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## SMU Student in the Oval Office

As a recent participant in the Three Minute Thesis (3MT) competition, Saint Mary's student Osai Clarke is used to talking to people about his research. However, he never thought being able to succinctly describe his research would come in handy when visiting the White House.

Osai is from Saint Lucia, and his mother, Elizabeth Darius-Clarke is the nation's ambassador to the United States. When she presented her credentials to President Obama at the White House earlier this summer she was able to bring her family, including Osai, with her.

"It was unforgettable," said Osai. "Not too many people get a chance to travel to the capital, much less enter the White House to meet the President."

Osai's thesis is on plasmonic nano-architecture, tiny structures used to manipulate light. They could be used in the future to make solar power more efficient and effective. Instead of being star-struck at the opportunity to meet the President, Osai brought up his research and its applications. Fortunately for Osai, the President had given a speech on "Making a Greener America" earlier that day and was very engaged in Osai's research.

Taking part in the 3MT competition not only gave Osai the confidence to share his research with President Obama, but it also helped him find a way to explain a complicated topic to anyone concisely and quickly.

Established by The University of Queensland in 2008 The Three Minute Thesis is an academic competition developed by The University of Queensland, Australia for research students.

"3MT contestants must

## Welcome Week a Success!

**Sandra C. Hannebohm**  
Editor-in-Chief

Welcome Week hit the ground running this year. New students and Pack Leaders raised \$10,200 for the fight against Cystic Fibrosis on Shine Day in less than 5 hours, held a surprise celebration party at the Lord Nelson and a kitchen party with drums, pizza, and trivia. All events were dry and no complaints were made.

Also included in the activities were Spidey the Mentalist, The Battle of the Packs, a trip to Peggy's Cove, Sex Positivity Bingo, Safe at SMU Seminars and the Food Truck Festival.

The Welcome Weeks following the 2013 scandal were predictably scaled

back. It's a shame that new students - who had little knowledge of any scandal - missed out on some of the less controversial activities that could have been included in recent years. Regardless, the co-ordinators this year organized a whole new take on Welcome Week.

Shirts were colour-coded by department so that students could make connections with people they might actually have classes with. All events were dry and focused more on food, scenery, and socialization. This year got back to the heart of what a Welcome is.

The Journal met with Greg Penny for a closer look at what it was like being a Pack Leader this year.

Penny (4th year psychology), chose not to go to Welcome Week in his first year. After deciding to participate

as a Leader much later, he says he would have gone if they had been anything like this one.

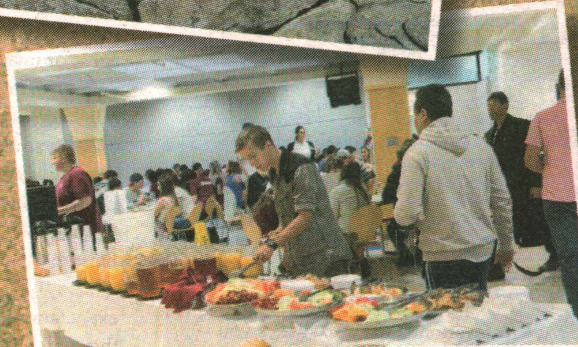
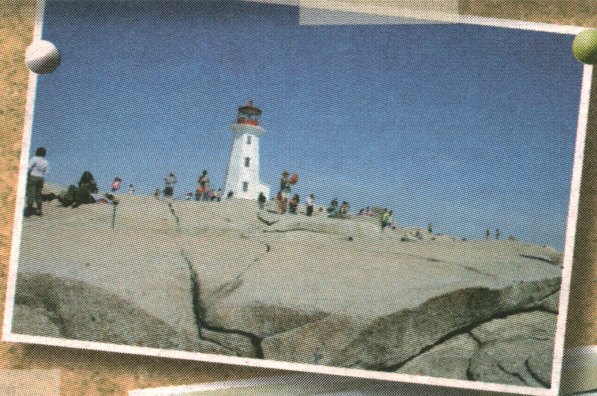
At some point its time to get involved. "Never in your life, ever, will you make a larger investment. For \$40,000, you're not going to get plastic surgery ... you're not gonna buy a souped up muscle car that lasts you 3 weeks for \$40,000 - or at least you shouldn't. This is the biggest, longest thing you're gonna do for yourself for a long time."

First year students are sensitive to what they're exposed to in a new school, and some cases are harder to include than others. Loners are inevitable, and sometimes they just don't want to

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Continued on p. 4

# Welcome Week 2015



**Season Opener  
Football Game**  
Friday, September 11  
7:00pm, Athletics Field  
Starts at 5:30pm. Kickoff at 6:00 pm in the parking lot!

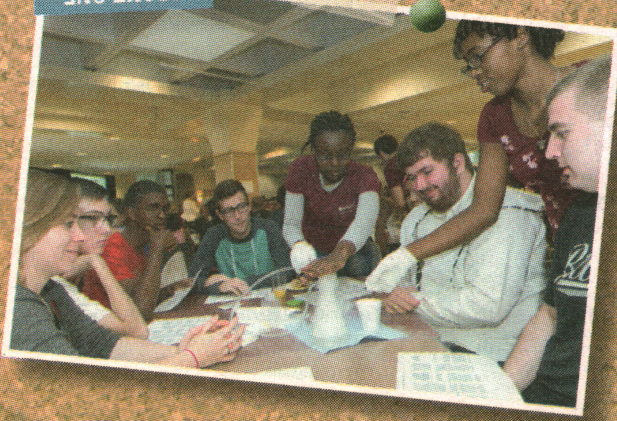
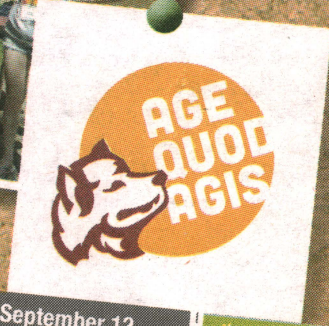
**Alvin Powell:  
To Hell and Back**  
The story of how the former NFL player Alvin Powell found himself facing sure death with drugs, alcohol and gang activities and turned his life around.

**Saturday, September 12  
1:00pm, McNally Auditorium**

SMUSA  
SAINT MARY'S UNIVERSITY



**ADMIT ONE**  
Season Opener  
Football Game  
Welcome Week  
Bracket Required \*



**Food Truck Fest**  
The Stanfields  
Saturday, September 12  
6:00pm, Arena Parking Lot  
Food trucks by The Coast | Party Boots + more!

SAINT MARY'S UNIVERSITY  
smusa

**ADMIT ONE**  
Event + SMUSA  
Food Truck Fest  
Welcome Week  
Bracket Required \*

## the journal

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Suite 522, 5th floor, Student Centre  
Saint Mary's University, 923 Robie St.  
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**Editor-in-Chief**  
Sandra C. Hannebohm  
editor.thejournal@smu.ca

**Business Manager**  
Dane Sheets  
business.thejournal@smu.ca

### Contributors

Makenzie Way  
Erika Macdonald  
Anton Nestel  
Neil Van Horne

**Layout Artists**  
Divesh Isuri and Johnny Shaw

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

## Letter from the Editor

### Tips for New Students

Based on a presentation by Dr. Randle Hart

**Sandra C. Hannebohm**  
Editor-in-Chief

The transition to university is fraught with terror and awkward moments. In that way, it's not different from high school. But a good university experience is very different from high school in an important way: it turns you into something else.

When we change, we sometimes lose friends. We experience a huge shift in our lives and we can never be the same person again. We experience loss, anger, despair and frustration. To be educated is to be changed.

Here's the good news: if you complete an undergrad without feeling a sense of loss, anger, despair or frustration, you haven't learned a thing. It's ok to feel overwhelmed. It's ok to be busy. You can't expect your present self to bare any resemblance to your old self, or the way things used to be. You can synthesize your future with your past, but you can't demand that your education conform to your past. So don't let it be a barrier to your present.

To be educated successfully, you have to take risks. In 2015 and on to 2016, the risk-takers are the ones who get huge payouts. Be okay with failing. Commit to learning something risky. Know things others are afraid to acknowledge.

Higher education turns insecure high school students into creative, confident, self-motivated intellectuals who can learn and develop new ideas. It's well-known in the professional world that quick, adaptable learners are hard to come by. Anyone can

learn most skills for most jobs. Skills are second-order requirements for employment, not principle requirements.

University will give you the principles you need:

Intellectual creativity - the ability to recognize and generate novel ideas. That ability can be used to gather and synthesize information in new ways.

Intellectual confidence - the awareness that you can solve problems in creative and useful ways.

Self-motivation - if you are confident in your ideas, you are naturally motivated by them.

So be aware of your intellectual strengths and weaknesses. Assert your entitlement - you pay to be here! If you reap every benefit you can get out of the next 4 (or more) years, you will walk away from this campus with intellectual creativity, confidence and self-motivation. That also makes you very employable.

But don't leave your respect at the parents' house. Most people find opportunities through their acquaintances. Very few people will go out of their way to help a jerk. If you hoard information, no one will share with you. Listen to others and consider their criticisms.

We all pay to be here and we all get treated unfairly sometimes. Demand respect, challenge those who treat you unfairly and demonstrate who you are! Compassion is your armour, not your weakness.

Lastly, don't be lazy. If you're not paying for your laziness now, you will.

## Students Facing Dark Alleys

**Makenzie Way**  
Contributor

A clear cry for help is when a beloved friend, son, and student, is found to be a drug dealer, as was the case in a recent Halifax murder investigation of a local Dalhousie student. Some would point their finger at a failing justice system or the recklessness of youth, but I would like to turn that finger at our government. Statistics for drug dealing, stripping, and prostitution show that the most likely ages for involvement in illicit activities fall between 18 and 28 years of age - the same age as most undergraduate and masters students. This may be caused by the desperation of struggling students. University students are rarely granted enough loans, scholarships or bursaries to finance their education.

Students face high job expectations, yet they do not know how they will pay back their student loans and lines of credit. They are bound to struggle for money for a very long time and the desperation leads people down back-alleys that are detrimental to their safety. It is striking how many students end up joining sites such as sugardaddy.com to fund their university education. Women who receive funding through the site subject themselves to attending functions, dates and providing sexual favours for men who are old enough to be their grandfathers. This does not sound like an easy way out of funding your education but for many it is one of the only ways. Minimum wage jobs do not provide the level of financing necessary to pay tuitions.

It is easy to categorize young drug dealing as adolescent stupidity but it is a poor representation of the real issue. The death of 22-year old Dalhousie student and alleged drug dealer, Taylor Samson, sheds light on an important issue: we must change our funding structure to lessen the burden on our young adults. Newfoundland has already dropped student loans in favour of non-repayable grants; if we wish to reduce student involvement in criminal activity Nova Scotia should do the same. The number of students involved in illegal activities is an urgent cry for help - yet our government overlooks the issue. When will they finally stop to listen?

## 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.

## GRANTED: How a Province Can Save Students

Sandra C. Hannebohm  
Contributor

Students in Newfoundland and Labrador will no longer receive provincial loans like the rest of us in NS - they will receive non-repayable grants of up to \$2380 (per semester) from the province. The increase from \$100 to \$140 per week for living expenses should help students studying in NL decrease their debt.

That goes double for students

of Medicine at Memorial University, where the living expense grant has been increased to \$200 per week.

Why the sudden change? The NL Department of Advanced Education and Skills says "The premise is based on the fact that students are encouraged to pursue post-secondary studies".

Several changes that have been made to the funding system in NL set a new bar for student funding and raise many questions about how to reduce the burden of debt on students everywhere.

## Welcome Week...

Continued from p. 1

dance.

When asked what he would do with someone who's not making friends, Greg said "you have to respect that some people don't want to make friends, they don't want to dance". That doesn't mean they don't want to talk, or meet new people they might become friends with down the road. In one case, a wallflower just wanted to chat, so they did. In another case, dancing alone helped someone open up to him. And sometimes, an invitation is all that's needed.

"I think a lot of it has to do with establishing psychological safety - in an environment like that -requires making a fool of yourself. That's why Dads are Dads. Dads act like Dads so you can feel cool and relaxed. They wear the stupid clothes - because it's comfortable - but also because if they look cooler than you, they're older than you, they're cooler than you. I would just dance with myself, and make

an absolute ass of myself ... someone was being the guy we can all make fun of together."

Welcome Week is a chance to make friends in a new world. The Pack Leader describes walking up to a group of students laughing and nudging each other like old friends; when he asked what high school they were from, they each named different schools. Seeing that type of connection between strangers is a rewarding feeling, says Penny.

"Honestly, the absolute, most exciting part beyond all of this, beyond any personal growth was the fact that I saw friendships forming before my eyes - and as a psychology student, I think that's an extremely rare thing to observe ... from a clinical standpoint it's almost impossible to observe these sort of things - one of those things that happens only in the real world".  
"Absolutely."  
"What did you get out of it?"  
"It was one of the hallmarks of my life."

## #ITSNOSECRET

Sandra C. Hannebohm  
Editor-in-Chief

The Canadian Federation of Students in Nova Scotia crowded the streets of downtown Halifax in August, sending the message that students will be voting in the federal election on October 19th.

The #itsnosecret campaign showcases the high turnout of students at voting polls, the debt burden and low job availability. The narrative seems to be this: 'we're fed up'.

Student issues have been pushed to the background of election agendas, yet students are the ones born into poverty

before opening their eyes in the professional world.

The non-partisan campaign emphasizes the importance of voting and voicing legitimate concerns. "Students will work with whoever is willing to put forward policy that will demonstrate investments in students and in the post-secondary education system".

The latest recession hit everyone hard, but students are bearing the brunt of the burden as they go onto post-secondary education and professional lives with huge debts and no jobs.

This early election is a chance for students to put themselves on the agenda.



Osai Clarke and family with President Obama

## SMU Student...

Continued from p. 1

condense their research into a brief, engaging presentation for a non-specialist audience, using a single presentation slide," said Dr. Diane Crocker, Associate Dean, Faculty of Graduate Studies at Saint Mary's. "Participation in the contest develops academic, presentation, and research communication skills and supports the

development of research students' capacity to effectively explain their research in language appropriate to a non-specialist audience."

That experience removed any nervousness Osai might have had when talking to the leader of the free world.

"I was more excited than nervous," Osai said. "In my mind (President Obama) is one of the most influential leaders of our time with a humbling personality which makes him very approachable."



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## SMU Fundraising a Success

Erika Macdonald  
Contributor

Shine Day, an Orientation Week tradition at SMU, was held on September 8th this year. The fundraising went on for only four hours and ‘SMUdents’ were able to raise \$10,000.

Alyson Colburne (4th year science student) and Sydney Hull, (3rd year arts student), were the SMU Shine Team Co-Coordinator for the 2015 campaign.

Hull told The Journal, “Last year’s Shine campaign was hit hard because we really didn’t have a lot of school spirit and there was a lot of negativity surrounding things after the events that conspired in 2013, but this year we have seen a major improvement on enthusiasm ... I’ve seen such a great change from last year to this year because we’ve been rebuilding that school spirit”

The fundraising started in April and continued all summer right up until mid-September. The co-coordinators and their team raised money by doing face painting, bar blitzes, car washes, and much more in order to reach their funding goal.

When Hull and Colburne participated in their orientation week’s Shine day in their first years, neither of them expected that their participation would grow to this size.

They became passionate after attending the first Shine Day, when they learned about the struggles of people with

Cystic Fibrosis; difficulty breathing, limitations on travel, weakened immune systems, lung infections...

Hull and Colburne have met many individuals through the Shinerama campaign who live with CF. These brave individuals, at university age, speak openly about their experiences. This is what inspired the co-coordinators to run the campaign this year.

Hull and Colburne were both full of pride when asked about their feelings on this year’s campaign. When asked why Shine Day was so successful this year, Colburne said the Pack Leaders “had a lot of spirit and were really encouraging. I think they got really interested and into the cause themselves, which really made a difference”.

Sydney and Alyson want to thank their team, the SMUSA Executive, and everyone who donated or helped out, for all their hard work.

SMU Shine Team’s wrap-up party, a groundbreaking event for the team, is a night at Boston Pizza with a celebrity server; Jeremie Saunders from the newly released Sickboy Podcast. With this event, which Sydney and Alyson hope will become a tradition for SMU, and all other efforts, they are expected to reach their \$20,000 goal.

The SMU Shine Team is always looking for volunteers. If you want to become involved, send an email to: [smushinerama@gmail.com](mailto:smushinerama@gmail.com).



## New President Focuses on Students

Neil Van Horne  
Contributor

On Friday, September 11th the Saint Mary’s community officially welcomed its new President, Dr. Robert Summerby-Murray.

Summerby-Murray officially began his tenure as the 34th President of the University on July 1st, but the official recognition was held during the Santamarian Ceremony, when he addressed new students “Together, you and I have affirmed our commitment to Santamarian values”.

The decision to be welcomed into the University Community alongside new students is an interesting one – at other universities, such as Dalhousie, it is commonplace to have the Presidential Installation be its own event.

Combining a Presidential Installation with the student signing of a matricula is no accident, and it’s doubtful that it was a decision made to save money. University Presidents in Nova Scotia collectively earned \$3M this year, \$326K of that belonging to Saint Mary’s. The decision may have in fact been made as a symbolic one that speaks to the student-centred focus that the new President has vowed to take.

Dr. Summerby-Murray has ambitious goals to achieve during his Presidency, such as claiming the title of the Most International School in Canada. The current population of International students is just over 30%, the highest in the country but close in Cape Breton University.

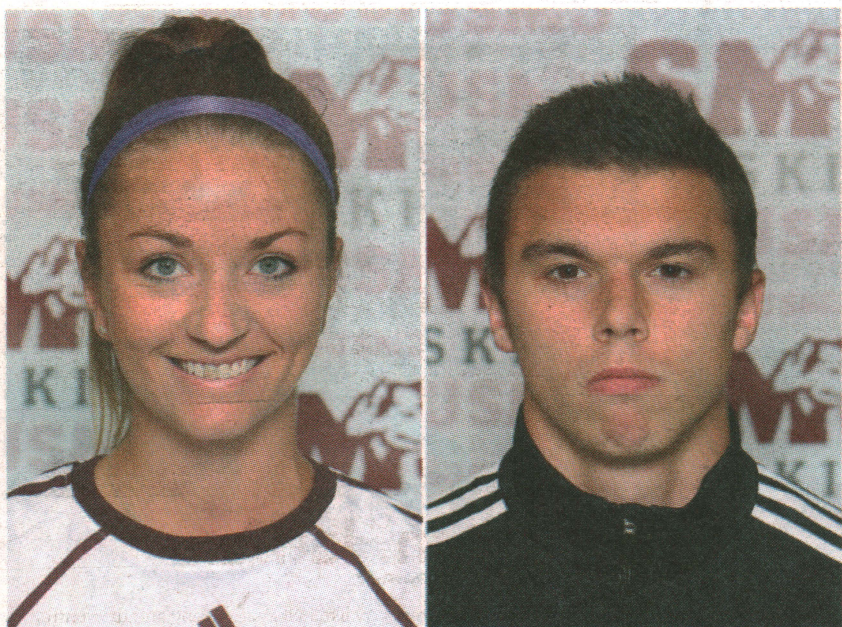
Expanding on goals of

internationalizing the University, the President has been very busy negotiating new deals abroad over the summer months. On September 4th, he signed a memorandum of understanding in China with Beijing Normal University – Zhuhai (BNUZ) as part of a trip that involved meeting with Chinese officials alongside the Stephen McNeil, the Premier of Nova Scotia. Saint Mary’s has two new agreements with BNUZ, a two plus two where students from China can complete their last two years of study at Saint Mary’s and the newer China Competencies Training Program, which will provide training in Chinese cultural literacy, language, and business education for business and government executives.

During his address at the Santamarian Ceremony, Dr. Summerby-Murray outlined four priorities forming the basis of his vision: “The first is that we will be a University that is student centred and learner centred - our learning environments for both teaching and research will meet our students needs and place high value on the processes of discovery. The second, we will be Canada’s International University, third to focus on the value Saint Mary’s brings to civil society, and fourth, to rebalancing the resources we need to be financially sustainable”

Much of what the President has been working on since July 1st has ties into the four priorities, such as furthering relations in China and sharing a ceremony with new students. Over the coming months, Santamarians should look for what changes our new President will bring to the University and examine what they bring to our community.





## Men's Soccer

**Assali's lone goal, lead Huskies to 1-0 win over Mounties**

**Mark Moffat**  
*SMU Communications*

(Halifax, NS) In the Huskies home opener Sunday, the Saint Mary's Huskies and the Mount Allison Mounties were locked in a hard defensive affair at Huskies Stadium. This resulted in the score being 0-0 after the first half.

In the second half, the same type of play continued until the 66th minute, when Subway player of the game Alex Assali (Halifax, NS) scored to give the Huskies a 1-0 lead.

The Huskies played short a man for the last 19 minutes of the game, after George Lake received his 2nd yellow card of the game. Saint Mary's goalkeeper Christian Oxner (Halifax, NS) kept stopping shots like he did the entire game to earn the shutout.

Saint Mary's plays next on the road against the Universite de Moncton Aigle Bleus on Saturday at 3:15 pm. Mount Allison's next game is at home against the Acadia Axemen on Friday at 7:15 pm.

## Athletes of the Week September 14, 2015

Saint Mary's Athletes of the Week honors go to women's soccer's Jolene MacIntyre and men's soccer's Christian Oxner.

MacIntyre, a 4th year midfielder from Centreville, NS scored at the 90 minute to give the Huskies a 1-1 tie in their home opener Sunday vs Mount Allison.

Saint Mary's men's keeper, Christian Oxner, turned away 16 shots in their 0-0 draw with Acadia on Friday, and got 4 saves on Sunday to earn another shutout on vs Mount Allison. Oxner is a 2nd year Commerce student from Halifax, NS.

## UPCOMING HOME GAMES

**Women's Soccer**

**5pm, Sept. 25th**

**Dalhousie at Saint Mary's**

**Men's Soccer**

**7:15pm, Sept. 25th**

**Dalhousie at Saint Mary's**

**Football**

**2pm, Sept. 26th**

**Bishop's at Saint Mary's**

**Women's Rugby**

**7pm, Sept. 26th**

**UPEI at Saint Mary's**

**Women's Soccer**

**1pm, Sept. 27th**

**Memorial at Saint Mary's**

**Men's Soccer**

**3:15pm, Sept. 27th**

**Memorial at Saint Mary's**

## RECENT SCORES

**Men's Soccer** Sept. 12, 2015

**Mount Allison 0** Saint Mary's 1

**Women's Soccer** Sept. 13, 2015

**Mount Allison 1** Saint Mary's 1

**Men's Soccer** Sept. 11, 2015

**Saint Mary's 0** Acadia 0

**Football** Sept. 11, 2015

**Mount Allison 38** Saint Mary's 6

**Women's Rugby** Sept. 11, 2015

**Saint Mary's 0** StFX 83

**Women's Soccer** Sept. 11, 2015

**Saint Mary's 0** Acadia 6

**Football** Sept. 05, 2015

**Saint Mary's 14** Acadia 3

**Men's Soccer** Sept. 04, 2015

**Saint Mary's 1** Dalhousie 2

**Women Soccer** Aug. 29, 2015

**Saint Mary's 1** Maine Fort-Kent 2

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**SAINT MARY'S**  
UNIVERSITY SINCE 1802

SECURITY

Hello? Listen, my roommate's in some kind of trouble and English isn't her first language. She's really freaked. Can you help us? I know it's late...

Thanks for calling 211. How can I help?

Yes, I can help. 211 can communicate with callers in over 100 languages – and don't worry about the time. We answer 24/7.

Great. She's a really nice person but she's crying and stuff and I don't know what she's saying.

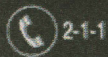
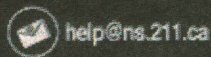
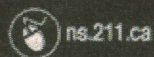
Can you pass her the phone or get her to call me on another one? Our conversation will be confidential.

Sure. She can use my cell. I'll go out for a while to give you both privacy and hey, thanks a lot.

You're welcome. You seem like a good roommate to have called 211 for her. We're here to help with every situation.



When you don't know where to turn.



## Stuck in Halifax

It's easy to assume a small city like Halifax is boring and uneventful but some, like Samantha Burns, disagree. She prefers to focus on the adventures, food, scenery, activities, events, and friends she's made here. Her new blog shows what it's like being 'Stuck in Halifax' on a student budget. Visit her page at [stuckinhalifax.wordpress.com](http://stuckinhalifax.wordpress.com).

## Boardroom Game Cafe

Hands down probably my favourite place in Halifax – the Board Room Game Cafe. This is a new establishment in Halifax on Barrington that has been doing pretty well for themselves! The principle is simple – you pay \$5 to pay unlimited board games all night. Even though we happened to play Monopoly the night we were there, they have sooo many more games than you can imagine – even games I never knew existed! A lot more than your average family games night. BRG Cafe also sells yummy local ciders and beers, and snacks, so it's a great place to check out if you're in the mood for a drink, but don't feel like clubbing. Note – the BRG Cafe is 19+, so unfortunately, you can't bring the kids. You can check out their website here for more information – <http://boardroomgames.ca/>

## The Ferry

I had to take the ferry my first day back in Halifax. For only \$2.50 (or free with a bus pass!), the ferry is a great way to get a beautiful view of the sunset on the water. And also get to Dartmouth I guess...





## FOOD REVIEW

### Darrell's: 4/5

Anton Nestel  
Contributor

The criteria: I will be giving marks out of five, in four different categories: restaurant atmosphere, local beer selection, food and quality of service.

I hope that you find these reviews helpful when planning a night out with friends while taking in the wonderful restaurant culture that Halifax has to offer.

If you're returning to SMU or have lived in Halifax for any amount of time, you have more than likely either heard of Darrell's. It has been a south end staple for over 20 years, and has won multiple awards and accolades including one of the 8 best burger restaurants in Canada.

I had not been there before last week, despite its popularity, but I'll definitely be returning.

I give Darrell's a 4/5 for relaxed style dining. The interior of the restaurant is done up in a 50's diner style with vinyl booths. The patio is large and covered - which comes in handy on a rainy afternoon like the day I found myself eating there. Regardless of the weather you can enjoy a relaxed dining atmosphere.

Darrell's gets a 3/5 for having local beer on tap. Although they had a wide beer selection, much of it was from one local distillery, Garrison. With the large number of micro-breweries in NS and an

ever increasing focus on local products, I usually prefer to have something local.

I had to go with the famous Peanut Butter Burger. This is a bit of an unusual combination in terms of traditional burger fare, but it really hit the mark. I had imagined a sloppy peanut butter mess dripping down my forearms, but I was pleasantly surprised to find a neat, earthy sweetness to the traditional bacon, cheese and patty staples. Because of this unique, quality burger I'm giving Darrell's 4/5 for their food.

I give them a resounding 5/5 for some of the best service I've had in Halifax. From the minute we entered the restaurant we were greeted by a friendly staff. Everyone working there was incredibly friendly and helpful. The servers knew the menu in and out, knew all the beers on tap, and made great recommendations for our specific tastes.

My first experience at Darrell's was sitting on a patio during a rainy afternoon, enjoying a great burger and local beer with some friends. The service was excellent and the ambiance was relaxed, so overall I would give Darrell's a 4/5.

Last, but certainly not least, Darrell's had a very reasonable price point of around \$20 for a beer and a burger. I would definitely recommend any new or returning SMU student to check out this South End staple.

Authorized by the Official Agent for Megan Leslie

MeganLeslie.ca Tom Mulcair + NDP

On October 19  
**Re-Elect**

**Megan Leslie**  
for Halifax

An NDP Government will make life more affordable for students and new graduates.

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Lotion  
Cologne  
Scented Soap

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[www.smu.ca/about/ohs-scent-awareness.html](http://www.smu.ca/about/ohs-scent-awareness.html)

**inbalance**  
Wellness at Saint Mary's

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## Food Bank Opens at SMU

**Erika Macdonald**  
*Contributor*

“You never know who is going to need a food bank” says Kala Rafuse, a SMUdent who works in Financial Aid at the Service Centre.

This summer, SMU opened its Community Food Room under the guidance of Allen Wolfe, director of Financial Aid and Miss Rafuse.

Wolfe sees a lot of students who really are in need and approached Kala about spearheading this project with him. “We were worried that there would be a stigma attached to a food room but it seems that there are people in need, which is really unfortunate but I’m happy that they have a place to go now” said Kala.

SMU’s Community Food Room opened its doors in mid-August, with the help and advice of Feed Nova Scotia, DAL’s Food Bank, SMUSA and Alumni Annual Hunger Games.

The Community Food Room was able to collect over 3,500 lbs of

food. Within the first half hour of opening on Thursday 10th, they then doubled their numbers from their first week. Monetary donations are now accepted so they can buy specific food to fit the needs of certain students.

“For example, single parents who need school snacks for their children or formula; this really allows us to help the maximum amount of students who are in need” said Rafuse.

Volunteers are always welcome to be trained and work in the food room. In addition, they are currently in need of a deep freeze; any students who have one they don’t need are encouraged to contact The Community Food Room.

The Community Food Room is located on the 5th floor of the Student Union Building and is open Monday: 9:00am - 12:00pm, Tuesday: 11:30am - 2:00 pm, & Thursday 2:30pm - 5:00pm.

If students want to give food donations, they can be dropped off at the Service Centre. Monetary donations are accepted online at [www.smu.ca/academics/community-food-room.html](http://www.smu.ca/academics/community-food-room.html)

## Register and vote at SMU

Ready to vote in the federal election? From October 5 to 8, Elections Canada offices will be open on campus to provide information, registration and voting for students before the October 19 election day. Bring ID with your home address.



### Nearest location:

**Patrick Power Library**  
Room LI135  
923 Robie Street

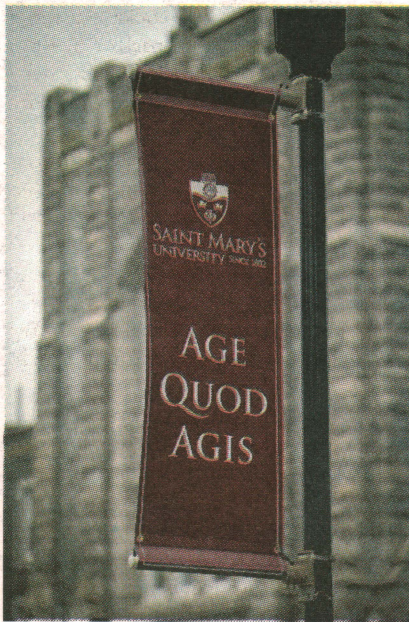
Hours: 10:00 a.m.-8:00 p.m.

There are other times, places and ways you can vote. Visit [elections.ca](http://elections.ca) or call **1-800-463-6868** (TTY 1-800-361-8935) for this information and the list of accepted ID.



**Ready to vote**  
October 19, 2015





## What's That? "Age Quod Agis"

Neil Van Horne  
Contributor

You may be wondering why the words "Age Quod Agis" are plastered around campus on banners and Welcome Week t-shirts. Not knowing Latin, you may also be understandably confused. What is this phrase, where does it come from? Why am I seeing it everywhere, and does it have any meaning?

Unless you're a history buff you wouldn't have known that the phrase is actually Saint Mary's traditional Latin motto. If you zoom in to a picture of the crest you will see the words in microscopic print (or if you're one of the people that read the Academic Calendar, you'll find a

description). The motto Age Quod Agis (pronounced ah-gay, kwode, ah-geese) means "do what you do" or "do what you are doing".

It is about living life in the moment, and its origin has a strong historical connection to Saint Mary's University. Saint Ignatius of Loyola, which the Loyola Academic building is named after, is the author of Age Quod Agis. He is part of our Roman-Catholic history at SMU, and founded the Jesuits, a society of Jesus Christ. As Rachel Macdonald, the Vice-President of Academic Affairs for the Saint Mary's University Students Association (SMUSA) said in a speech at the Santamarian Ceremony, "The lesson it holds has arguably never been more relevant. As students, we pride

ourselves in our ability to juggle tasks and manage our time."

What Saint Ignatius taught his followers was that it is not about knowing and doing many things, it's about having a profound understanding of the things we know and do.

The Revival of the Latin Motto was inspired James Patriquin, Past-President of SMUSA who articulated it's relevance to modern academic life in an essay over the summer. "University degrees are earned one assignment at a time. And while it is always important to be mindful of your destination, a degree represents a transformation that only a long journey can provide. So remember to take your journey one step at a time. Age Quod Agis.

## Your SMUSA President

Sandra C. Hannebohm  
Editor-in-Chief

The Journal is pleased to introduce the student body executive, Amali Armony. His favourite food is spaghetti, his favourite movie is Kingdom of Heaven, and his primary concern as SMUSA President is Saint Mary's students.

During the Presidential Candidate Debate, many students asked 'why was there so much student pride in the past, but not now?' Answers varied from 'generational differences', student 'standoffishness' and embarrassment regarding the chant scandal. Every candidates' answer at that time was preceded by genuine confusion and wonder - suggesting that it had been a question candidates and students have been asking for a long time.

This year, Armony seems to have an answer to that

question. The executive team facilitated the Food Truck Festival, the Community Food Room, and Welcome Week. Before his election as President, he also helped establish the SMUSA App. He and his team are responsible for the recent abolition of debit transaction fees. He sits on several university committees and deals with the provincial government on behalf of students.

During Armony's campaign last year, he placed special importance on society empowerment, pointing out that strong societies represent student interests.

The SMUSA Executive office is on the 5th floor of the SMUSA building (same building as the Bookstore) in front of the elevators. More information on the student body executive team can be found at SMUSA.ca.




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### SMU Did you know?

For a brief period between 1876 and 1881, the colleges of Acadia, Dalhousie, King's, Mount Allison, St. Francis Xavier and Saint Mary's were amalgamated into the University of Halifax.



## Recipe Feature

### A light chicken dish for while we still have warm weather

Part of student living is finding the time and money to cook healthy and delicious meals for yourself, and it can be quite challenging. With that in mind I will be writing an article for the journal outlining one quick meal that most students will be able to make with very little effort. I'll try and keep some things seasonal and weather appropriate, and will be alternating between non-vegetarian and vegetarian recipes monthly.

As a good friend of mine once said, recipes are just guidelines and should serve more as inspiration rather than the absolute. So if you don't like an ingredient in my recipe, take it out, if there is something I left out that you think will make this dish a winner, add it in. Everyone has different food backgrounds and different tastes so just run with what you enjoy. Secondly for seasoning, season to taste, if you think there is too much or too little of something like I said, this is more of a guideline to inspire you to do your own thing. Enjoy!

For the first month we are making a chicken dish, with a side of rice and topped with a fresh salsa.

#### Ingredients:

##### Chicken:

1 pack - Chicken thighs; boneless and skinless (i prefer this for taste and cost)  
1 tsp - Salt  
1 tsp - pepper  
1 tsp - oregano  
1 tsp - basil  
1 tbsp - oil

##### Rice:

1 cup - Rice (this will make enough for about 4 portions)  
1.5 cups - water (this will depend on white kind of rice, so read the pack and use the given proportions)  
1 tsp - Salt  
½ lime - juiced  
Liquid from tomato can

##### Salsa:

1 can (540mL) - diced tomatoes (i used the pre seasoned italian to make it easier)  
1 can - whole corn kernels  
½ lime - juiced  
½ bunch - spring onions  
½ cucumber  
salt and pepper - to taste

##### Garnish:

½ bunch - spring onions

#### Method:

##### Chicken:

Put the tablespoon of oil in a pan and turn your stove on to a medium to medium high heat. Do not use the highest heat settings as this will result in burnt food. Allow the pan to heat for about 2 minutes, while you are waiting for this take the salt, pepper, oregano, and basil, and then rub the spices into your chicken thighs. Now the pan should be ready for the chicken. Put the chicken in, remembering to flip it every 5 minutes or so. At this point you should move on and start your rice.

I personally use a lid or cover the pan in some way (a baking sheet works quite well) after i have flipped it for the first time to help hold in heat as to help the chicken cook through faster. the chicken should take about 20 minutes, but make sure to always cut through the middle of a piece or two to check, it should be completely white with no pink or transparent looking meat.

##### Rice:

For rice I always recommend following the instructions on the back, as every different type of rice requires different amounts of water and cooking methods.

With that said, follow the cooking methods given on the back of your pack of rice, but at the point when it tells you to add water (usually right at the beginning), this is when you would drain off the liquid from your can of tomatoes, and add the juice from ½ of a lime. From this point on just continue to follow the cooking instructions given on the pack of rice.

\*\*A quick tip for getting more juice out of citrus fruits like lime and lemon. Roll the fruit on a counter while pushing down on it a little with the palm of your hand. This helps to break down the inside and you will get more juice out of the fruit. This is especially convenient when you are using a fork to juice.

#### Salsa:

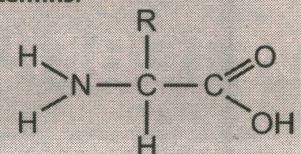
With the salsa you are going to need a bowl of sorts to mix your ingredients in. You will start by emptying the contents of the tomato and corn cans into the bowl. Remember you have already drained off the liquid from the tomatoes into the rice, so don't forget to also drain the water off of the corn to avoid soupy salsa.

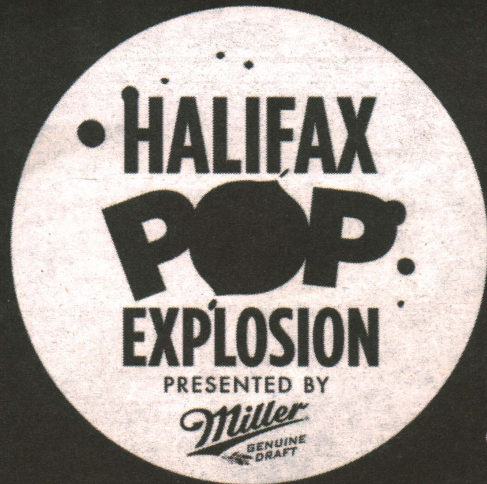
Next dice the cucumbers, and the spring onions. Add both of these ingredients to the bowl. Now just juice the other half of the lime from earlier and season with salt and pepper to your own personal taste.

Now that all the components of your dish are done you can dice up the remainder of your spring onions and sprinkle on top of your food after you have put them on the plate to give a nice garnish to your finished product.

## What You Need Amino Acids

Every thing you EVER do requires amino acids. They help store and transport nutrients in your body. They build proteins - remember that powder you put in your shakes? Turns out your body makes those on it's own. Amino acids are what you need to store water, fat, carbs, proteins, minerals and vitamins.

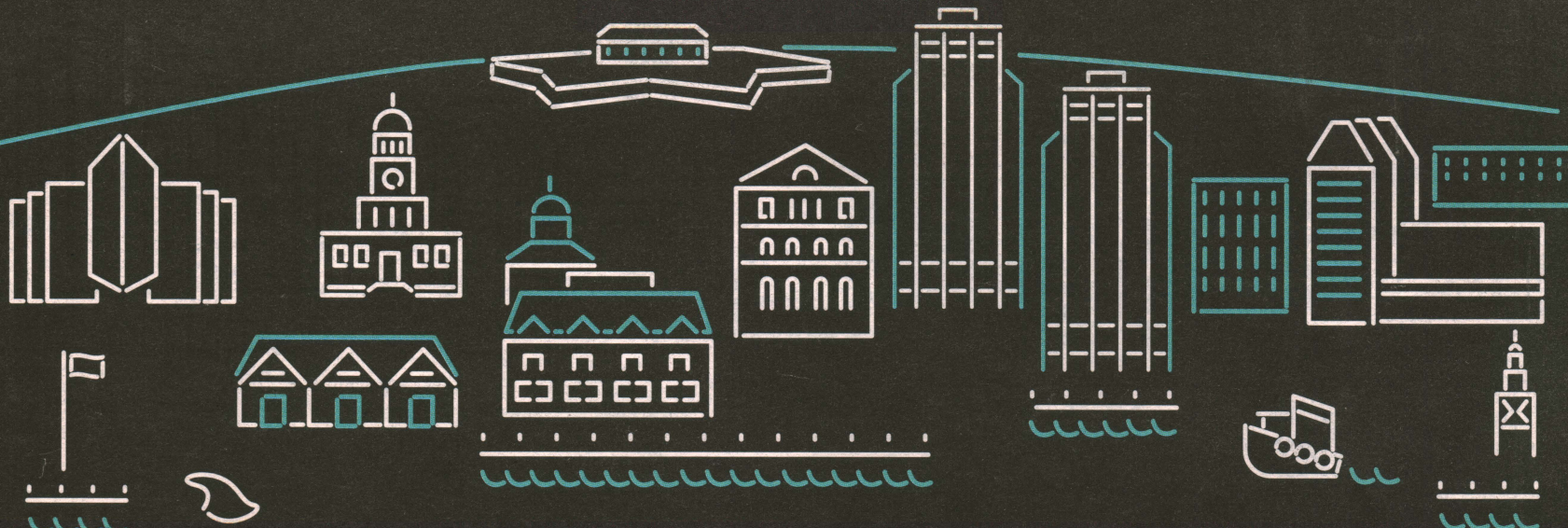




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