

October 14, 2015 — Issue 2

the journal

Saint Mary's University's Independent Student Newspaper

Special Election Issue

Photo Credits:
Sinduja Appidi



International Student Perspective

Makenzie Way
Contributor

In the past 2014-2015 presidential debate Saint Mary's Students made numerous complaints about the lack of international events and the unwelcoming atmosphere that many international students are met with upon arrival. These complaints counteract the pride that Saint Mary's usually has about its multi-cultural campus. It's easy to present numbers and statistics to demonstrate the increasing international population at Saint Mary's but the real judges are the international students themselves.

A multitude of underlying problems have been found regarding the international population. The first problem: tuition. It's well known that international students are charged a lot more for their academic courses than domestic students. The tuition burden leaves many international students feeling cheated. Also, many international students are isolated from the larger university culture due to language barriers, stereotypes, and the regulations prohibiting TESL students from being recognized as active Saint Mary's students. Activities and events on campus promote certain international cultures, while the rest of the events are being left up to student run societies.

While international students face hurdles when choosing to come to Saint Mary's, they also receive benefits. It seems people are generally satisfied with the treatment they receive. An international student from southern China said that when she first arrived at SMU the university made her feel "fantastic ... instructors were very kind and taught me how to choose my credit courses." While the bureaucracy of university might be treating international students unjustly, the individuals who make up the university (including faculty, staff and students) make up for those pitfalls.

Dalhousie bows out of StudentsNS, NSCC shows interest

Adan Faber
Contributor

Saint Mary's provincial lobby group is attempting to boost membership after the loss of its single largest institution as a member.

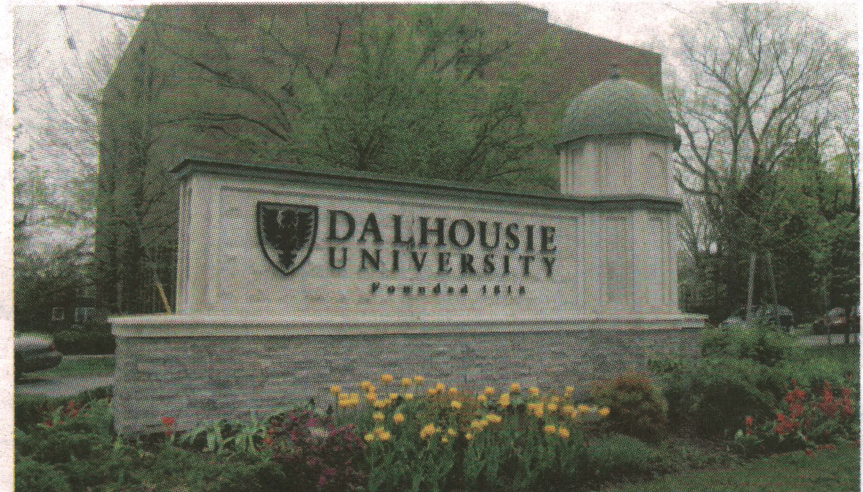
"The decision was made by Dalhousie council to disassociate with Students Nova Scotia," said Students Nova Scotia Executive Director Nick Head-Petersen. "We felt they are best represented as part of our organization in terms of advocacy... but they made that decision and we are respecting that decision."

StudentsNS, a group that represents post-secondary students to the provincial government, has suffered a shock to their income and membership due to the fact that Dalhousie University has decided to leave the group. The loss of Dalhousie means 18,000 students and \$90,000 has been wiped off the ledger of the policy advisory group. This leaves a weaker bargaining position when dealing with provincial government, and less money to go into policy research and advocacy, the group's two main focuses.

The decision to leave, which was made by the Dalhousie Student Union in March, was made with some controversy, amid accusations of 'male white privilege' and sexism in the working environment at StudentsNS. The accusations made by DSU president Ramz Aziz were not echoed by an official statement from the Dalhousie Students' Union - although one was drafted during the meeting when the decision to leave was made.

The DSU decided to take the money they had been paying to StudentsNS and hire their own student advocate to voice their concerns to provincial leaders.

The implications for the provincial lobby group are significant, due to the fact that the loss amounts to 42% of their student membership and a similar portion of their annual budget. While other member institutions remain in Halifax - such as SMU and the Atlantic School of Theology, a different institution may hold the key for a revival.



The Nova Scotia Community Colleges have been largely unaligned in regards to provincial lobby efforts. Over the last two years - before any negotiations with Dal came to a head - a relationship had started between two of the community colleges and StudentsNS.

"We joined StudentsNS on a trial basis to see what it was about, and had a great experience with them," said Jeremy Mott, the past president of the NSCC students' association on the Kingstec campus. "I let any other NSCC campus I dealt with know about our success."

While he is no longer involved in the decision making process at NSCC, Jeremy's positive reviews may have influence on the other student associations within the college network - which totals over 10,000 full-time and 12,000 part-time students across the province, a significant boost to potential membership.

"There is an NSCC conference in October, my hope is to meet with the other campuses to connect with them," said Head-Petersen. Each NSCC student association would make their own decision, some via a board vote and others by a student vote. "Each institution has a referendum, either at student council level or campus wide," said Head-Petersen. "That has been our challenge so far, but we continue to prioritize building our relationship with NSCC."

In the meantime, Dalhousie continues to set up their own system of advocacy to their government. It has yet to be seen what issues Dalhousie will focus on and what reaction the provincial government will have to the presence of two distinct student voices.

The Journal and Your Voice

What do you love? Art? Nutrition? Crime? Astronomy? Business? Sex? If you love it, you can write about it. The Journal is a way for students to be heard - we want to know what YOU care about! Can't write? No problem. Our editors are here to help you communicate your interests and concerns. How do you feel about food on campus? Are there any events you enjoyed recently? What irks you the most? Do you know anything that you think other students should know about? If you love it, we can help you write it. Contributions and questions can be sent to editor.thejournal@smu.ca.

Community Outreach through Public Classes



Neil Van Horne
Section Editor

There's a chance that you may have found yourself in a class that is not on campus in your time as a student at Saint Mary's. Two classes this semester, one in the department of philosophy and another department of history are being held at the new Halifax Public Libraries – Central Branch location on Spring Garden Road. The interesting opportunity that this presents for the students is that these classes are open to the public - and well attended by a wide range of people.

It is the 38th year that the program has been running, so it is nothing new. Classes are greatly enhanced by being at the new location. The Journal spoke with Darlene Beck, Manager of Adult Services at Halifax Public Libraries. "I think free University courses at the library are part of our whole mandate of providing free education and information to the public, it furthers our lifelong learning goals and objectives, and I think that's one of the things that really appeals to the regulars who come out every week for these (classes).

Students have an interesting experience as a result of the partnership as well, a student could find themselves engaged in a debate about theoretical versus practical sciences, with a woman who worked as an engineer and another

who studied theoretical physics. The open concept and topic of the courses attracts a wide variety of people from all walks of life – for some it is their best opportunity to learn from a University professor. "Some people have never had the opportunity to attend University; it may have been beyond their means to attend. Many of our participants are older people and they really want to keep learning, this provides the perfect opportunity for them to continue their own learning goals as well" Said Beck. The University gains local credibility by doing these courses, it can help recruit potential students, or inspire others to come back. It helps to take freedom of thought out of the classroom and into the rest of the world.

"Since we get such a huge benefit for our public, we provide the space to the University, and provide assistance for logistical set-up." Suggesting it is a team effort, Beck says "we both contribute to the course, it's a long standing success story for both partners."

Classes are open to anyone, this semester you can attend Crime and Punishment in England from 1:00 to 3:30 on Wednesday's, and Science and Society on Thursday's from 1:00 to 3:30 as well.

Debit fee gone for good



Sandra C. Hannebohm
Editor-in-Chief

Last years campaign for SMUSA President came with promises to remove the debit fees on campus. The Journal met with SMUSA President Amali Armony to discuss the change.

So, the debit fees are gone. How did you do it?

"Well, leading up to the SMUSA election of March this year the removal of debit fees was actually on the platform for one of my opponents, Preston Matthews. At that time, there were other pressing issues that were facing students - like the government, for example, removing the tuition cap to give the universities a one year 'market adjustment' period ... so the debit fee wasn't my focus at that point. However, it was always an issue for students. After I took office, Preston had some serious medical issues and he was in hospital for quite some time. I personally didn't know if he was gonna make it or not. So I decided that in his honour, whether he would come out or not, I would make that the first thing that I accomplished as President."

Armony arranged a sit-down with the managers of Aramark to find out why the debit fee existed. As it turns out, Aramark isn't charged \$0.50 per transaction. SMUSA pays about \$0.06 per transaction to the company who offers the debit

service while Aramark is a multi-million dollar national company. The weight of their contracts allow them more bargaining power; "there's no way they pay more than that".

Did the price of food go up [as a result]?

"No. The price of certain items went up... like the price of chicken patties went up from \$4.00 to \$4.50 but that has nothing to do with debit fees. It costs them more to produce it. Inflation is every year. Everything goes up every year."

"It's very difficult to convince a multi-million dollar company to go out of their way to cater for students ..." but the debit fee was removed and some new food options were added to the Gorsebrook menu. "They said 'you know what, we'll just remove it because its a pain in the butt, it ties up lines' - lines move faster now."

Did they say anything about vegetarian or healthy food?

"They did not. You can get healthy food, you just have to pay for it, like everywhere else. It's more expensive. Storage; it has to be fresh. Usually the excuse is 'we tried that and it didn't sell'. If the demand was big enough they would sell vegetarian food."

In the meantime, Saint Mary's students can now enjoy a new brand of chicken wings with the option of having them breaded or un-breaded, tossed in sauce or with sauce on the side.

the journal

Saint Mary's University's Independent Student Newspaper

Suite 522, 5th floor, Student Centre
Saint Mary's University, 923 Robie St.
Halifax, Nova Scotia B3H 3C3

www.smujournal.ca
www.facebook.com/smujournal
www.twitter.com/thesmujournal

Editor-in-Chief
Sandra C. Hannebohm
editor.thejournal@smu.ca

Business Manager
Dane Sheets
business.thejournal@smu.ca

Section Editors

Erika Macdonald
Neil Van Horne

Contributors

Makenzie Way
Anton Nestel
Xijie (Doris) Wu
Layout Artists
Divesh Isuri and Johnny Shaw

Writing and artwork submissions:
Wednesday 5pm
(One week prior to publication)

SMU Student Startup, Kluo



There's a new startup in town and this one is hometown right here at SMU.

Kluo helps you discover the best events & specials in the city. Here's how it works: You type words like 'calculus' & 'study' in-to the search bar and it directs you to a tutorial session happening right on campus. You can type words like 'dance' or 'vodka' into the search bar and Kluo directs you to a club with a vodka special.

"We have built Kluo to provide users with events tailored specifically to their current moods & interests by allowing them to select up to five tags of choice" says co-founder Mike Cyr.

"You could be in the car with your friends and be wondering what Halifax is up to tonight. What Kluo is able to answer is where the best times and specials can be found", adds Tyler Sellar.

The co-founders met in a second year Marketing course taught by Mr. Chan-kon Kim on Consumer Behavior. One day they met at The Gorsebrook Lounge for a study break and "it all went from there," says Cyr. Since then, Kluo has grown exponentially.

"We have been working extremely hard to bring something special to the university student population, knowing the struggles first hand with event discovery in Halifax. We have identified the problem, designed a product and are now developing in order to find our perfect product/

market fit".

In June, Sellar & Cyr were in the top five startups of the 100 Seeds NS. There they gained recognition as a viable business. By August, the co-founders had brought in just over four hundred beta testers, hired their first developer, and brought in substantial partnerships.

The meeting and event industry employs around 6.3 million jobs and nearly \$1 trillion dollars in direct, indirect and induced spending in the U.S. alone. The industries direct \$106 billion contribution to the U.S. GDP is greater than the amount generated by auto manufacturing (\$78 billion).

The industry that these Saint Mary's students have tackled is quite a serious one. Marketers are spending somewhere around \$565 billion on event marketing and the conversion rates are still extremely small. Kluo has been built to save these dollars in addition to offering better conversion rates.

"Saint Mary's University student startup will be ready for test-ing soon enough!" says Sellars.

These two are a true testament that the entrepreneurial and innovation spirit lives within this campus.

Visit kluoapp.com to sign up for Early Access, and be notified when they launch.

FoundationNS

FoundationNS wants to help students realize that their leadership skills they develop as students can prepare them for a successful future as a leader in the work force. By developing ambitious youth leaders today, the project hopes to build bright future for our community.

The FoundationNS goal is to promote, educate and develop business leadership skills in post-secondary students. As a part of Enactus Saint Mary's, the project aims to facilitate an interactive workshops and a professional speaker series to the Saint Mary's University community in order to provide learners with a base of knowledge and understanding of leadership theory.

The FoundationNS curriculum covers a wide range of topics, like personal assessment and strategic problem solving, that are important factors to leadership development. Each seminar is focused on engaging students to share personal stories, join in discussions and participate in activities aimed to teach new knowledge and have students understand their strengths and weaknesses as a leader. To add to the incentive, the project has organized the FoundationNS Professional Speaker Series, featuring some of Canada's top leadership consultants.

Each speaker focuses on a specific aspect of leadership. Through an interactive approach they educate the audience on how these skills can be applicable to university students as they make the transition into the workforce.

The next session will feature performance coach and SMU faculty member Steve Foran who will present about the effectiveness of the Gratitude Philosophy. This session will be held on October 15th in Loyola 175 at 7PM and is open to all students free of charge.

"My best
entrepreneurial
advice is to
start"
-Dave Morin

the
journal
Saint Mary's University's Independent Student Newspaper

I WILL

VOTE

OCT 19



This Election's Secret Weapon

NEIL VAN HORNE
Section Editor

Lynton Crosby's Political Strategy
Stephen Harper recently hired someone who isn't Canadian to run his campaign for re-election. The man he has hired is a well accomplished Australian by the name of Lynton Crosby. He studied economics, worked as an aide for politicians, sought election himself in 1982 but failed miserably. Since then, he has chosen to stick to back room work, which has gone the exact opposite of his attempt at election. Crosby has used a certain strategy along with societal manipulation to lead many politicians to victory, including David Cameron, the Prime Minister of England, Boris Johnson, the Mayor of London, and most recently Ranil Wickremesinghe, Prime Minister of Sri Lanka. Throughout the course of these elections, Crosby has used certain tactics and pressure points to appeal to the traditional conservative mindset, even if it means blowing an issue out of proportion.

The timing of Crosby joining

the Conservative campaign and their recent popularity surge in Quebec alludes to an interesting connection. Ever since the French language debate the Conservatives have been gaining popularity in Quebec, while the NDP have been losing a considerable amount of support. Some people have attributed this change Harper's position on women wearing the niqab while taking an oath for Canadian citizenship, which is similar to the legislation that Quebec has put in place forbidding women from wearing it while working as a public servant.

To understand the niqab, and this sort of political strategy The Journal met with two professors here at Saint Mary's; Dr. Marc Doucet, Associate Professor and Chair of the Political Science Department, and Professor Syed Adnan Hussain, professor of religious studies.

The niqab has been viewed as something that is inherently oppressive to women, but Professor Hussain told The Journal about how it means different things to different people who wear it, according to

their values.

"People can have very different reasons for wearing the niqab, and reasons are often deeply personal. I had a student in Toronto who was interviewed on the CTV, she commented that her Dad had actually forbade her from wearing it when she moved to Canada from Indonesia. She felt the male gaze very strongly in Canada, when she was wearing the niqab the gaze then became one of curiosity or something else, but she wasn't being stared at as a sex object. For her, that was liberation" said Professor Hussain.

Dr. Doucet provided some insight on the changing landscape of Canadian Elections. "One of the things that seems to be emerging out of the last elections, both federally and provincially, is that the electorate is increasingly fragmented, they may have had a voter pattern that was based on their previous preferences, now parties have responded by targeting specific segments of (voters), by using boutique tax cuts for specific sectors of the population." "There's been this long conversation

in Quebec over the past few years, surrounding their charter of values. One of the things that we have to understand in English-speaking Canada is that there are a particular set of politics in Quebec that plays differently on the issue of the niqab, that's not to discount that there is a lot of this that is motivated by blatant forms of xenophobia, systematic racism, and islamophobia that has become more prevalent in the west since 9/11" explained Doucet.

It is unsure what relationship Lynton Crosby has to these events as the Conservatives have been very secretive about his role. A Conservative spokesperson is quoted as saying "we don't get into that" when asked by a reporter what Crosby's role was in the campaign. However, the publicity surrounding the niqab is the sort of strategy that he has been known to implement in the past and like his typical strategy it is proving very effective. It is really a non-issue but the Conservatives have used it to jump from third to first place in the polls since his arrival.



Ready to make the Headlines?

The Journal is **YOUR** student newspaper, and there are lots of ways to get involved! If student journalism is important to you, then come to our AGM.

The Journal Publishing Society
Annual General Meeting

Friday, October 23

11:00am

Loyola Room L280

Photo Credit: Patrick Fulgencio



"We like you Irvine, we just don't like your party." - Megan Leslie

Photo Credit: Patrick Fulgencio



"I don't know a magic bullet" - Dr. Thomas Trappenberg

Photo Credit: Patrick Fulgencio



"Fight to change the things" - Allan Bezanson

Photo Credit: Patrick Fulgencio



"In a two trillion deficit, a ten-billion dollar deficit is insignificant." - Andy Fillmore

Welcome to the Saint Mary's University Online Bookstore

We are pleased to introduce
the **Online Bookstore.**

To celebrate, we will be
offering **free shipping*** on
frames on our website until
November 3, 2015.

*Within Canada and the USA



A brand new way to shop!
bookstore.smu.ca

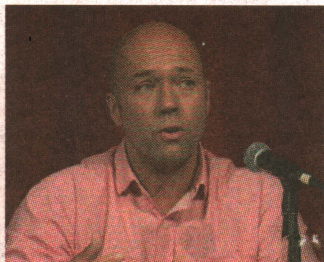


 SAINT MARY'S
UNIVERSITY SINCE 1802

BOOKSTORE

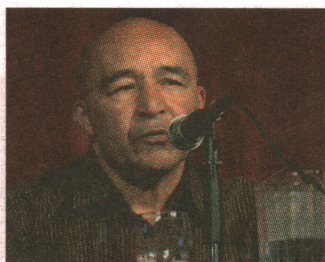
Meet Your Candidates: HALIFAX

Photo Credits: Patrick Fulgencio



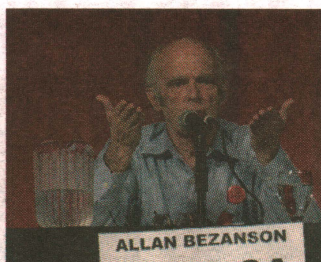
**Liberal
Andy Fillmore**

Acadia, DAL and Harvard alumni, Fillmore was the first Manager of Urban Design for Halifax. He participated in HRMbyDesign Downtown Halifax Plan, which brought in 40 development projects around the city. He's also the Vice President of Planning & Development at the Waterfront Development Corporation. On student debt, Fillmore points out "draconian cuts to universities" by the NDP provincial government which came into power in 2009. He also suggested co-op opportunities for students while studying.



**Conservative
Irvine Carvery**

Born in Africville, Carvery is the president of the Africville Genology Society and a basketball coach. When asked what he would do about student debt, Carvery said "without loans, university would be exclusively for rich people". He believes that the ship building contract should provide good paying jobs for students when they graduate from university. When asked what he would do to make sure all levels of research get the funding they need, he pointed out that professors should have the freedom to give lectures.



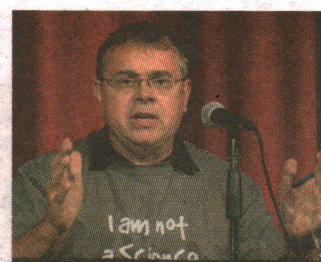
**Marxist-Leninist
Allan Bezanson**

Born in New Glasgow, anti-war activist and former Vancouver Island (1979), Vancouver (1993, 1997), and Nova Scotia (2006) candidate Bezanson says "there should be free tuition". He's concerned with food sustainability issues and opposed to the "party cartel system". Bezanson also pointed out that all parties get "50% of their ad money back" after spending on election campaigns. He revelled the opportunity to speak to young people at the Dal All-Candidates Debate.



**NDP
Megan Leslie**

Since she was elected in 2008, Leslie has helped ban microbeads from cosmetic products and helped establish Sable Island as a National Park Reserve. Leslie says "tuition's too high. It's unacceptable ... it can be a federal issue". On research funding, she suggested that there should be more post-secondary education critics in parliament and the government should put an end to cuts on research that aren't "about commercialization".



**Green Party
Thomas Trappenberg**

Karate teacher and professor of Computer Science at DAL, Trappenberg says "listen to the scientists!" He co-organized the founding of the Green Party of Nova Scotia and has run as a federal candidate in Halifax West since 2006. Supporting the abolition of tuition, he adds "education treated as a business is unacceptable ... [eliminating tuition is] absolutely do-able ... [taking away the] subsidies to oil is all we need to do this". Admittedly aware of the improbability of a Green Party win, Trappenberg's focus is on mobilizing young people to vote, whoever they vote for.

Meet Your Candidates: HALIFAX WEST



**Liberal
Geoff Regan**

Geoff Regan has been the Halifax West MP since 1993. He practiced law prior to entering politics and his wife is an MLA for Bedford-Birch Cove and is the Minister of Labor and Advanced Education. Geoff and Kelly have three children.

As an MP Geoff plans to support the Liberal platform regarding students. Justin and his team will give \$50 million a year for indigenous students to attend post secondary; increase the grants for low-income students to \$3,000 a year, and has the support of the Canadian Federation of Students.



**Conservative
Mike McGinnis**

Mike has a background in both business management and accounting. He worked in the military for sixteen years. McGinnis has also taught business and medical English classes in China for seven years. He has also worked with Capital Health in the areas of non-violent crisis intervention, fiscal accountability, and sustaining mental health in the workplace. The Conservative Party of Canada is promising to provide \$65 million over four years to allow post-secondary institutions to transform curriculums in order to align with employers current needs. They have also promised increase grants to low and middle-income families.



**NDP
Joanne Hussey**

Joanne is from Cape Breton and was raised in Newfoundland. She is an experienced student with degrees from both Mount Allison and the University of Leeds. Joanne is a small business owner who also has a family with two sons and her partner Andy. Joanne is one of the youngest candidates running in Canada. Joanne has experience in being a student and understands how difficult it can be. She plans to join Tomas Mulcair in eliminating federal student loan interest, making Nova Scotia students' student loans completely interest free.

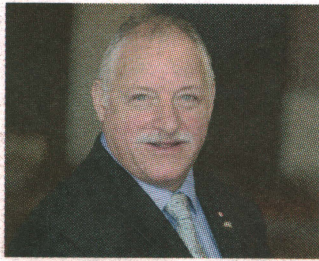


**Green Party
Richard Zurawski**

Richard has both an undergraduate degree from the University of Windsor and a Master of Arts degree from Mount Saint Vincent University. He lives with his wife, two dogs, and two cats in Halifax West. Zurawski thinks universities used to be a hot bed of change because professors were so involved. Nowadays many professors are part time and are not willing to become involved because they are afraid of being fired. He is aiming to change that. He supports Elizabeth May in her decision to abolish tuition fees and all interest on student loans.

Meet Your Candidates: SACKVILLE PRESTON CHEZZETCOOK

9



Liberal Darrell Samson

Darrell Samson is currently the Superintendent of Schools for the French school board for Nova Scotia. "The liberal party plan is an investment that would mean that students wouldn't have to begin paying back their student loan until they had a permanent job paying over \$25 000 a year. We are also going to invest 1.3 billion over three years to create jobs and opportunity for young Canadians. To address the problem of people leaving our economy after they graduate, we need to take strategic advantage of our location, for example we have a great airport that IMP takes advantage of.



Conservative Robert Strickland

Robert Strickland is an Alumnus of Saint Mary's University, earning both his MBA and BComm. He has been a long time resident of the riding (Beaver Bank). He has worked as a consultant for 20 years. "I work with information, and I will first assess how students and Newfoundland are bettered by their recent announcement of student loans turned bursary to educate myself further on the cost and benefit of a program like this here in Nova Scotia. I believe they are the way to foster communication back up to Ottawa through town hall meetings, which would be a second way for me to educate myself.



NDP Peter Stoffer

Peter Stoffer has been a Member of Parliament for the NDP since 1997, serving as the Opposition Critic for Veterans Affairs. "Our leader Tom Mulcair announced our plan to make federal student loans interest free. People's financial situation can be a barrier preventing them from pursuing post secondary education, and another is having a good sense of what to study. The first step to making it easier to find work is making sure that the skills we are training people for are the skills that are in demand. There needs to be a real dialogue between industry, the government and academia regarding this.



Green Party Mike Montgomery

Mike Montgomery has lived in the riding of Sackville for some time. "We will eliminate student debt for those over \$12 000. We plan to get rid of student loans by the year 2020. Canada currently spends 1.6 million trying to collect them. We will also raise the minimum wage across the country, to \$15 an hour. The Green Party will also dedicate 1% of our gross domestic product to infrastructure in Canadian communities. We also will guarantee a national livable income, which will be in the neighborhood of \$20 000 - \$23 000. Anyone who is below this guaranteed livable income will not be taxed.

Meet Your Candidates: DARTMOUTH COLE HARBOUR



Green Party Brynn Nheiley

Brynn Nheiley is currently serving as the interim leader of the Nova Scotia Provincial Green Party. She is an urban planner and community leader. "The green party platform includes working towards free tuition; it has been successful in Scandinavian countries. It does not make sense to me why we would burden students with the incredible debt load, and limiting the number of incredibly intelligent people who cannot afford to go to university. We will also eliminate debt for when it is over \$10 000, making it easier for those who already have a student loan to pay them back.



Conservative Jason Cole

Jason Cole is a pastor at City Heights Church in Dartmouth, community volunteer and runs his own business. He resides in Portland Hill with his wife and four children. "The biggest issue facing students in Dartmouth-Cole Harbour is gainful employment upon completing a degree/diploma. It is skilled investment like the Ship building contract, the new Convention Centre and the new library that will make our region shine and offer great jobs to our grads so they can work to make a great life here in the most beautiful part of Canada!



NDP Robert Chisholm

Robert Chisholm defeated now-mayor Mike Savage in 2011 to take the seat of Dartmouth - Cole Harbour. "We will eliminate interest on student loans, and work to make the Canada Students grant system more accessible. We have a plan to make childcare more affordable at \$15 a daycare, which has been really well received. We have talked about a national education act that would set standards to reduce the cost and burden of university; this is something we will move on right away.

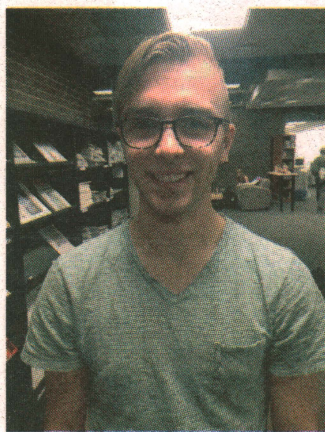


Liberal Darren Fisher

Darren Fisher has been a councillor in town hall since 2009, and then being elected Deputy Mayor in 2012. He considers himself an avid fundraiser, having worked with charities, schools and local sports teams. The Liberal plan will include changing when students have to begin repaying their student loans from the current six month period, to whenever students have a job that pays over \$25 000 dollars a year, reducing the risk of defaulting on their student loans. It also includes a plan to spend 1.3 billion dollars over the next three years on jobs and opportunity for young Canadians.

I WILL VOTE OCT 19

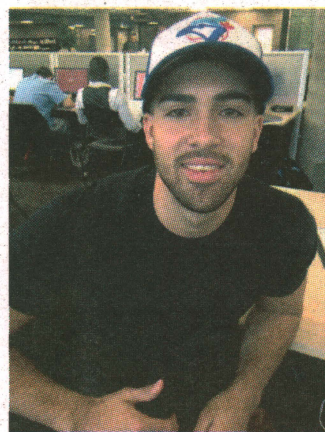
Word on the Street



Jordan Torrealba



Brittany_Noseworthy



Tim Crowell



Tessa O'Donnell



Micheala Avery



Kenneth Norton



Abdelrahman_Ramadan



Cayley_Fox



Hilary_Murphy



Matt Gaul

Do you think that if when voting you choose to spoil your ballot, are you still voting?

Cayley Fox – No, because its not counted. Its basically a vote that gets thrown in the garbage.

Hilary Murphy – No, to go vote you should vote for a particular party. If you're scratching it you're saying you don't care or that you're not educated enough on the topic.

Kenneth Norton – Yes. It's being a little bit immature but you still have the right to vote, you still have the right to say what you want and who you want to govern our

country and govern our region. It's probably not a good idea to do it and you should really think about what you're doing before you do it, but yes it is still counted as voting.

Abdelrahman Ramadan – That's a tough one. Technically yes, you are still voting but in the end it just is making the best of a bad situation. I think it is still counts because in the end you are still doing the act of voting

Tessa O'Donnell – Yes, I think people usually do that because they want to be on the voters list for employment purposes but they don't actually want to give a party representation. Which, I feel like is

also an opinion in itself, you could have the opinion that you don't think any of the candidates are viable but you still want people to know that you voted.

Michaela Avery – Yes, because you have the right to not vote if you want to, and if you feel like none of the candidates are what you want to be your representation then you have the right to express that

What is your opinion on preferential balloting?

FYI preferential voting is the current system our SMUSA elections use (see

next page)

Jordan Torrealba – I suppose it's a novel idea and it would, in theory, make it easier for similar ideologies to be represented more, so I suppose I would support it.

Tim Crowell – I think its something for Canada to explore but as of now I don't think there is a point. I feel like people have a tendency to choose a party, stick with it, and will not look at what other parties could bring to the table. So I think it's a good idea, it's a good theory, but I don't know if it would work based on people not educating themselves prior to an election.

Matt Gaul – It's a good way to promote a more balanced approach to voting. The way voter turnout has decreased in the past few years, I think ranking would probably be a lot more efficient way to get a government that truly represents Canadians.

Brittany Noseworthy – I think it's a good idea, however with the number of seats, people may feel like their opinion doesn't matter. I feel the way the voting system is now is a better way to do it than preferential balloting, just because of the number of seats. It would be better but I think the system we have now works fine.

Get out the vote

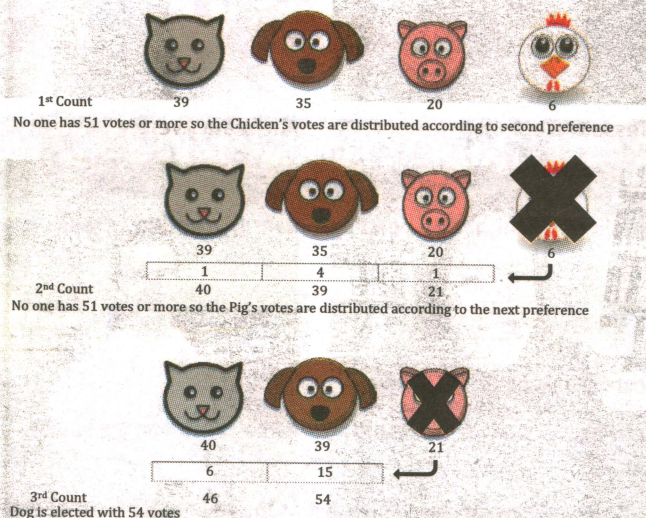
ERIKA MACDONALD
Section Editor

Get out the vote is a campaign to encourage more under 25s to get out and exercise their right to vote. Many of you have probably seen the purple and yellow t-shirts and buttons around campus. SMUSA is presenting Get Out the Vote this

year and they are very excited about bringing more awareness of the importance of voting to the SMU campus. They are even offering incentive for you to pledge to vote. For every 50 pledges they collect, they will have a prize draw. You can pledge to vote here online at <http://smusa.getoutthevote.ca/> or find their pledge booth in the student center. There is no excuse not to vote.

BUT SMU JOURNAL HOW DOES PREFERENTIAL BALLOTING WORK?

To be elected, a candidate must have a majority of votes (over 50% of the total votes). In this example below, using 100 votes, the absolute majority must be 51.



How the Government Affects your Tuition

SANDRA C. HANNEBOHM
Editor-in-Chief
and
NEIL VAN HORNE
Section Editor

If you were in Nova Scotia last April, you are most likely familiar with how unpopular the last budget was, as put forward by the Liberal Provincial Government. There were many losers; students, as well as people working in the film industry who saw a tax credit be cut from a 100 per cent refundable cut to 25, and people who worked for the Provincial Government, which laid-off 320 full time jobs, and eliminated the Department of Economic and Rural Development and Tourism to form the new Department of Business.

Everyone was talking about the film industry after the budget, but students lost something huge. A few years ago, the NDP Government put a cap on how much Universities could raise their tuition, and that cap was three percent. This made it easier for students to

budget how much their tuition was going to cost for the rest of their degrees. The most recent provincial budget eliminates that cap allowing Universities in Nova Scotia to raise their tuition by whatever amount they choose, at any time over the next three years. It isn't all bad news though – they only get to reset the cost of tuition once before the cap is reinstated.

Many criticized the NDP for their management of the situation. Students were disappointed, since they had been lobbying for lower tuition fees, and not a cap. Universities were also dealt a challenging hand by the cap, most Universities rely primarily on tuition and government funding, both of which had constraints put on them – in 2012 the NDP reduced the amount of money in their budget for Universities by three percent. The changes happened suddenly, leaving Universities little time to react and create a plan for their future budgets. Saint Mary's University has not yet released their plan regarding

tuition, but the position it holds in the local University market is an interesting one. Nova Scotia has the most expensive tuition per capita in the country, so further increases could deter prospective students from other parts of Canada in the world, who would find lower tuition in Newfoundland, Quebec and Ontario. Saint Mary's has had an easy time attracting students by offering a lower cost than Dalhousie or other Universities in Nova Scotia, but with similar resources and calibre of education. If Saint Mary's were to increase its tuition by a too strong of an amount, would they recruit the same number of students each year, and would current students find it in their best interest to stay when they would find lower costs in other provinces?

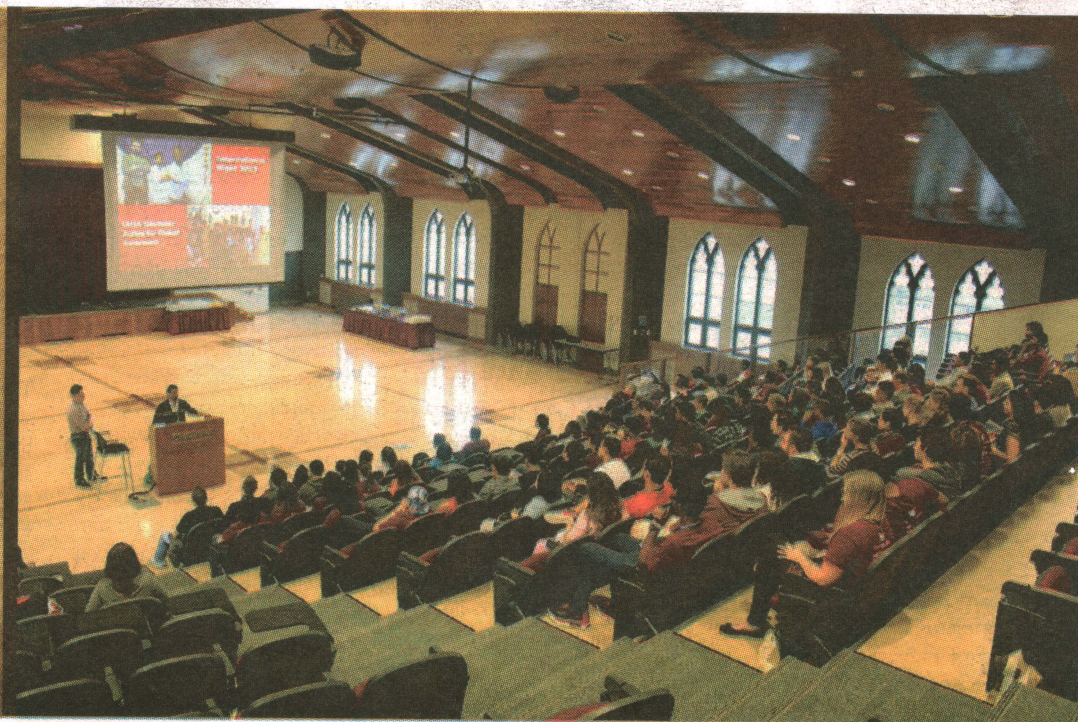
The Government has made so that the Saint Mary's can make any change it wants to its fees and budget, until things are announced officially we can only speculate on what might be to come.

smusa | **AGM**
Saint Mary's University Students' Association | ANNUAL GENERAL MEETING

COME TELL US HOW WE CAN SERVE YOU BETTER

**11AM FRIDAY 12TH
SEPTEMBER 2014
MCNALLY MAIN AUD**

LUNCH WILL BE SERVED AND ATTENDEES
GET FREE SMUSA SHIRT PLUS TICKETS TO
KARDINAL OFFISHALL CONCERT!



TLDR (to long, didn't read)

SANDRA C. HANNEBOHM
Editor-in-Chief

If you were too lazy to read this election guide, don't worry! There's a shortcut for almost everything. Sometimes there are even two: Vote Compass and Isidewith can both tell you a better idea of your political affiliation in different ways.

www.canada.isidewith.com

This site will survey your responses to political questions based on a simple algorithm that compares your responses to the platforms of each party. The co-founders (one a politico, the other a programmer) believe that isidewith could empower a "more authentic conversation between voters and elected officials". "Students are making more and more noise online. Instead of the old way of doing things, where you had to raise a bunch of money from older people and then use that money to run television ads, then the old people who gave the money would be the people who were represented in government (because young people hadn't given any money). Now we're seeing, with the rise of social media, you'll even notice a lot of Canadian journalists say they're being called out by people on Twitter about specific issues. They're actually making their voice heard and it's kind of levelling the

playing field. They're actually saying they can organize on a specific issue ... so you cut out who's getting paid to have influence on the government. The more university cultures encourage this, the louder young peoples' voices will be".

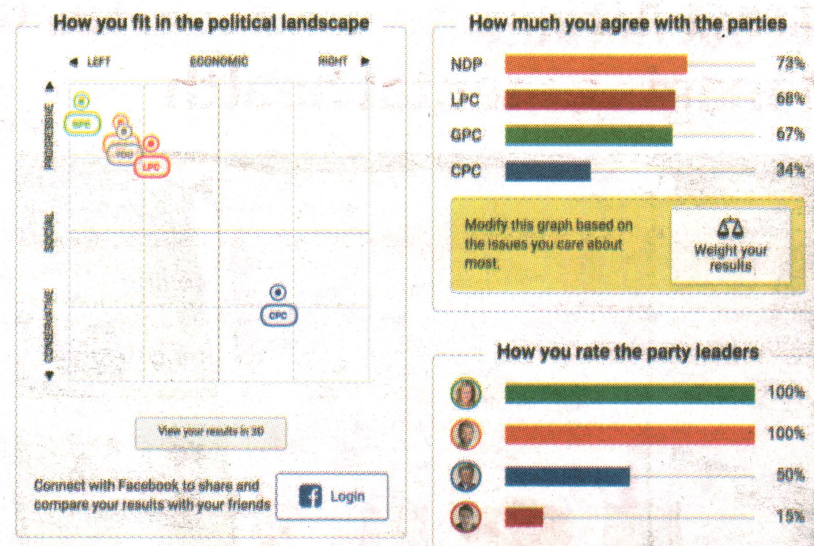
Taylor Peck wants to "beat out the polls" and shift the focus of politicians from an ageing voter population by proving that students do care and they do vote. Things seem to be looking up so far: "the data is [saying something] really really exciting for young people".

votecompass.cbc.ca

Designed by Vox Pop Labs (based on the latin 'vox populi' or 'voice of the people'), Vote Compass can also give you an accurate idea of where you stand on the political spectrum - but with somewhat different results. Instead of ranking your most preferred parties, it creates a visual, comparing you results in 3D.

"The millions of responses to Vote Compass generate unprecedented stores of public opinion data, which can be leveraged to prompt governments to be more responsive to the views of the citizens they represent."

Modern shifts in communication and data collection indicate that the future of political polling lies with students and youth.



ISIDEWITH.COM

Should the federal government put a cap on university tuition rates?

Yes

No

No, tuition costs should be tied to inflation

Regardless, privatize education and let the free market determine the tuition rates

Yes, recent tuition increases at universities across the country are too high and need to be capped

Yes, and the government should provide free university education

A rant from the perspective of a politico

ERIKA MACDONALD
Section Editor

In today's super-high-tech world we all have the power to say whatever we want, whenever we want, about whoever we want. As this election barrels through its last few days, this has become more prevalent.

The amount of "Angry Tom crazy eyes, creepy smile" photos or "Nice hair, Justin" comments or "Harper's going away party" Facebook invites is quite high. We should be glad that people in the 'failing' demographic of voters are becoming more engaged, but it does pose a moral problem: do you remember being told that if you don't have anything nice to say, don't say it at all? Were you ever told to

walk a mile in someone else's shoes?

How many of you would have the gumption to put your name forward for the SMUSA elections? Perhaps you are not interested in school politics, but if you were, are you willing to put your name, face, and personal info out in the open for anyone at SMU to vandalize and judge? Kudos to the ones who do, because I know that the majority of people aged 18-25 aren't often excited about class presentations and public speaking. Most would never willingly post a photo on Facebook or Instagram before making sure it was perfect. Now imagine running in an election in a riding of over 85,000 people. That's 85,000 chances of being hated, loved, or ignored. How many of you have

the gonads to do that?

The answer is: not many. And do you know why? Because we are all afraid of being judged. So why are we doing that to the potential leaders of our country?

You can disagree with their policy decisions or their party platform, but re-member that our candidates are people too, with emotions and families who love them. Of course, you might say 'well they asked for it', but what these candidates are asking for is a chance to represent you.

You don't think they didn't consider that they would be subjected to all this scrutiny before putting their name on the ballot? I can guarantee you that they did. In the end, we must ask

ourselves, would I ever have the balls to vow to run a country or province? Would I ever be able to deal with the stress of protecting an entire nation from the world around us while providing them all with free healthcare? Could I ever subject my family to the constant eye of the public and the rumours that go along with it?

Bottom line is nobody likes bullying, guys. It's not cool. Prior to slandering a candidate on social media or anywhere else, in this election or any future election where you have the privilege to vote, learn about them. Call them - they actually answer the phone quite often. E-mail them. Google them. Just be informed before you do it. Think before you post. And please, vote.

Stress 101: Managing mental health



Xijie (Doris) Wu
Contributor

According to the research journal, *College Quarterly*, post secondary students struggling with depression, anxiety, suicidal thoughts and psychosis are increasing in North America. Many factors such as education, income, social life, homesickness and negative relationships can increase stress levels. If students cannot find ways to relieve their stress, it may become problematic.

On Tuesday September 29th, The Counselling Centre conducted the Healthy Minds Expos starting with a morning Yoga session. I participated in two of their sessions including “Overcoming Student Stress” and “Emotionally Healthy Relationships”.

The counsellors and the new Healthy Minds Team demonstrated plenty of helpful strategies for students to overcome life problems. In the “Overcoming Student Stress” session I learned that the key to managing stress is to create a balance between life and work. Developing a plan for the short term and the long term and then marking things off of the “to do list” can help to achieve a sense of accomplishment.

If stress increases, some methods such as Square Breathing (breath control), Progressive Muscle Relaxation (PMR) and a

healthy diet are key to relieving stress. Everyone has their own way to deal with stress. On October 5th, during the “De-Stress: Take Actions Towards your own happiness” session I saw many useful de-stressing tips provided by students: yoga, music, watching sports, movies, or shows, even hanging out with friends. It is good to see that there actually a lot of options to relieve stress.

In terms of having a healthy relationship with someone, we need to learn to give our partners and ourselves some personal space, to be loyal and honest and supportive to one another. The main thing is to open up communication and respect each other. A healthy relationship can certainly be a great motivator to succeed in school.

Saint Mary’s University provides useful resources to help students achieve success in academics and life. Drop by the Counselling Centre on the 4th floor of the Student Centre or visit the Counselling Centre website if you have any questions. They are always there to help!



Stuck in Halifax

Nocturne

On October 17th, you can check out the legendary Nocturne: Art at Night event that always has something for everyone. This event basically celebrates art in Halifax in as many different ways as possible. Businesses, societies, and individuals from all around Halifax collaborate to put one amazing night together. The theme this year is “Found and Lost and Found”. It is an excellent and free (university student’s favourite word) cultural event that will show you how unique and creative our city can be. The guide of what to check out will be published shortly in the Coast newspaper. It will be a great nighttime scavenger hunt. Bundle up and have fun!

Nocturnehalifax.ca

Pop Explosion

Next event after Nocturne is my personal favourite – Halifax Pop Explosion. HPX is October 20-24 this year, and it is basically several days of awesome music coming to Halifax and rocking our socks off. There’s a great line up of bands this year, including my top favourite, Stars. A lot of these bands are Nova Scotian, or Canadian, so if you’re looking to check out more of the local-er scene than JBiebs and TSwizzle, then hit up Pop Explosion for a fun time. You can purchase wristbands that will get you into everything, or check out the schedule and pick and choose tickets for the shows that interest you. Jenn Grant is a fantastic acoustic maritime artist that’s playing the schedule, if you wanted another recommendation!

Halifaxpopexplosion.com

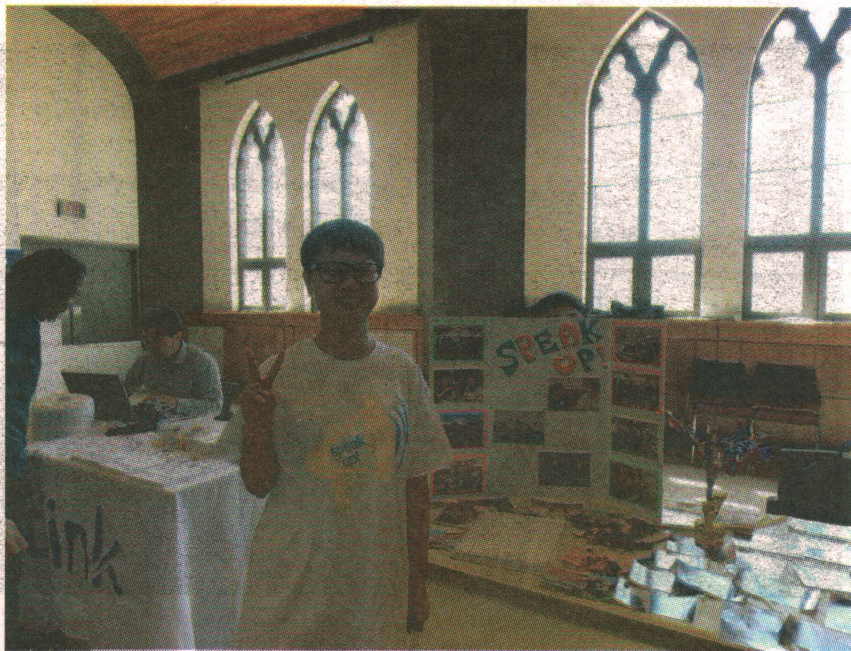
Hal-Con

After Pop Explosion will be a favourite for the slightly/extremely nerdy readers Hal-Con. Hal-Con take place October 30–November 1 this year and is basically this huge gathering of people who are into sci-fi, comic books, superheros... basically anything on the nerdy scale, and it’s pretty awesome. The last two years I have volunteered as a PA runner, which basically means I run around town getting food for the celebrities that come to Hal-Con (I got Hodor’s sushi last year, so that was exciting). If you’re into any of those listed activities, or just wanna walk around and see the amazing costumes people show up in, then be sure to check it out. Tickets sell out fast, and as of now, there’s only Friday or Sunday day passes left for the weekend. Get them on the website before they’re gone! I also got to meet Garrett Wang (Star Trek: Voyager).

hal-con.com



What is Speak Up?



Xijie (Doris) Wu Contributor

Two years ago, Claire Hou, an International Student from Beijing Normal University Zhuhai, decided that she wanted more opportunities to practice her English and make friends...so she made these opportunities herself by creating the "Speak Up" initiative. Speak Up was created with three pillars - to practice speaking English, to help students gain confidence, and to have fun! Since Speak Up started two years ago, we've branched out and added on other pillars - such as making new friends, and promoting multiculturalism and inclusion. We do this by planning events throughout the semester, that help students practice these pillars, but also usually learn something else too! In the past we've done hockey workshops, debate workshops, a trip to Pete's Frootique, learning about Canadian slang, and more! Our workshops themed are dictated by our group of volunteers, so if you have an idea, come get involved! The more the merrier. Here's what two students have to say about Speak Up:

International Student Perspective by Xijie Wu: "Speak Up! What a powerful name!" That's the initial thought that came to mind when I first heard about this society from Claire Hou, former President of the Speak Up Society. Later on I had a chance to sit with her at a table during a SMU event, and she invited me to join a

Speak Up general meeting for planning and organizing the upcoming dance workshop. I attended and I was impressed!

As an international student, I often felt embarrassed and lacked the confidence to speak English out loud. However, in that meeting, even though not everyone was able to speak perfect English, their passion, team spirit and confidence were lighting up that little room. They contributed ideas and thoughts for how to run the dance workshop and how to make it fun. Seeing that made me want to be a part of this group; I wanted to have that "light".

After that I started to get more involved with Speak Up, as a participant, member, volunteer, and even as a group leader... I had so much fun! The more I am involved with Speak Up, the more I enjoy it. I've made friends from many countries, and meanwhile my confidence while speaking English has improved significantly. I also developed and enhanced many skills such as leadership skills, communication skills, problem-solving skills and teamwork skills by joining Speak Up. If I had a chance to provide any advice or suggestion to international students, I would advise them to join Speak Up. It is indeed a great society and the best place to make new friends! Are you ready for fun? Join Speak Up and let's have fun!

Domestic Student Perspective by Jessica Pineo: I joined Speak Up in January 2014 when it was a relatively new society. I was first introduced to Speak Up! when I was invited to become involved with the society's interactive events and activities. I was interested in participating in a SMU exchange program, so I thought that Speak Up would be a great opportunity to meet fellow students with similar interests. It was so much fun and a wonderful chance to get to know the local and international students on campus; many of them became my

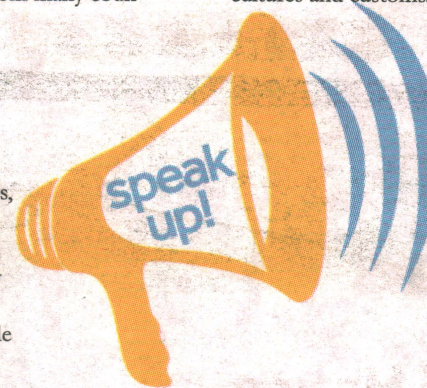
good friends. Speak Up has been a truly amazing experience and has been part of my life ever since that first event.

Speak Up has given me the chance to learn about different countries, cultures and customs. I became more and more involved and I was eventually asked to become a Speak Up volunteer. Nearly two years later, I am still very much involved in the society's events and activities.

My participation in Speak Up has allowed me to become more involved within the Saint Mary's social scene and it has helped me make lasting friends at school. Through the different roles I have played, Speak Up has taught me to be confident in myself - especially through public speaking. The confidence and experience that I've gained from Speak Up! has encouraged me to become a certified ESL teacher.

Over the years I have learned so much! I have met many talented people who have exposed me to many new and exciting topics, such as different languages and cultures. I am very thankful for the opportunities that Speak Up! has offered me.

I would like to warmly invite you to the next Speak Up event. I sincerely hope that you, too, will be offered valuable life experiences.



L'Acadie mythique

12 September – 15 November

Twenty artists from across the geographic
expanse of Acadian communities.

Loyola 199, Ground Floor

Hours | Tuesday – Friday 11am – 5pm
Saturday – Sunday 12pm – 5pm

Free Admission



ART GALLERY



Becka Viau : Seeking the woods that echo Acadie. Photograph from artist.



Wasabi House Review: 3/5

Anton Nestel
Contributor

For this month's restaurant review I checked out a very different place from Darell's restaurant: Wasabi House. My metrics for judging restaurant atmosphere, local beer selection, food, and quality of service will still be used, but other factors will be taken into account and discussed when I am giving my final rating.

This month I went to check out Wasabi House for their happy hour from 9pm-close. This is a great way to get a late night feast on a budget. It is \$9.99 for two rolls and \$13.99 for 3 rolls. These prices (combined with the free off-menu kitchen creation rolls they give you), means that two people can have a large meal for a great price.

As far as restaurant atmosphere goes, I give it 3.5/5. The interior is small and decorated with Southeast Asian artifacts. The interior definitely has a very cozy vibe which becomes more appealing as the weather turns colder. Overall, tables seating between 2 and 4 people are nice, but would have a hard time accommodating any larger tables, with the exception of one booth in the corner.

In the category of beers I have to give them a 1/5. For local beers (and beers in general) the selection was extremely limited: Keith's and a couple imports. This

didn't surprise me since beer drinking isn't part of the vibe of this restaurant. As I mentioned earlier, this category won't really be considered when I am giving the overall rating.

In terms of portion size I don't know if you can really get more bang for your buck. With the happy hour special the menu is split into appetizers and maki rolls. We split 5 different maki rolls and received an additional 3 rolls for free. They have some of the good classics and the flavour of the free kitchen creations were fairly on point. With all this in mind I am going to give them 3.5/5.

The service was the main point where this restaurant was lacking. Although the servers are really friendly, the restaurant was busy. Our water glasses were only refilled once before we asked for the bill. We didn't see the server much, so I can't say much else. For this, I'll give them a 2/5 - after all, they were very nice.

So with all things considered I am going to give Wasabi House a 3/5. Their food is quite good, and with all the free samples this is a great student hang out for a late night feed. I would highly recommend checking this place out for their happy hour special after 9pm.

Humans at SMU



Gavin Harvey
Contributor

"What happened was, I was living in PEI, and I was playing Canada Games basketball. I was in the lunch room one day, and the Nova Scotia coaching staff called me over, and said 'we're looking to put a team in for men's nationals this spring, would you like to play on it?' I said sure, I had never been to a men's nationals before. On our way back from the tournament in Montreal, a guy I had known for about ten years asked if I wanted to stay a

couple of days in Halifax, so I said 'sure'. A couple days turned into a few weeks, and he said 'if you want, you can come stay and live here for free, the only condition is you've got to go back to school, and get a job'. I moved in, and began working on my bachelor's degree, completing an honours in history. I graduated in January, valedictorian of my class, and started my master's. If it wasn't for basketball, I wouldn't be here at SMU right now."

Jean's Restaurant
 6 YEARS IN A ROW !!!
 BEST OF FOOD
 444-7776
 5972 Spring Garden Road
 www.Jeansrestaurant.ca
 ACCEPTED DAL CARDS DEBIT CREDIT CARDS
 EAT IN, TAKE OUT ALL DAY FREE DELIVERY
 南北美食
 量大价廉
 保证A级用料
 Let's have fun!
 2nd runner up: Best Service



Anton Nestel Contributor

For this installment of recipe of the month I am going to use go back to one of my personal favourites. I first used a version of this recipe when I was learning how to cook on my own and picked out some seemingly random ingredients and kind of threw them together. This first trial was far more basic and I had about a pound of pasta for every three pieces of tomato. Since then I have made this many times and you are now benefitting from my trial and error.

So the recipe for this month is going to be a pasta tossed in oil, with tomatoes, spinach, pecans, corn and mushrooms.

Ingredients:

Pasta:

Pasta, I prefer spaghetti or fusilli, amount = 1/2 of a box of pasta
water
salt
oil

To sauté:

mushrooms - small pack (about 445g i think they are),
spinach - 1 pack of frozen chopped
onions - 1 or 2 medium sized
corn - 1 small can
cherry tomatoes - 1 or 2 pint size containers (the smaller plastic ones)
cherry tomatoes can also be substituted for canned diced tomatoes
salt

pepper
oil

Garnish:

Pecan/walnuts - get however much you feel you will need to sprinkle some over top

Method:

Pasta:

For the pasta you want to add salt to taste to the water and then wait for it to boil. While you are waiting for your water to boil and Add the desired amount of pasta, remember to stir the pasta every minute or two to prevent it from sticking together. Cook pasta till it only has a little amount of resistance when you bit into it. Then drain all of the water off of the pasta and toss

with any form of cooking oil just enough to coat the pasta to add flavour and to make it not stick. I preferably olive oil.

To Sauté:

For this part you are going to want quite a large frying pan or maybe a medium sized pot as these ingredients add up really quickly to take up a lot of space.

The first thing you are going to want to do is thaw out the spinach, this can be done by taking it out ahead of time or simply taking the spinach out of its packaging and microwaving it out until it is not longer frozen. After the spinach is defrosted you are going to want to squeeze out any excess water.

You are going to want to have sliced mushrooms, so either buy the mushrooms or slice them now. After you are done with the mushrooms move onto the onions and dice them up. Next, if you bought cherry/grape tomatoes you are going to want to either cut these in half or or quarters lengthwise.

Next you are going to want to put some oil in the pan and put the stove element on medium high and heat the oil for about 2 minutes. Now you want to add your onions, you are going to let them cook until they are a little bit see through/translucent. At this point you are going to add your salt, pepper and mushrooms, cook the mushrooms until they get darker in colour. After your mushrooms reach this point you are going to add in your corn, tomatoes, and spinach. At this point you can also add any other spices that you enjoy, i would recommend a bit of oregano, basil and coriander. You are going to let this all cook together for about 5 minutes or so until the flavours have cooked through well.

Final Product:

At this point you are going to want to crush your pecan/walnuts up a little bit so they are ready to sprinkle on top of your pasta.

Now that you have cooked your pasta and tossed it in oil, you can either add all the ingredients from the sautéed pan/pot, or just scoop it on top of the pasta plate by plate. After the pasta and sautéed ingredients are in your bowls or plates you want to sprinkle on some the crushed nuts over top to finish off your dish.

Hope you enjoy this month's installment! Remember, recipes are just guidelines, so add your own twist and tweet it back at the journal to share your own creations @thesmujournal.