These experiences have profoundly shaped my perspective, inspiring me to adopt simple yet impactful shifts in how I approach life.

## Be Present

You've likely heard this advice many times, but practicing mindfulness can profoundly reshape your everyday experience. Being present means engaging fully with your current circumstances through all five senses (if you are able). It's about letting go of ruminations on the past and anxieties about the future, focusing instead on what lies immediately before you.

In Buddhism, this principle is often grounded in the breath. By returning to the breath, you reconnect with the present moment, a space where life is truly lived. This practice can bring clarity and calm to university students across various situations.

During lectures, presence enables me to focus and absorb information instead of being distracted by wandering thoughts. When I feel overwhelmed by deadlines or studying ahead, I remind myself that stressing over the future doesn't help; what matters is the action I can take right now.

Even in moments where my patience is tested—whether waiting for a bus or sitting in traffic—mindfulness helps me remain calm. There is nothing I can do to speed

the bus or traffic up, so there is no point in me dwelling on it or getting agitated. I've learned to accept that certain things are beyond my control. Instead of stewing in agitation, I take a deep breath and appreciate what's around me—even in the imperfect moments.

Lastly, I have—and I'm sure you have too—expressed excitement about something in the future. Perhaps that's reading week, the end of the semester or graduating. I have now realized how quickly months, semesters and years start to fly by. It's so easy to get caught up in wanting the next exciting thing to happen in your life that you forget what's currently in front of you. No matter what stage of the school year you're in, there is something to be grateful for and the present should not be taken for granted. Yes, school can be overwhelming and difficult but in those moments, I remain grateful for the opportunity to pursue higher education, live in a country where I can express myself and even just have a roof over my head. There is no better moment than the present as that's the only time life is available. The present is when you are alive.

## Everyone is How They Are for a Reason

Another invaluable lesson I have embraced is the understanding that everyone is shaped by their unique circumstances. This lesson does not excuse harmful actions, but it helps me foster empathy by reminding me that people's behavior often stems from their own suffering.

You are going to meet a lot of new people at university, some of which you may not agree with. While you don't need to befriend everyone, this mindset can help reduce judgment, negativity and resentment.

If you think about it, people truly are the way they are due to their conditions. People are products of their upbringing, experiences, and even the legacies of those who came before them. No one comes into this world wanting to be a bad person. Everyone is just trying their best and being

themselves based on what they know.

This has helped me become much more empathetic. Even if I don't support someone's actions, I fight back the urge to be angry, and instead simply wish they are well. Even a small shift in attitude can make a big difference in how we approach others.

## Nothing is Permanent

The concept of impermanence is central to Buddhism. Everything in nature is impermanent. Even a mountain that looks as though it will never change is impermanent. It came from nothing and will eventually erode into nothing.

I lean into this lesson when facing hardships. I try to be present with the challenges instead of avoiding or denying the feelings, reminding myself that it won't feel this way forever. That understanding of impermanence helps me to feel more at peace, and recognize that, even though this may be a difficult moment, it will likely

pass. If we never have bad days, then we'll also never have good days. Every day would feel the same and the good days would be taken for granted.

Impermanence also encourages more gratitude for the joyful moments in life, as I know those won't last forever either. With material things, it's freeing to understand they will one day cease so don't become so attached to these items. And as humans, our impermanence is what makes us alive.

## Moving Forward

As the semester unfolds, think about how these lessons can fit into your daily life. Focus on staying present during classes and study sessions, practice understanding when interacting with others and remind yourself that both challenges and successes are temporary. By building mindfulness into your routine, you can handle challenges more effectively and appreciate life and the people around you more, making the most of each day.



Mindful yoga practice | Anna Maloverjan from anyka | Canva Pro

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# The Science Behind Why You Should Get A Hobby - And Some To Try Around Campus

As the new school year starts, be sure to take some time for yourself.

**Dori Sutherland**

I admit that, personally, free time to myself often ends up being anxiety-inducing during the school year. I could be squeezing in something “productive” instead, such as studying, working or deep-cleaning my entire house. While this sense of anxiety can be productive when finals season comes around or when I’m finishing a big assignment, this feeling of dread doesn’t have an “off” switch, manifesting itself even during periods when my workload is lighter and I can afford to take a step back.

As the new term begins, it can be easy to get caught up in the busyness and pressure to succeed and put the things that we love to the side. Although it is important to focus on your studies, neglecting your hobbies can negatively impact your mental health.

While it can be hard to overcome the initial motivation barrier to try a new hobby, it will get easier over time if it’s something you enjoy. This is because participating in a hobby you like causes neurotransmitters, such as dopamine to be released, rewarding you for the activity and further motivating you to do it again.

The enjoyment we get from hobbies is not only important for our short-term mood. Having this reward loop in your brain is important because it can help prevent anhedonia. This is a common symptom of depression which describes a general lack of ability to experience pleasure or motivation, and often manifests itself as a loss of interest in activities that normally bring you joy.

A 2020 paper in *The Journal of Psychotherapy and Psychosomatics* showed a correlation between participation in hobbies and lower levels of depression. Another 2023 paper in *Nature Medicine* indicated that those who participated in hobbies reported that they were happier, healthier, less depressed and more satisfied with their lives compared to the group with no hobbies.

In addition to combating and preventing depression, hobbies also reduce stress. Participating in certain activities has also been shown to lower cortisol levels, which, when elevated, is correlated with stress.

Importantly, there also can be a social element to hobbies, even if they are not group-based. Socialization is extremely important for our well-being, and hobbies provide us with the opportunity to find like-minded people and build relationships. University students, especially, have great opportunities to meet new people through their favourite activities, as there are tens of thousands of students on campus with a

wide range of interests and plenty of activities and groups on campus to engage with. Here are four suggestions for affordable hobbies you can get into on campus!

## Through USask Rec

Hobbies that involve exercise reap double the rewards—not only do you gain mental health benefits, but also the physical health benefits. Depending on what sport or physical activity you participate in, it can also be highly social.

Included in your student fees is access to the Fit Centre at the PAC, both swimming pools on campus, open gym at both the PAC and Education and racquet courts available for booking with squash, racquetball and table tennis. The PAC also boasts a 40-foot climbing wall, which is free for students to use after they attend a top-roping orientation, which costs 10 dollars.

If you are looking to participate in group activities, student fees also include a variety of recurring free fitness classes, including Zumba, kickboxing, spin class and yoga. USask Rec also offers a variety of reasonably priced learn-to sessions. Offerings in the previous school year included Métis square dancing, kayaking, scuba diving and fencing.

If you’re interested in competing against others, there are a variety of competitive and recreational intramural leagues offered through Campus Rec. There is a wide selection of sports, including touch football, tennis, basketball, futsal, hockey and more. Men’s, women’s and co-ed leagues are offered, and you can create your own team or join as an individual and be placed on one.

## Joining a Club

There are a wide variety of organizations on campus, with over 150 clubs, societies and groups for students to join. There is something for everyone! This is a great way to connect with like-minded people while doing what you love. There is a full list of USSU-ratified with their contact information and descriptions available on the USSU Hub website.

## Getting Outside

Walking might not seem like the most interesting hobby — after all, it’s something we all have to do every day, but getting outside for a walk can be incredibly relaxing as well as good exercise! There is lots to look at around campus, whether it’s the old architecture of the buildings or the greenery that piques your interest. Highlights around campus include the Patterson Garden Arboretum, Boffins Public Gardens and the Sculpture Garden.

While it’s not really on campus, it’s close



Mountain walking. | ioxlarpx from Getty Images | Canva Pro

enough! The Meewasin Valley trail is directly adjacent to the university along the river, representing over 105 kilometres in total of pathways which can be used for walking, cycling and running.

## Writing for The Sheaf

We might be biased, but The Sheaf is a great way to channel your creativity and share your ideas around campus. If you are interested in journalism, you can volunteer to write and edit articles. If that doesn’t interest you, past volunteers have also shared other mediums of work such as poetry and photography. Volunteering for The Sheaf is also extremely flexible, there

is only as much time commitment as you would like there to be.

Reach out to the editor-in-chief at [editor@thesheaf.com](mailto:editor@thesheaf.com) if you are interested!

These are just a few suggestions for things to try on campus, and there are lots of other things you can do, whether they are out in the city or in the comfort of your own home. If you think you don’t have time, try approaching it from a different perspective—the chances are high that you just might spend that time on your phone anyway.



# Saskatoon's Best Cheap Eats: A USask Student's Local Food Guide

Some delicious local bites that are budget-friendly and might have flown under your radar!

## Nammi Nguyen

Saskatoon might not have the reputation of a foodie hotspot, but our humble city boasts the most restaurants per capita in Canada. With so many options, I've curated a list of my favourite cheap eats to help fellow students find the best bang for their buck. I know how rough student life can get, and a good meal always makes any day better!

As a self-proclaimed foodie, I've scoured Reddit and Facebook groups for hidden gems, and I'm confident there's something on this list for everyone.

## The Criteria

Each spot on this list meets the following standards:

- A meal under \$13 (because anything more is no longer student-friendly in my opinion).

- Locally owned and operated (support small businesses!).

- Offers vegetarian and/or halal options.

- Within a 10-minute drive from the University of Saskatchewan.

These are all places I've personally tried and would happily return to.

## Number One Noodle House

255 3rd Ave S

Number One Noodle House is one of my go-to spots for a satisfying and affordable meal. Located downtown, this unassuming family-owned restaurant serves up some of the best handmade noodles in the city. The noodles are made fresh in-house, sometimes with the help of a slightly eerie-looking robot in the back (yes, really).

The restaurant keeps things simple: menus are tucked under the glass tabletops, and there's always an entertaining Chinese cooking show playing on the TVs. Unlike many Chinese restaurants that all serve the same basic dishes, Number One Noodle House specializes in authentic Shanxi and Chongqing-style cuisine, meaning you're bound to try something new.

I highly recommend any of their noodle dishes, but my personal favourite is the cold steamed noodles with garlic sauce for only \$10.99. The noodles have a perfect chewy texture, and the sauce is so good I could drink it straight from the bowl. On a hot day, this dish is incredibly refreshing.

## Gangsters Italian Sandwiches

626 Broadway Ave

Gangsters Italian Sandwiches serves, in my opinion, the best sandwiches in the city. Located on Broadway, this small but

mighty shop offers high-quality, flavour-packed sandwiches at the same price as a mediocre Subway footlong. All of the sandwiches are under \$13.

The owner's passion for his craft is undeniable. If you walk in, there's a high chance you'll be greeted by him, and he'll probably strike up a conversation. His enthusiasm for food and people is part of what makes this place so special.

Their menu is simple, featuring a handful of classics plus a rotating weekly special and a vegetarian option. A fan favorite is the classic meatball sandwich for just \$11, made using the owner's great-grandmother's recipe. Anything with their signature basil mayo is also a winner.

Gangsters' Instagram bio perfectly sums up the vibe: *"There is nothing better than family, friends, and good food. If what I cook can make someone smile, then that is better than any paycheck."*

## Tamarind Restaurant

2105 8th St E

For delicious, affordable Indian food close to campus, Tamarind Restaurant is a top choice. Located on 8th Street and Preston, they offer all the classic Indian dishes you'd expect, plus a standout selection of dosas.

Dosas, a popular dish from Southern India, are thin, crispy crepes made from fermented rice and lentil batter, often filled with spiced potatoes and served with curry. At Tamarind, you can get a masala dosa with two small curries for just \$12.49. They also serve Oothappam, a savory pancake topped with onion and tomato, at only \$7.99 for two.

And let's not forget their mango lassi for just \$3! A house-made drink under \$5? That's almost unheard of these days.

## Shelter Brewing Company

255 2nd Ave S

I haven't actually tried the beer at Shelter Brewing Company, but I *have* tried the tacos—and that's why it made this list.

Dylan and Cam's Taqueria, which started as a food truck, now operates out of Shelter, bringing fresh and flavorful Mexican-inspired eats to the space. The ambiance is cozy, with warm lighting, plenty of plants and an indie playlist setting the mood.

They offer five taco varieties: carnitas, birria, chicken asado, papas (soy protein and potato) and sweet potato. Each taco is just \$3.50, and every order comes with two house-made salsas. If you visit on Taco Tuesday, you get a buy-three-get-one-free deal.

The tacos are fresh, flavorful and nothing like the overly Westernized versions you'll find elsewhere. If you're extra hungry, their burritos, which slightly exceed the budget at \$15 are highly praised, especially the birria one. And if you're looking for an affordable drink, their 473ml in-house beers are just \$5, which I definitely need to go back for.

## Bannock Express

1205 22nd St W

Bannock Express is one of the only places in Saskatoon serving Indigenous cuisine. This local, Indigenous-owned business specializes in bannock burgers with creative flavors, including vegetarian options.

Founder Rachel Smith is a passionate entrepreneur and mother who turned her love for cooking into a thriving business. She also runs a prepaid meal program where customers can buy a meal for someone in need for just \$6.50. These meals are posted on a bulletin board, allowing anyone in need to claim one, which is her way of giving back to the community.

All of their burgers are \$10 or under, and they are hefty. Standouts include the

Auntie Burger (\$7.75), featuring spicy Saskatoon berry jam, and the Bannock Mac (\$10), a play on McDonald's Big Mac but with bannock instead of a bun.

## Japashack

613 8th St E

Japashack brings a Japanese twist to fast food, operating from the first floor of Oreno Japanese BBQ on 8th Street as a takeout-only spot.

Their burgers feature Japanese-style meats like Kobe beef and karaage, paired with pickled carrots, lettuce and house-made sauces. They also offer fries with unique Japanese flavours that are just as popular as the burgers.

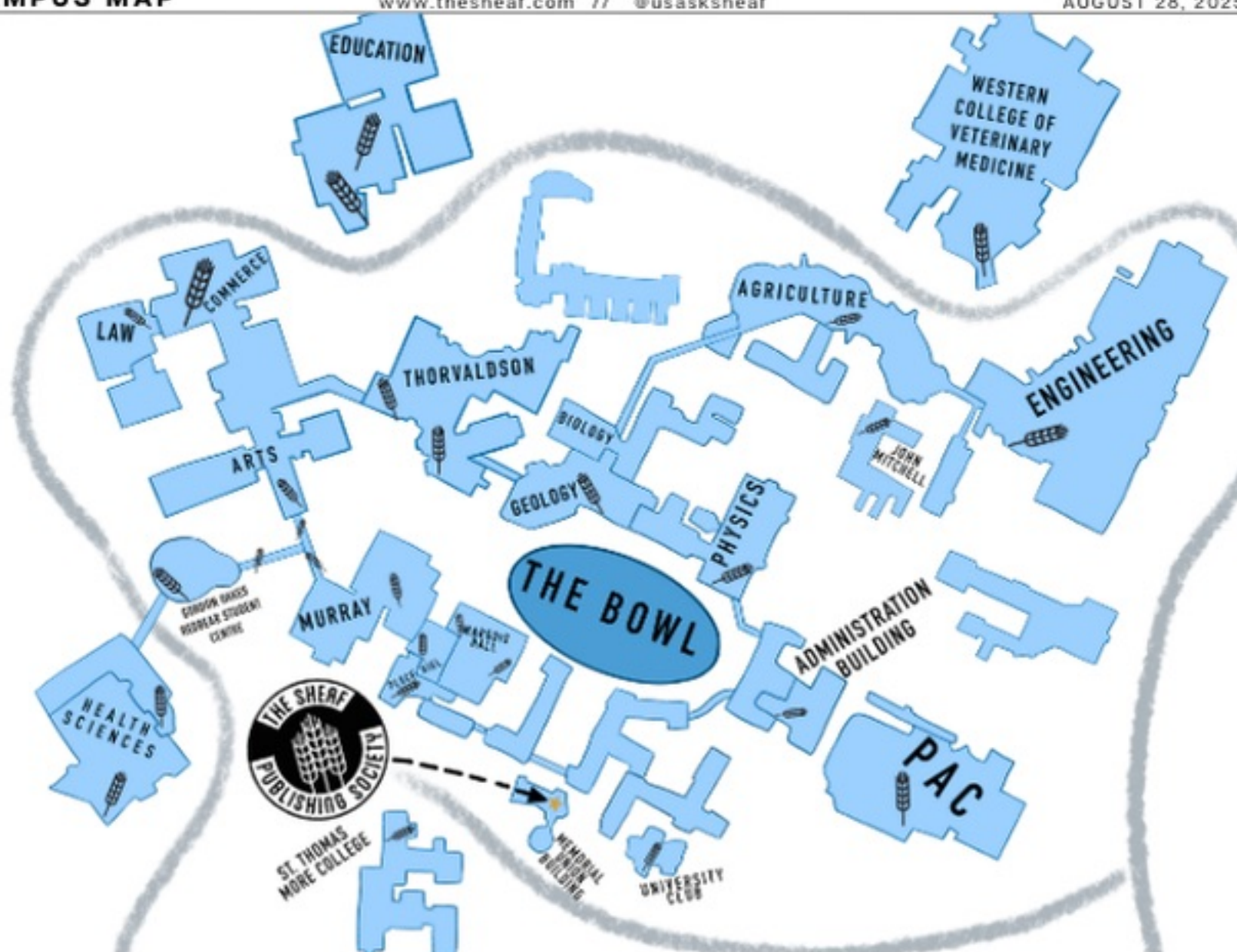
The Volcano Burger is a fan favourite, and at just \$7.95 you can grab it as a combo with fries for \$10.45. Their vegetarian option, the Vege Kakiage Burger, is topped with crispy vegetable tempura. No matter what you order, it's guaranteed to satisfy your cravings!

Whether you're a Saskatoon native or just moved here for school, I hope this guide helps you discover some amazing local eats without breaking the bank. Bon appétit!!



Japa Shack food item | Japa Shack Instagram





**Q: Where can you find the Sheaf on campus?**

**A: You can find the Sheaf (the University of Saskatchewan's student newspaper) on newsstands around campus — most often in high-traffic spots. They're free to pick up.**

**INTERESTED IN  
WRITING?**



Contributors are the backbone of the paper, and they are always in demand. The best way to get involved is to come over and introduce yourself. The office is in Room 108 in the Memorial Union Building (on the main floor above Louis' Pub).

Any undergraduate student from the University of Saskatchewan can contribute to the Sheaf. No experience is necessary. If you feel you have something to contribute, you can talk to an editor about your story idea. Editors will assist you in crafting the article, editing it, and finally, publishing it in the newspaper.

Contact [editor@thesheaf.com](mailto:editor@thesheaf.com) for more details



# Handbook for the recently enrolled: A Guide to some of the lesser-known wonders of Saskatoon

Whether you've just moved or you've lived here your whole life, there's always something new to discover in the city of bridges.

**Laila Haider**

Despite what the cynics may tell you, Saskatoon does have some pretty unique spots to explore if you're willing to go out and look for them. From rage rooms to mini-museums, we've got it all. As the city continues to expand at an exponential rate, you can always be sure that something new will pop up around the corner for you to explore on your own or with your friends.

Luckily for you, dear reader, your days of going to the same places over and over again are over. I've compiled a short list of some underrated spots you probably haven't checked out yet, for your browsing enjoyment. Take it from me, as a student who has done a fair share of complaining about the lack of things to do in this city, you'd be surprised what's out there once you've looked.

**Cinema at the Museum and the Roxy Theatre** For the film nerds out there, don't fret! Your cinema experiences aren't limited to just the mainstream blockbuster films that are constantly playing at the local Cineplexes. If you're looking for something more niche and indie, be sure to check out the Roxy Theatre and the Remai Modern Museum sometime.

Every month, the Remai hosts various screenings, highlighting older movies, works from up-and-coming filmmakers and films that don't show at other local theatres. Tickets are always \$10 at the front desk, and admission is free for members and youth under 18. Check out

their website for the latest showings, since they're constantly updating their events calendar.

The Roxy Theatre is another great place to check out when you're in the mood to watch underrated movies. The theatre is a Saskatoon staple; its doors have been open for nearly a century, welcoming generations of movie lovers into its embrace and bringing thousands of stories to life. From foreign features to blasts from the past, the Roxy is never a dull place to catch a movie. Tickets are \$13.32 for adults 18+ and \$6.67 for everyone on Mondays.

## YXE Smash Therapy Inc

Bad breakup? Tough midterm? Just want to break stuff? This is the place for you.

Located on Aronow Avenue, Smash Therapy Inc offers an out-of-the-box solution to all of your suppressed anger issues. Take all of your frustrations out on the various household items they have available including, but not limited to: windshields, computer monitors, pc towers, glassware, lawn ornaments, and small kitchen appliances. Have something at home you can't stand the sight of anymore? Feel free to bring it in for demolition! Just be sure to get in contact with staff for approval before bringing in any breakables for your own personal use, or for donation.

They offer various packages—single swinger, tantrum for two, and group therapy for groups of up to 9 people. Prices depend on which session you book as well

as the duration of your visit.

## The Stoked Centre

Okay, so this one might not be that underrated, but it's definitely an option to keep in mind when you're brainstorming weekend plans with your friends. Boasting an arcade, bowling, go-karts, indoor rope courses and a zipline, the Stoked Centre has plenty to offer. Not to mention the in-house restaurant with a menu that has options everyone can enjoy. It's an especially great place to check out when you want to hang out with a big group of people, since there's plenty of stuff to do, no matter what you're into.

## The Purrfect Cup Cat Cafe

In need of a pick-me-up? Pop into the Purrfect Cup for the perfect dose of coffee and kittens to balance your serotonin levels.

If you and your friends are ever in the mood to spend an afternoon hanging out with a bunch of adorable cats, the Purrfect Cup is the place for you. Home to twenty cats, this cafe is the only place in the city where you can enjoy a good cup of coffee and play with cats at the same time. Admission is \$14 dollars, and there's no reservation required.

Plus, as a bonus, if you're looking to adopt a cat, you can apply online to give one of the cafe's cats a forever home!

## Art Bar Theatre

Whether you and your friends are aspiring poets, comics or performers, or you just

want to check out the local scene and support a local business, the Art Bar is a great place to spend your evenings, afternoons, or weekends.

The Art Bar hosts open mic nights, comedy nights, spoken word poetry nights, acoustic music sets and various other live performances. They also feature a gallery for visual art and encourage artists of all skill levels to apply to exhibit their work in the space.

Check out their instagram or their website for more information on the current line up. They've always got something interesting going on!

## Glitchy's Oddities Museum

Located in a room at the back of Glitchy's Gifts and Novelties on 33rd street, this collection of strange items is something you should drag your friends and family along to. Home to the world's largest cheezie and a two-headed calf (among other things), this mini-museum is a hidden gem for sure. It might not be an activity you spend a whole afternoon doing, but it's still a pretty cool spot to check out if you're in the downtown area.



The Stoked Centre go-kart racing | Stoked by Splitville Bowl Instagram



# Nine Organizations in Saskatoon You Should

Want to support the place you call home and make an impact on your community? Check out the

Laila Haider

Whether you're trying to do more extracurriculars this year, meet new people or develop skills in new environments, getting involved with different volunteer opportunities across the city is sure to add much-needed depth to your life.

Saskatoon's population has steadily been increasing over the last decade, and the social scaffolding available to anyone who needs it has too. Social services and non-profit organizations of all kinds, to help people from all walks of life, have bloomed, and are always in need of volunteers to help them with their missions and achieve their goals in helping the community.

No matter your background, your past experiences or your interests, there's definitely an organization out there that will allow you to give back to your community in whatever way suits you best. Depending on your skills and your schedule, there are several different options available for you to look into, so don't be afraid to go out and get involved!

**The Saskatoon Food Bank & Learning Centre:** The Saskatoon Food Bank has been in service since 1983, when it started as a temporary summer project based out of the basement of a church. Now incorporated as a non-profit charity, and with the development of the Learning Centre, it offers several resources and life skills programs for anyone in need. They've used progressive, collaborative methods to develop different services and initiatives that work to address the root causes of food insecurity and poverty within Saskatoon.

Volunteer tasks and responsibilities include sorting donations, re-packaging large quantities of food into smaller portions, and creating food packages and hampers for distribution. To get involved, just check out their website and fill out the forms and questionnaires provided.

If you're looking for something a little more casual and low-commitment to do on off days, this is the volunteer opportunity for you. Volunteer shifts are every weekday from 8:30 a.m. - 11:30 a.m. and 12:30 p.m. - 3:30 p.m. There are also occasional shift opportunities on Saturdays, so be sure to check out their social media and website to keep up to date for when they have shifts available outside of their usual hours.

## Global Gathering Place

Global Gathering Place (GGP) is a non-profit organization that acts as a support centre for all refugees and immigrants. GGP provides a wide range of assistance to all new immigrants and refugees, helping them adapt to their new home, and



**SASKATOON FOOD BANK & LEARNING CENTRE**



**Global Gathering Place**



**Friends of the Saskatoon Afforestation Areas Inc.**



**SaskAbilities**

providing bridges between their own life experiences and life in Canada. They help newcomers settle and navigate everyday tasks like how to use the transit system and navigate grocery shopping, and more difficult areas of life like language, healthcare and employment.

Their main volunteering opportunities are their English as a Subsequent Language (ESL) Classroom, where volunteers will help improve their written and oral language skills, their childminding program, where volunteers help staff run an on-site daycare facility for working parents, their homework help program, where volunteers will help elementary school students with homework assignments and language activities, and their mentoring program, where volunteers will act as mentors for immigrants and refugees to help address their needs and goals.

GGP also offers several other skills-building programs throughout the year that volunteers can help with, like skating activities, computer-based activities and swimming classes. Volunteers can also help with group facilitation in some of GGP's other programs like BrightStart! and CHIEF and help out with group outings when needed.

There are several volunteering opportunities throughout the week as well as on the weekend, depending on what programs you want to work with, and how frequently you want to volunteer. Be sure to check out their website for more details and information on each program, and how to get involved!

## International Women of Saskatoon

International Women of Saskatoon (IWS) was formed in 1985 by a group of women who were new to Saskatoon and wanted to help other newcomer women adjust to their new lives in the city and provide them with support systems that would help them settle more effectively. IWS was formed on feminist, anti-racist and anti-oppressive principles, and today it provides several resources and support programs to newcomer women and their families during the difficult transition period they may experience during their settlement journey.

They've worked hard to break down barriers, both systemic and personal, that immigrant and refugee women may have to deal with, and continue to strive towards building a community where all newcomers have the unimpeded ability to thrive in Saskatoon and meet their full potential.

As a volunteer, there are several activities you can help out with, such as helping with their English as an Additional Language (EAL) classes, tutoring clients in computer



# Volunteer With This Year

volunteer opportunities these local organizations have open and make a difference this year.

literacy or English, helping provide childcare, facilitating activities for children, youth, and groups, and even assisting with special events like Folk Fest.

This opportunity requires dedicated volunteers that are able to commit to helping out for at least 3 consecutive months, so if you're looking for a more low-commitment activity, this might not be the one for you. Volunteers that work with IWS for 3 months or provide 30 hours of service receive a letter of volunteerism from IWS, as well as the opportunity to help make a direct impact on people's lives.

## OUTSaskatoon

OUTSaskatoon is a non-profit community centre that works to support the 2SLGBTQ+ community. They provide services and resources that seek to ensure the health and wellbeing of Saskatoon's queer community.

OUTSaskatoon provides several support systems for people of all ages, from all walks of life. They offer peer support, counselling, queer-specific educational resources, sexual health services, outreach, community social events and referrals, as well as operating Pride Home, a long-term home for queer youth in need.

They offer a variety of different programs, so they're always in need of new volunteers to lend a hand. The main three activities they need volunteers for are their youth programs (Rainbow Coffee and Rainbow PYY) which requires a weekly commitment, making resources and buttons, which is more of a drop-in activity that you can do casually, and helping with the different events they host throughout the year.

No matter your skills or abilities, they'll be sure to find some way to put them to use, so if you're looking for a way to support local queer youth, this is definitely the organization to reach out to.

## Friends of the Saskatoon Afforestation Areas

The Friends of the Saskatoon Afforestation Areas Inc. is a non-profit charity dedicated to protecting and enhancing the Richard St Barbe Baker Afforestation Area and George Genereux Urban Regional Park in Saskatoon. Their efforts are dedicated to preserving these areas as green spaces that can be loved and enjoyed by the public throughout the year, regardless of the dynamic changes the city has been undergoing. They host tours, facilitate educational events, engage in environmental restoration initiatives, and so much more.

There are several different opportunities available to those interested, including helping conduct tours of the Saskatoon Afforestation Areas, design posters and

pamphlets, help with social media, and create maps and trail guides. If you're ecologically minded and want to get involved, make sure to check out their website and reach out!

## SaskAbilities

SaskAbilities is an organization that has been dedicated to providing support services to people experiencing disability across the province since 1950. They provide inclusive programs and initiatives that aim to enhance the lives of all people experiencing disability, and build inclusive communities for people of all abilities.

They hold several events throughout the year, as well as run multiple campaigns and services that would benefit greatly from the help of volunteers, like their different camps and day programs. They're always looking for new additions to the team to help enrich everyone's experience.

If you're looking to gain experience in the human services field, develop new skills, and work with people in a new environment, then be sure to check out SaskAbilities for ways to get involved this year!

## Foundations Learning & Skills Saskatchewan

Foundations Learning & Skills Saskatchewan provides adults with free tutoring to help them learn, improve their skills, and develop new ones. For nearly 50 years, they've been working to support adult learners in meeting their needs and achieving their goals. They also offer free services and training geared towards families and children, as well as programs that focus on financial literacy.

Current volunteer opportunities available include working with their adult tutor program, where volunteers work one-to-one with clients to help them achieve their goals, their Spark children's literacy program, where volunteers help children in grades 2-4 improve their reading levels, and their early learning and family literacy programs and events, where volunteers work with preschool-aged children and their families to help kids get a head start on school activities.

If you're interested about learning more, make sure to check out their website for further details, application requirements, and scheduling.

## Peer Health

If you're looking to volunteer on campus, then you should definitely check out Peer Health. It's a program provided by the University, run by students, that focuses on promoting health to all USask students throughout the year. They offer Student Recovery Support (SRS) for students with substance-use experience, as well as peer support, and other services for students in need or in unique situations.



**Foundations  
Learning & Skills  
Saskatchewan**



As a Peer Health volunteer, you will have the opportunity to gain hands-on experience when dealing with student health issues, develop new practical skills and have a direct impact on the community on campus.

Peer Health does expect volunteers to be available at least 2 hours a week, be able to participate in weekly meetings, and contribute to the different programs that they run. They offer basic volunteer training and orientation at the start of each semester so students have an idea of what's expected from them during their time as a Peer Health volunteer.

Peer Health is a university-approved program for the Co-Curricular Record (CCR), so anyone that fulfills the 25-hour per semester requirement of volunteer contributions is eligible for CCR acknowledgment.

If you're interested in getting involved, check out their website, or drop by the Usask Community Centre, to learn more.

## The Sheaf

If you've got a story and you're looking for a platform, then you've come to the right place! The Sheaf is always looking for new volunteers to help write, edit, and

provide photography for the paper throughout the year. No prior experience is required! Feel free to reach out through our website, by email, or even swing by the office in the Memorial Union building, room 108.

Whether you're in your first year or your last, everyone is welcome to contribute to the paper. After all, it's by students, for students. Check out their website for more information, at [www.thesheaf.com](http://www.thesheaf.com)

If you're interested in checking out a few more organizations and opportunities available for students throughout the year, be sure to check out the University's Office of Sustainability's website.





**USASK WORD SEARCH**

Huskies	Thorvaldson	Football	Observatory
Sheaf	College	Homecoming	Galleries
Saskatoon	Prairie	Howler	Basketball
Agriculture	Medicine	Louis	Hockey
Engineering	Vetmed	Soccer	Scholarship
Law	Geology	Welcome Week	Marquis
Murray	Diefenbaker	Alumni	Students
Edwards	PAC	Volleyball	Classes
Greystone	USSU	Track	Study
Bowl			

Submit your comics,  
poetry or puzzles to

EDITOR@THESHEAF.COM

**SUDOKU**

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

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

**Top 10 things you'll only know after first year**

- The only surefire way to avoid the people at the tables in the Arts Tunnel is to sacrifice yourself to the people standing in the middle of the Arts Tunnel.
- The PAC is just like any other gym; you're paying for it, but you're not using it.
- Joining clubs can be rewarding, but so can sleeping in library cubicles.
- You aren't a real Huskie until you've pretended not to know someone you went to high school with.
- You're less and less interested in your major and more and more interested in working for a textbook company.
- You've eaten more Harvey's than anyone should in their entire life and you'll eat more next week.
- Required reading are always optional.
- Your grades have never been lower but your dorm has never been cleaner and your Netflix queue has never been shorter.
- The USSU is a thing, but you're not sure who he is or what his powers are.
- Roll Up The Rim to Win gets out of hand in a hurry when you practically live at Tim Horton's.



# CROSSWORD

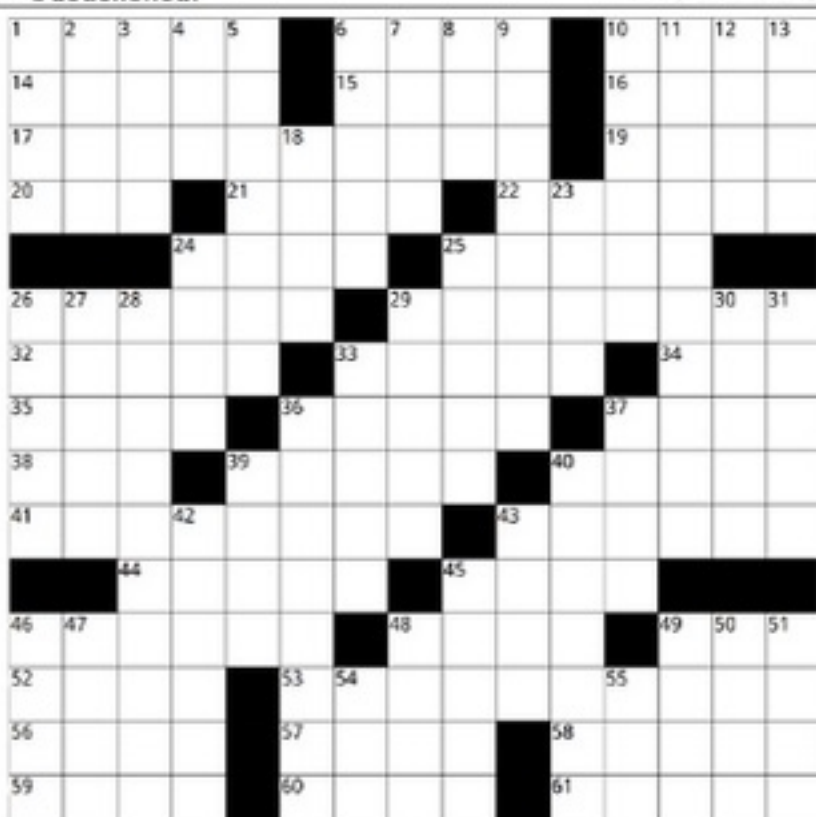
## Across

1. Saskatoon bridge (with 17 across)
6. Fancy event
10. Tap
14. French film award
15. Regretted
16. Platform for biology nerds (abbreviated)
17. Saskatoon bridge (with 1 across)
19. Arsonist West in Dexter
20. The Cenozoic \_\_\_\_
21. French glove
22. Structure that protects a fetus
24. Cobere
25. Health in Bordeaux
26. Saskatoon bridge: \_\_\_\_ Drive North
29. Saskatoon bridge: aka Traffic Bridge
32. Could be high or low (2 words)
33. Challenges
34. Like Justin to Pierre Elliott
35. They may happen in chem.
36. Two steps
37. \_\_\_\_ Cooper
38. Opposite to "non"
39. Surfer wannabe
40. 2:1
41. Saskatoon bridge
43. Native of Nairobi
44. Striped headcloths worn by pharaohs
45. Grassy areas
46. Song off of Snack Time by BNL
48. What you might click after writing an email
49. Service that provides ambulances
52. Cake in Rio

53. Saskatoon bridge: \_\_\_\_  
Buckwold Bridge
56. Honk
57. Did very well
58. Organic food brand based in Canada
59. Hiss sound
60. Sorrows
61. Saskatoon bridge (with 6 down)

## Down

1. I'd like to get that email too  
(2 words)
2. Successor
3. Her name actually begins Jo-
4. Munch
5. Like some egos
6. Saskatoon bridge (with 61 across)  
next to Gordie Howe Bridge
7. Neigh. of Hungary
8. Flower garland
9. They are often filled with car  
commercials (2 words)
10. Words on an invoice (2 words)
11. Saskatoon bridge
12. They have a similar flag to Senegal,  
minus the star
13. They often host bake sales
18. Opposite of wax
23. Talking trees
24. Options used by someone starting  
email drama
25. Fathered
26. Chocolate substitute
27. A way to get debts
28. Bases
29. Girls trip!
30. Ancient region of Anatolia
31. Atom with a bad attitude?
33. Baby slang for fathers
36. Tool in electrified carpentry
37. The sailor \_\_\_\_ the deck
39. Hepatic Drug-Metabolizing Enzyme
40. Take up again
42. \_\_\_\_ Fables
43. Is it a bird? Is it a plane? No it's a  
journalist
45. Guides
46. Decreases
47. Documents needed to apply for EI
48. Old term meaning "cut with knife"
49. Jacob's twin
50. Neighbour of LA
51. Another neighbour of LA
54. Prefix originating from oikos,  
meaning home
55. Hit Bollywood from 2022



Crossword | Greta Mader Stewens

# Saskatoon Community Radio Annual Fundraiser



## CFCR 90.5 FM

### Make Your Pledge September 13-26:

306-664-6678,  
Scan QR, cfcrc.ca,  
Visit 267 3<sup>rd</sup> Ave S  
(3<sup>rd</sup> Floor, Stair Access Only)





# USSU BACKPAGE



## WELCOME WEEK

SEPTEMBER 3 – 5 | VISIT [USSU.CA](http://USSU.CA) FOR DETAILS



**MAD CADDIES**

WITH **AUTHORITY ZERO & THE CORPS**

THU SEP 25  
LOUIS'  
SASKATOON, SK

CANADIAN OPEN 2025

**BOYSNIGHTOUT**

FEATURING **MIEST**

OCTOBER 8  
LOUIS'  
SASKATOON

**TerroR**

OCTOBER 15  
LOUIS'  
SASKATOON, SK

**Fall U-Pass**

CAN BE LOADED MONDAY, AUGUST 25

**NEED TO OPT-OUT?**

Opt-out applications may be submitted online for eligible students enrolled in Fall Term.

Application Deadline: Tuesday, September 14 at 4:00pm

? Visit [ussu.ca/upass](http://ussu.ca/upass) for more information

USSU | transit

**USSU Unfiltered**

August 29 at 1-4pm

Place Riel, North Concourse

Let's hang out before the first lecture! Our social space, featuring student's original artwork displayed for school.

**NALOXONE TRAINING +**

Wed, Sep 24 from 3:30-4:30PM

ISSAC Training Room

Register through our Linktree



Visit [ussu.ca/events](http://ussu.ca/events) for more information!