

the journal

Saint Mary's University's Independent Student Newspaper

The Welcome Back Issue

Get your nap
on, girl p. 9

RBC: It's all
'broke & mirrors' p. 6

Profs: They
don't bite!
p. 4

Get Gifted,
\$2 million p. 6

WINTER CARNIVAL 2016

WEDNESDAY
JANUARY 6

O' CANADA NIGHT
FIRST CLASS BASH!



GORSEBROOK @ 9PM
LIVE BAND: Frisky Biscuit \$2 **19+**
EVENT

THURSDAY
JANUARY 7

ICE SKATING + LESSONS
Alumni Arena @ 1:00PM - 2:30PM



POP-UP MOVIE THEATRE & WINGS
GORSEBROOK @ 6PM

FRIDAY
JANUARY 8

Puck Drop Party!
GORSEBROOK 5:30PM - 6:30PM BUSES TO & FROM THE GAME!



Hockey Game - SMU vs UdM
@ 7:00pm - Halifax Forum

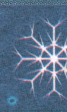
SATURDAY
JANUARY 9



Hockey Game - SMU vs STU
@ 7:00pm - Halifax Forum



Snowflake Ball
Loyola 290 @ 8:30 - 11:30PM **SMU**
ALUMNI
"Band: Frisky Biscuit!" Tickets \$5 "Black Tie Event"



SUNDAY
JANUARY 10



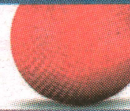
DOWNLOAD THE **smuSAPP** FOR THE DOWNLOAD!
Install the SMUapp and get news, events, campus map and more!
www.smu.ca/smuport/smuapp



MONDAY
JANUARY 11



Dodgeball @ Homburg 8PM - 10:30PM
Hosted by Intramurals



TUESDAY
JANUARY 12

SOCIETIES EXPO
WITH OVER 50 ON CAMPUS SOCIETIES!
@ Loyola 290 10AM - 3PM

Board Room Game Café
GORSEBROOK @ 5PM



WEDNESDAY
JANUARY 13



Karaoke Night!

GORSEBROOK 9PM - \$2 **19+**
EVENT
Live Host - Hosted by Grad Class

THURSDAY
JANUARY 14



Harry Potter

TRIMA NIGHT & WINGS
GORSEBROOK @ 6PM
PRIZES TO BE WON!



FRIDAY
JANUARY 15

**Nova Scotia
Appreciation Night**



Gorsebrook Lounge
@ 7PM - 11:30PM



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Saint Mary's University Students' Association

the journal

Saint Mary's University's Independent Student Newspaper

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

Volunteer Opportunities:

We are currently looking for a Student Outreach Officer to plan events and engage the campus community. Five volunteer hours a week for your Co-Curricular Record!

We are always looking for contributors. Send us your rants, opinions, news pieces and reviews to editor.thejournal@smu.ca

Reflection: Student Community

Sandra C. Hannebohm
Editor-in-Chief

The first time you were swimming in the ocean and a wave overcame you, you caught a glimpse of the importance of community. I saw it when a man in a car butted into me, pulling out of the campus parking lot.

He stopped for a second when we realized what happened. He had pulled out a little too far, a little too fast, and bumped me. I moved, and he immediately realized I wasn't hurt - but I was still in front of his car. So, he stepped on the gas. He cruised into me until I rolled off of the hood of his car. Three or four more cars pulled out after him. One stopped to ask if I was ok.

The connection between personal well-being and societal well-being isn't entirely clear for students. Those of us who know it are still sometimes

unmoved by it. There is too much else to do. We are, many of us, moved into silence and indifference because we are just too busy. We're too busy to join in the fight against tuition increases. We're too busy studying to contest arbitrary academic standards or negotiate affordable food services on campus. Many of us work two jobs and go to school full time - then volunteer - while professors tell us we're 'underachievers' for testing at the average level.

We're too busy and the indifference facilitated by the post secondary education system becomes the indifference we turn toward our community lives. We continue being indifferent because our personal interests seem to depend only on ourselves. The connection between our personal well-being and community well-being doesn't become apparent until our personal well-being is endangered.

I didn't think to call the police when it happened, because why should they care? A friend convinced me to report it when I got home, and the police assured me there was nothing they could do. The officer kept saying "no injury" as if to convince me that I wasn't hurt, though I was the one who told him I was okay. He repeated it, as if to convince me that a broken leg would have provided the evidence he needed. He repeated it as if to reassure me that, had I been bruised, he could have identified the car on the security footage. I don't know how a broken leg would have made the footage more clear, but a broken bone is what they would have needed to care.

I don't know if that man meant to hit me the first time, but I know he meant it when he pressed on the gas pedal the second time. The other people pulling out of the parking lot that night knew it, but none followed him

to catch his licence plate, not even when he was stopped at the red light just a few yards away. They were indifferent. The police were indifferent.

The world is already full of bystanders. Community is what protects us in life and on campus - it keeps us safe. We have well-trained and friendly security staff who walk students home from the campus pub at night, or will wait with you at the bus stop in the cold. We have Husky Patrol to drive us home, or get groceries if we need it. We have a Food Room in case you're short on cash this week. That's community. It doesn't maintain itself and it won't continue indefinitely. It has to be maintained by students like us. As we enter a new year, we should consider the good affects we have on our community and what we would like to see in its future.



SMU
HUSKIES



Men's Hockey

7pm @ Halifax Forum

- Fri., Jan 8th vs. UdeM
catch the bus to this game - leaving from Gorsebrook Lounge at 6:15pm
- Sat., Jan 9th vs. STU
- Fri., Jan 22 vs. UNB
- Sat., Jan 23 vs. PEI
- Fri., Jan 29 vs. Acadia
8pm at Scotiabank Centre

Basketball @ Homburg Centre

- Fri., Jan 15 vs. MUN
women 6pm & men 8pm
- Sat., Jan 16 vs. MUN
women 1pm & men 3pm - NBA All-Star Challenge Final today
- Sat., Jan 30 vs. StFX
women 1pm & men 3pm at Scotiabank Centre

Women's Hockey

2pm @ Alumni Arena

- Sun., Jan 17 vs. PEI
- Sat., Jan 23 vs. StFX
- Sun., Jan 31 vs. DAL

Women's Volleyball

@ Homburg Centre

- Sat., Jan 23 vs. UdeM
@ 2pm
- Wed., Jan 27 vs. Acadia
@ 7pm
- Sun., Jan 31 vs. DAL
@ 2pm

OPtions 360



OPtions 360 is a project aimed to empower newcomers to Canada, through partnerships with the YMCA, SMU, Bayers Westwood Family Resource Center, Unitarian Church and Halifax Refugee Clinic. We empower newcomers by organizing workshops that target children, youth, adults and seniors aimed to help with the integration process to build a sustainable community. We have developed rigid partnerships that are happy to support us we have an awesome group of volunteers and most importantly we have a community that we are able to help and need our help. Our three main pillars are community development, social integration and financial literacy.

The project aims to impact newcomers, but it doesn't stop there. Nova Scotia is in a technical recession. To help boom our economy and local communities we must motivate youth to stay in the province. It needs to be an attractive province; we are known as a

province of declining age and population, we have the space but we don't have the people. The initiative of welcoming refugees here will be added value to the Nova Scotian province by helping newcomers integrate here we are nourishing their talents and encour-

age them to contribute to the wealth of our economy.

OPtions 360 offers many volunteer opportunities, especially for international students on campus. Being a stranger to a new country is isolating, and the project is about combatting isolation. It's an opportunity for international and domestic students to make friends and connect with a community that needs them. It can be a volunteer opportunity for students offering translation services, tutoring, transportation (carpooling for events), bus tickets, clothes, food, extra curricular mentorship, books or just an extra pair of hands! We're currently looking for committee members, worship facilitators, fundraising and sponsorship outreach volunteers. Any help is welcome.

Look for workshops, fundraising events and more volunteer opportunities on our Facebook page. For questions and information, e-mail options.threesixty@gmail.com

Office hours: free professional consultation

Doris Wu
Contributor

When the semester starts, students receive a piece of paper for each class; it is known as a syllabus. This paper has information pertaining to the course, the academic policies, and time and location of the professor's office hours. Office hours can be used for more than just going to pick up your assignments and exams. In fact, attending office hours can have many benefits.

First of all, office hours can help you with the course. If you are having difficulty with solving a certain assignment/project/test problem, then visiting your professor during office hours can help you get one-on-one guidance about how to solve the problem. This is the most basic use of office hours.

Secondly, once you have a chance to visit your professor during office hours, you also have an opportunity to interact with them. Try to build up a connection with your professors by leaving a good impression. To get to this step, you would need some sort of strategy — you need to prepare some good questions. So, instead of questions like "I missed a week of classes, how should I do this question on the assignment?", you can ask a question such as "In your experience, what should I do to be successful for this class"? Don't underestimate this question. You are showing your professor that you are a goal driven person and you will try hard to do well in class!

Your professor may explain to you his/her teaching philosophy. Write this down and ask them if you have any questions. You can also ask your professor if any additional resources are recommended, if you want to know more about the course. Read some of the recommended resources and come back with questions to exchange ideas with your professor. At this stage, your

understanding of this course should be pretty good and you should not have any problems passing the course.

If you took advantage of the previous benefit, then your professor will remember you well, after the course is completed. If you are looking for a job, this is a good opportunity to ask your professor to be your reference. Or, you can ask them if they have any research projects that you could help with. A lot of professors in universities do have work opportunities available; you will have a higher chance of being hired if they know you and your abilities.

This is an ideal way to gain experience and performing a kind of 'test drive', to see if you like to do something that is related to that subject. You might also get hired as a teaching assistant if you do very well in this class. The key is to not be afraid to ask.

Lastly and most importantly, your professor might be up to date with the newest trends of the industry that are related to the course or their research projects. You can ask your professor if they can introduce you to anyone that they know in the industry. This way, you can start building up a professional network that benefits your career after graduation.

Professors' office hours are your tools to help with learning; they are also opportunities to make great connections that will help you later in life. Someone with knowledge in their respective field is taking the time to help you, and you get that benefit for free!

Another tip: most professors love students who visit during their office hours. It gives them direct feedback that students are engaged in the material of the course and lets them identify aspects that students are finding difficult. Also, if no one visits, they have to sit in their office for hours just waiting for someone to talk to them.

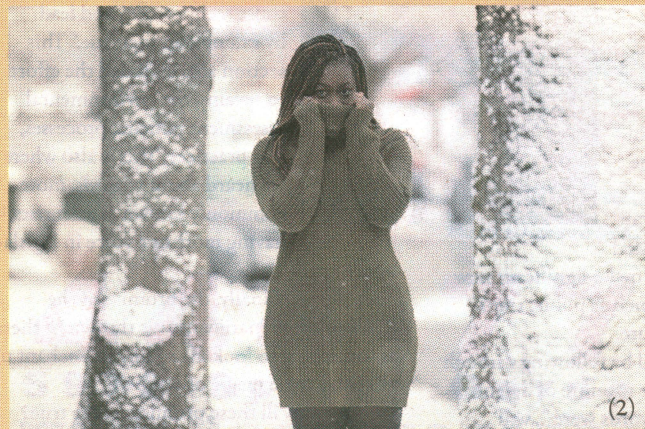
Ella's Fashion Corner

Daniella Sam
Contributor

Winter is coming!
...Oh yeah, no, uhm it's already here!
Well, this is awkward.
But it's all good, I've got you covered!
So what's on our to do list? We need to
warm up but still look good—and it's
all in the details.
One word: Tunics.



Tunics provide a cute yet edgy way to look chic and stay warm. A look like this is an easy way to be comfortable. Just pair it with tights and you are on your way. The great thing about this look is that there is not much layering, so everything does not have to be in place in order to look



'put together'. This look can be worn with dressy boots, but on the days where the snow is almost up to your knees, we might want to go for heavier boots, like Timberlands. Let's face it, we live Halifax and the snow struggle is real.

Pairing a tunic with Timberlands is especially cute because although the tunic has a more dressy essence to it, the Timberlands give it a tomboy groove. I personally like tunics because they're easy to dress up or down, with just a change of shoes.

I love the earthier tones, like this olive green (1), because it brings a pop of colour into winter without going too colourful or too summery. Usually I'm all about vibrant colours (and I don't discourage colourful clothing in the winter), but hey, that might just be me.

Now, detail, detail detail. This look here (3) transforms a simple long sleeve grey top with leggings into a fashion statement, with just the addition of a scarf and belt. In the last issue, I mentioned how a blanket scarf can be worn as a replacement coat. In this issue, I will show you how.

Wear a blanket scarf that compliments the outfits' colour, and add a thin belt to secure it as a coat. In the look I have here (3), I chose grey and black (because it was the first snowfall, and I

was feeling a little grey) but you could go for combinations like a dark blue blanket scarf and pair it with a nice brown belt, for example.

Now these high waisted shiny leggings shown here (3), they are everything! Not only are they comfortable, but they smooth out your torso and thighs, making everything look toned, while elongating your legs! Have you ever heard of such goodness?! I say invest in several pairs because you'll want to wear it with everything; the good news is, it matches with everything too! You can find these leggings at Garage for an affordable price.

One awesome thing about winter is that we can wear hats. On those days where we wake up 10 minutes before we have to catch the bus or 10 minutes before class, knowing very well that the trip will take at least 15 minutes, we have no time to fix our hair! Solution: throw on a hat. But make sure it's a cute one, like the one shown in this picture (4). Make sure that it has intricate woven details.

That's it for this month's issue, but stay tuned in "fur" next month! In case you're wondering what it's about, look closely at the sentence before this one—it's all in the details.



Bound Beggars



Neil Van Horne
Section Editor

Like many universities, Saint Mary's is entangled in more contracts than most can name. Almost everywhere you look you can see a service that is provided by an external company, like Aramark or RBC. Doing this can take a great deal of the work load away from the University and help to slim down administration. This all seems great, but in what way does it benefit the University and the students? The Journal spoke with Keith Hotchkiss, director of student services, to find out.

The Journal wanted to have a better understanding of the nature of contracts, such as the one we are engaged in with Aramark. "We are currently in a 12 year agreement with Aramark, and just entering the last five years" said Hotchkiss.

"The nature of the contract evolved over time, we met with different groups, students, faculty and administration. This was done before the bidding took place, and a group of approximately ten people score the different bids, and the decision is made."

"Aramark is responsible for their facilities, after they won the contract they paid for the renovations of the Dockside. The contract outlines expectations, and we have a food committee that meets every Friday morning. The University collects

commission on Aramark's sales that go back into the food services program."

Since the contract with Aramark is unable to be terminated, the only way to encourage a shift in quality is through engaging the customers. Campus Dish and the on campus dietitian are the programs in place to facilitate this.

Students should be concerned about the fact that many of the details of the contracts are confidential, such as the financial aspects. The reason for this, according to Hotchkiss, is that so competitors of Aramark don't know what sort of contracts they are negotiating. The money that the University uses to finance these arrangements primarily comes from student tuition and taxpayer dollars; the lack of transparency is an abuse of our money.

Another key contract that has an effect on the daily lives of many students is our agreement with the Royal Bank of Canada, who provides the banking machines on campus. The service charge of \$3.00 is high, and many banks will charge you an additional \$1.50. That's almost a 25% mark up for a \$20 withdrawal. Non RBC students could spend up to \$468 dollars in services charges per year on campus, and that's only if they use it twice a week. If a student were to use the bank machines every school day for eight months, it could cost them \$624 a year. If approximately 3,500 Saint Mary's students and staff follow these habits RBC is making between \$672,000 and \$1 million in fees from the two machines they have on campus. That's *fucked*. This is likely a strong marketing tactic to encourage people to open an account with RBC. This is nothing to shrug off, the Nova Scotia provincial government gave them \$22 million and they posted profits of 2.4 billion last year.

This is a significant deal of money for RBC to be making off of students and other members of the University community. The Journal attempted to contact RBC for a comment but they informed us that the terms of the agreement were considered confidential. Students should seriously question whether or not these secretive contracts are actually good for the school, or if our cash struck University has lost sight of values for the sake of the bottom line and chummy corporate relations.

\$2 million donation

Erika MacDonald
Section Editor

SMU received a generous Christmas gift from the Joyce Foundation.

They have given SMU \$2 million to hand out in the form of bursaries for students from Nova Scotia wishing to attend SMU. They will be allotted to students who have faced diversity and hard times in their life and wish to attend post-secondary education.

This wasn't the only donation the foundation made in 2015.

The foundation donated \$4.6 million to Nova Scotia Community College, \$5 million to St. Francis Xavier University, \$5 million to Memorial University, and other donations to smaller schools around the province.

As appreciative as SMU is for the donation, one must ask how these decisions

Justin Trudeau and the Order of the Throne?

Erika MacDonald
Section Editor

During the election campaign we were peppered with promises from what would become our new government. The Speech from the Throne occurred as we here at SMU were in full exam mode. It was one of the shortest Throne Speeches to date and has been applauded for being so concise and straight to the point but criticized for being too short and ambitious. Here's a run down of the highlights of what JT said he will do this session:

1. The pledge of investment in infrastructure from the campaign was highlighted in few words but specificities were pointed out. The Liberals will make significant new investments in areas such as public transit and green infrastructure.

2. They will be following through with the Conservative promise of defense spending. The exact words were "...will invest in building a leaner, more agile, better-equipped military." Looks like JT is

were made as to who gets what?

Looking at the facts, St. FX has only 5,000 students to SMU's 6,000, yet they received \$3 million more.

Additionally, the money that went to Memorial is also \$3 million more than the donation to SMU, yet MUN's undergraduate tuition is only \$2,550; half of what SMU students pay. On top of this, the Newfoundland Government admirably changed all student loans to grants in August of this year.

And why only \$4.6 million to NSCC, a school that is notorious for having students who have faced adversity in their lives and are attending to have a solid career post graduation.

This is not to denounce the more than generous donations from the Joyce Foundation across the board, it is simply asking how these allocations were made.

building up Dumbledore's Army to defend against You Know Who in the Middle East.

3. The most important promise that was fulfilled was the launch of the investigation into missing and murdered aboriginal women and girls. Additionally, they will follow the recommendations put forward by the Truth and Reconciliation Commission from the report on residential schools.

4. JT has also pledged to "encourage economic growth; the government will make strategic investments clean technology, provide more support for companies seeking to export those technologies and lead by example in their use." This section also included the effort to revamp the environmental assessment policies, processes, and practices. This is also where we heard about wizards, more commonly known as scientists, having more of a voice in legisla-

tion.

5. Finally, the promise of the legalization of marijuana was thrown in there as something to look for so he can enchant us all with a little magic of our own.

Will these promises come true? Will he be the Boy Who Lived? Lets watch and see.



CASA



Neil Van Horne
Section Editor
*Photo Credits: John Rix

It is no secret that every year the going gets a little bit tougher for students. Inflation, rent, and tuition increases make it a little harder to get by without taking out a bit more of your loan. It is the job of student organiza-

tions, like SMUSA to be our voice and defend the student interests. They are waging a war on three fronts. The main area of focus is negotiating terms with the University who obviously control a large chunk of student fees, but the Provincial and Federal governments also play an important role in University funding. Students Nova Scotia (StudentsNS) and the Canadian Association of Students Associations (CASA) are the organisations SMUSA is a part of to work with these levels of government, respectively.

The most recent major event that our SMUSA Executives took part in was a weekend of policy and strategy planning for the coming year. Representatives of student

governments from many universities all across Canada came to Saint Mary's to establish a collective student narrative for dealings with the federal government.

"The policy will be presented to government officials in Ottawa, and will focus on improving student assistance, increased support for marginalized groups and an emphasis on government funded academic research" said SMUSA VP University Affairs Collette Robert.

Robert and SMUSA VP Academic Rachel MacDonald are the executives responsible for representing Santamarians within these lobbying groups.

SMUSA is planning an event later this month about this aspect of student government, and encouraging students to share their views. Any student can submit policy to CASA for consideration; this and other things are lesser known opportunities that we can take advantage of as students to improve our situation. The event will take place on January 20th from 7-9 in the McNally Theatre Auditorium. A round table discussion, idea sketching and food will take place after the presentation.

Jean's Restaurant

6 YEARS IN A ROW !!!



1st runner up:
"Best of Chinese restaurant 2007, 2008, 2009, 2010, 2011, 2012"
the Coast

2nd runner up: Best Server

444-7776

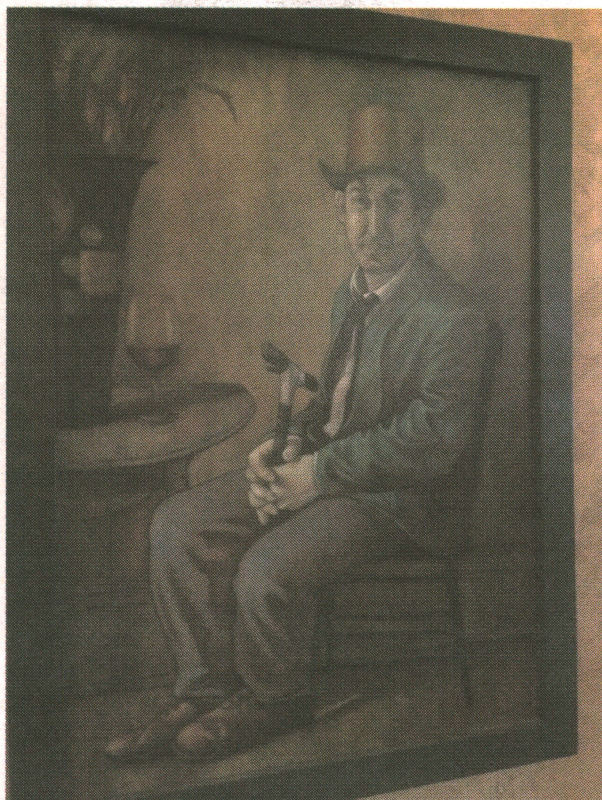
5972 Spring Garden Road
www.jeansrestaurant.ca

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"Let us help you during exams by doing the cooking for you, so you have more time to study!"

Food Review: The Wooden Monkey



Sandra C. Hannebohm
Editor-in-Chief

I started my New Year off by supporting the Wooden Monkey on Grafton Street - a restaurant rumoured to be 'shut down'. Since the Nova Centre got into heavy construction and started blocking off the areas surrounding the site, business has slowed in the downtown core. Many owners will remain strong, though. The good thing is the Wooden Monkey assures us that they're not going anywhere.

As always, the restaurant will be receiving marks out of five, in four categories: atmosphere, local beer selection, food quality and quality of service. Since I'm new to the review process, I ordered my food and immediately bit into my burger before I could take a picture. Luckily for me, it looked even more delicious once the middle was exposed!

I don't usually eat meat, but I

chose to order the Bacon Cheddar Burger once I found out that the meat is locally sourced from Getaway Farms (getawayfarm.ca). Although I had been there before, I had always ordered off of the vegetarian menu, which features a Seitan Donair Pizza (vegan), the Lentil Burger and kick-ass salads.

The initial impression I got from this venue was warm and inviting. Some people prefer the Dartmouth location for its harbour views, but I prefer the Halifax location because of the classic hardwood and low lighting. This

building, built with salvaged wood from barns, buildings, and trees blown down by Hurricane Juan in 2003, has history and character. One of the pillars of the Spring Garden area, Michael Armstrong, hangs his painted portrait on their walls. There he is immortalized as the man with the cane and a top hat, who has been selling flowers to pedestrians and diners from 8:30am to 10:00pm every day for the last 16 years. If you find yourself there in the evening, you might be surprised to see the man in the painting beside your table, also standing next to you in real life! For atmosphere, I have to give The Wooden Money 5/5.

The local beer selection was predictably superb, since the company philosophy is all about local sourcing. They have a rotating menu of 10 local beers and 2 local ciders. They also do 40oz Shandys (beer and soda mixed together). Although I was tempted to get the Tom Waits For No One Stout (brewed by Good Robot), I decided to

have a Big Spruce Kitchen Party Pale Ale. It was crisp and flavourful with a perfect head so I have to give it a high score, but since Stillwell's provides the most comprehensive local beer selection in town, I have to give them a 4/5 for local beer.

Part of the advantage of buying local food is that it's fresher! The burger I ate was pink in the middle because fresh meat can be cooked at lower internal temperatures without causing a health risk. My friends ordered Bacon Wrapped Scallops drizzled with glaze and the Seafood Chowder with mussels, lobster, haddock and coconut broth. Everything was well worth the money, but boy was it a lot of money! Entrées range between \$23 and \$26. Light Fares, Appetizers and Salads are closer to the \$10 range, with the dessert menu offering affordable options as well. However, I would recommend The Wooden Monkey for a day after you've paid your rent, if you know what I mean. Here I will give a 4/5, keeping in mind that affordability is not part of the criteria for food quality. Lastly, the service was friendly and casual, but not especially remarkable. The waiter knew the menu and the specials, checked on us often and refilled our waters, but nothing about the service went above and beyond.

As a former member of the food service industry, I think presentation and humour go a long way, but I also enjoy a down to earth approach, so this venue gets an average 3/5 for service.

All in all, The Wooden Monkey gets 4/5 for excellent food, atmosphere and beer. I recommend it for large group dinners and small group snacks, but if you're looking for a date spot, you should check your bank account first!

That's it for now, look for us in next month's issue. Until then, 'bon appetite'!

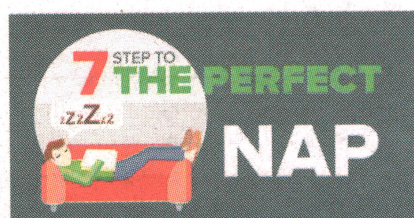
Want to see a review of your favourite (or least favourite) restaurant? Send requests to editor.thejournal@smu.ca with 'Food Review' as the subject line.



A nap a day keeps the doctor away

Erika MacDonald
Section Editor

The Art of WellBeing has recently brought to the Journal's attention that napping has more benefits than any university student could ever dream of. Napping comes naturally to SMUdents, you could almost do it with your eyes closed. We at the Journal are not going to keep this info hidden under the covers any longer, because without napping, nothing really matters. Without further ado here is the formula for the perfect nap.



1 Choose your length

SIX MINUTES

Enhances creativity.

This sweet spot for improved focus and productivity.

10 TO 15 MINUTES

Improves performance and alertness. Also enhances vision skills.



40 TO 60 MINUTES

Significantly improves metabolism, creativity, and improves energy and learning ability.

90 TO 120 MINUTES

Significantly improves metabolism, and also allows for more energy and focus.

2 If you can, do it between 1-3pm



Humans have a cycle, known as the circadian rhythm, in which we experience a period of intense sleepiness during this time.

3 Create the right conditions



Ensure minimal light and noise, and a comfortable temperature.



Don't drink coffee then sit up. Research suggests that it takes people 30% longer to fall asleep when they're sozzled.



Scientists find that the best place to nap is in a hammock because the design allows gravity to make you fall asleep quickly.

4 Drink a cup of coffee just before a nap



Yes, coffee naps are a thing. As caffeine requires 20 or 30 minutes to take effect, it will kick in just as you're waking up from a short nap.

5 No post-nap blues

A nap between 40 and 60 minutes means you enter deep sleep but don't complete a full sleep cycle. Therefore, you're likely to experience that notorious (groggy) feeling when you wake up.



How to overcome this



Combine caffeine intake, exposure to bright light, and face washing to reset your study time directly.



Go back to sleep and wake up at 90 minutes, which means you complete a full sleep cycle.

6 Not a substitute for a good night's sleep

A nap isn't a substitute for a good night's sleep. Missing out on getting enough sleep on a regular basis can result in high blood pressure, Type 2 diabetes, weight gain, and depression.



Practicing good sleep hygiene is vital to consistently sleep well at night. Follow regular bedtimes and wake times, and enjoy your best for sleep and life.

7 Eat and drink smart

Protein helps a lot for energy. Just 10 grams of protein is enough to get you going. Try to eat protein-rich foods like eggs, chicken, fish, and tofu.

Drink at least two liters of water per day. Research shows that dehydration causes fatigue and can lead to headaches. Try to drink water throughout the day.

Snack and protein bars will also help if you're on the go. Try to avoid sugary snacks and drinks that cause a crash.



THE 6 MAIN BENEFITS OF NAPPING



Research by NASA (performed on astronauts) showed that a 26-minute nap improved productivity by 34%, and lowered errors by 54%.



Napping boosts a host of memory processes that enhance productivity.



Particularly when accompanied by stretching, a nap can be an effective tool for improving memory and reducing stress.



Napping at least three times a week for 70 minutes or more can help you deal with a 20% lower risk of heart disease.



Just knowing a nap is coming is enough to boost productivity.



There can be up to 100% improvement in a day's productivity for those who nap regularly.

What explains all the benefits of napping? When you nap, you shut off your brain's interaction with external cues, the things you see, hear and feel. As a result, your brain is given an opportunity to organize and digest everything you learned.



Live It Good Plus App

Sandra C. Hannebohm
Editor-in-Chief

If you're a student, you probably wish you could be eating better. Sometimes there's just no alternative to that liquid egg sandwich that you grabbed on your way to class, but Aramark has designed an app to help you with that. Using the Live It Good App gives you free access to healthy recipes and coupons that work anywhere on campus. It's pretty useful for a student on the go. So far, I've found it to be the quickest and easiest way to get free coffee between classes.

I decided to give it a test run for a day, and I found it pretty practical. On my first browse through the articles, I learned how to read nutrition facts on food products, then debunked the myth that milk gives you 'the runs'. After reading and rating some articles for virtual points, I got enough points to be entered into a draw for prizes, I used the app to verify a coffee coupon and enjoyed a free

coffee.

As a vegetarian, I find it really hard to avoid eating the same lunch every day because I'm stuck on campus. The app helped me find other options I didn't know were offered by Aramark, like pita wraps and residence food. Did you know that you can go to the Dockside Dining Hall to eat, even if you don't have a meal plan? They have Meatless Mondays! If you're struggling with weight loss, trying to 'live green' or find 'life hacks' you should take a minute to download the app. It really makes it easier to find and prepare food that makes life on campus a lot easier.

Look for Live It Good Plus in your app store to find the free download, available for Android and iPhone. Be sure to also check out the SMU Dining website for more tips at smuca.campusdish.com and follow their Instagram (@saintmarysdining, #LIGplus) for updates on deals and easy-to-enter contests.

Poems

Islamophobia is actually a real thing

Azzedine Issa
Contributor

I'd been 6-beer deep
chilling in the far left bedroom
of the 5th floor of my building.
And as the post-modern//post-
structuralist masterpiece 'Very Nice
Girl' was buffering on x-videos,
I thought that I should be more
tactile. Thus, in the hopes of digitally
stimulating the girl I'd been seeing
months prior, I dialled Katie K's
number and in my drunken state,
I abandoned all sensibilities and showed
my vulnerability.

She asked who it was.
I hung up.
Back in the far left room, the ceiling was
spinning clockwise, counter clockwise,
maybe both, simultaneously.
I looked out into the stark darkness of
the back alley,
The neighbours across the way were
having a good time,
I wondered if I'd enjoy myself if I was
there.
I saw a solitary shadow walking up the
side of their fence
And it struck me, that islamophobia is
actually a real thing.

What we know

Bvumai Kurebgaseka
Contributor

What do we know?
What do we know of blood, bullets &
breathless prayers sent up in anguished
panic?
What do we know of violence so
malevolently contorted that it can no
longer be labeled war?
What do we know of being feared for
our allegiance to a deity?
Not nearly enough!
What do we know of the world?
We know that the greatest of mankind
have conquered in humility.
We know that fear of a minority is
not held in the consciousness of the
majority.
We know that the blossoms of peace
& mercy outweigh the ashes of hate &
ferocity.
We know that humans are the greatest

danger to humanity.
Yet we know it is in these very humans
that lies the salvation of humanity.
What do we know of peace so still &
perfect, it inspires great acts of love?
What do we know of extending our
hearts & homes to our brothers of
different blood?
What do we know of battling weapons
of death with words & deeds of life?
As the world watches on with bated
breath for the seeds of change to take
root,
We fail to realize that we are the very
seeds we look towards!
We are soldiers in this metaphysical war.
Our pens, pencils & parchments of
paper our weapons.
Our peacefully ambitious ideas & hearts
our ammunition. ...what do we know?

Beyond The Game

Neil Van Horne
Section Editor

The Huskies football team
was winless in 1984. It was the last time
the team suffered that disappointment
before the past two seasons. It was also
the second year that former CFL all star
Larry Uteck was head coach. Several
years later, in 1987 they won the AUAA
championship. It was the first year Chris
Flynn was playing as star quarterback.
It was a historic time for the Huskies,
captured by Clerisy Entertainment in
"Beyond the Game" written and directed
by Ryan Van Horne and produced by
Dale Stevens. Both are SMU alumni.

"I started at SMU the same
year as Chris Flynn, there was a feeling
of excitement in the air. The new
Tower facility (now Homburg centre
for Health and Wellness) had just
opened. I went to a rural highschool

in Musquodobit harbour, when I came
to Saint Mary's it felt like warpspeed
I remember seeing Flynn and Uteck,
they already had a lot of press, they were
stars " Said Stevens. Dale played varsity
basketball for the Huskies from '87 to
'92.

The documentary tells the
life story of Uteck, from his childhood
in a family with convicted father to his
university experiences. He played and
studied at Colorado in the USA, several
seasons in the CFL, did humanitarian
work in Vietnam during the war, and
served as a councillor and deputy mayor
of Halifax until he passed away due to
ALS (Amyotrophic Lateral Sclerosis) in
2002.

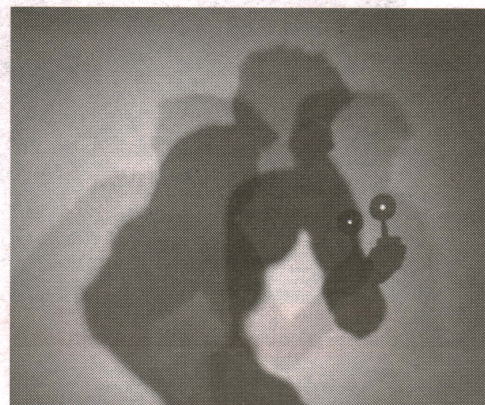
The seasons were rough at
first, until Flynn was recruited to SMU
and completed the team. From 1987
to 1990, he led Saint Mary's to a 27-2
regular season record, four AUAA

championships and two Vanier Cup
appearances.

Stevens was inspired to
produce the documentary because of
his pride in the region and the Huskies
team. "Times you get close, times you
achieve your goal, are very rare and
special. I think we should covet those
moments. A couple of catalysts brought

the best out of everyone at that time,
Flynn and Uteck were those catalysts."

Beyond the game is part of the
Documentary Sunday series on Eastlink
TV, and will be available online in the
future, but members of the team have
expressed interest in organizing other
showings.



CONNEXION

Hank Bull

Produced by: Confederation Centre Art Gallery, Charlottetown
Curators: Joni Low & Pan Wendt

Exhibition:
16 January - 20 March 2016

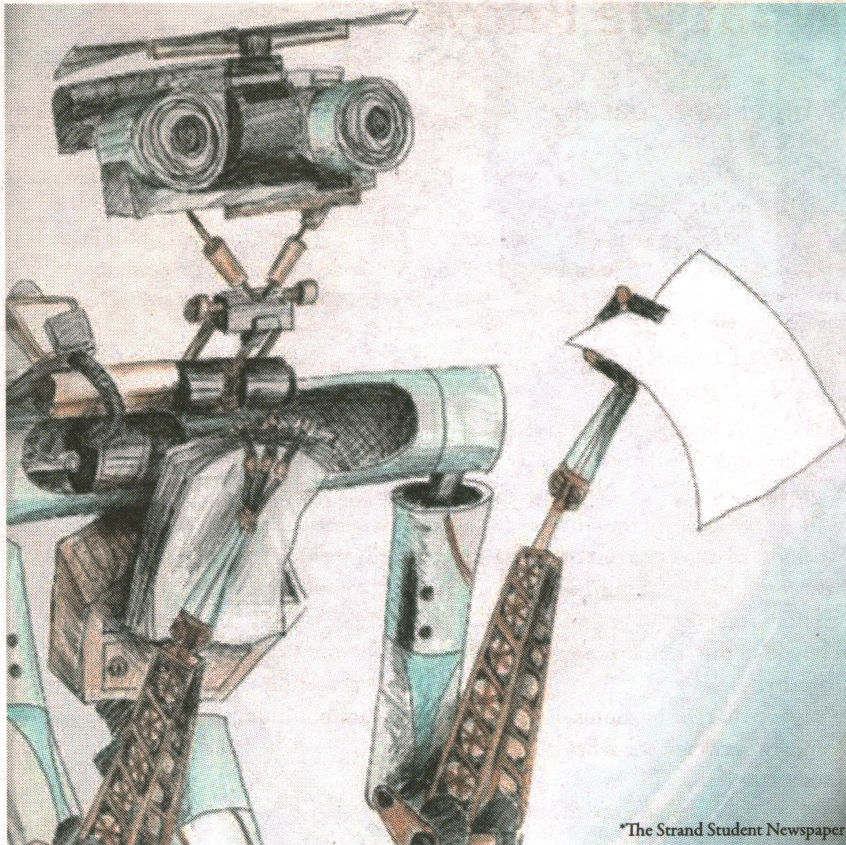
Artist Talk: Friday, 15 January, 7 pm followed by the
Opening Reception at 8 pm

Artist in conversation with Bruce Barber:
Saturday, 16 January, 3 pm

SAINT MARY'S UNIVERSITY SINCE 1862 ART GALLERY
Loyola, First Floor

HALIFAX

Canada Council for the Arts Conseil des arts du Canada
Dillon, photograph from 19-0-91, a performance by Canada Shadown Hank Bull and others from the Western Front, 1976.
Photo: Kate O'Neil



*The Strand Student Newspaper

Youth and labour; how employers got rid of the responsibility to care

Lyra Parks

edited and sourced from The Strand

For the retail and service sector, the holidays mean 'hiring spree' — one unmatched in any other season. As the year dwindles, the industry sells furiously and builds up profits the way a bear stores up fat, ready to make it through the hibernation period of January and February (that is, until Valentine's Day hits). What makes this corporate feeding frenzy possible is the in-store workforce that companies amass, which for some organizations, like my employer, means literally doubling their number of frontline employees for the

months of November and December.

Casually discarding seasonal employees when the retail-death period hits in January is standard practice, accepted without batting an eye, but nevertheless awaited with bated breath by new hires who are hoping to be one of the few selected to stay. Their labour status, increasingly uncertain the closer Christmas and Boxing Day loom, is one of the ways in which employers have shrugged off the obligation to provide dependable, sustainable, and dignified jobs.

The fact of the matter is that retail jobs suck. Not on principle and not in every case, but on average and across the board, they do. And

it's not the actual labour that is the key offender, but the conditions in which labour is performed. The plight of seasonal workers and their uncertain employment status is just one obvious example. On-call scheduling systems, which require employees to be available to come into work should they be needed, but do not actually guarantee pay for that period of time, are another. The common practice of distributing shifts across widely varying times and days often makes it difficult to plan one's life outside of work. There is the fact that many shifts are intentionally just short enough to avoid being legally obligated to give the employee anything more than a 15-minute break. There is the much-debated topic of minimum wage which, paired with the scarcity of full-time retail work, often necessitates having more than one job to fully support oneself.

However, I would argue that one of the worst aspects of retail work is the expectation of emotional labour (the requirement that employees display certain emotions as part of their job). Companies are well aware of how false "Hello, how can I help you today?" sounds by now, and acting genuine is a genuine part of my job description. It is, of course, intuitive and logical that employees should help make customers' shopping experiences enjoyable, but when the minute actions of employees are controlled in order to create the perfect customer experience, the conditions of labour begin to infringe on bodily autonomy, and things become invasive, distressing, and dehumanizing.

Retail employers have given me instructions like "use 'assist' instead of 'help' because it sounds more sincere", have told me to avoid sounding like a robot, and have barked the word "smile" at me over our headset communication system when my expression wasn't radiant enough during an evening rush. I have never worked harder to avoid publicly bursting into tears than the day I spent two soul-sucking hours at the front of the store, repeating a

one-sentence promotion over and over again (that's the same sentence, without a break, repeated easily over 400 times), and handing out flyers, only to be approached by a manager who suggested I must be having a bad day because I'm clearly not doing my best to be cheerful. A robot could easily have done my job that day, but a robot could not perform emotional labour, so the task fell to me.

And here's the thing: it doesn't have to be this way. Shitty, dehumanizing, inadequate retail jobs were not created because 20-somethings needed poorly-paying, part-time work. Shitty retail jobs were created because companies realized that 20-somethings were willing to do this work for less pay, less stability, and less dignity than their predecessors. Being a shop-person was once a valid career choice; now the position is specifically marketed toward employees like me, because it is not only assumed that I am transient, that I do not need benefits or a stable schedule, but it is also an actively cultivated idea.

Fill your employee ranks with enough young people who are forced to smile, and you can mask the fact that these are young people swimming in student debt, young people living with their parents for the longest periods of time in decades, young people who are often not so young, not single, and not childless. Young people who deserve better. But we won't see any reversal of this trend, of taking advantage of young people's desperation to work, unless almost unimaginably broad coordinated collective action is taken by workers to demand better, or our late-capitalist system is replaced by something that does not make a mindless pursuit for profit the *raison d'être* of most employers. And unfortunately, both those things make for slightly over-ambitious New Year's resolutions.

SMU Holidays

This is what some students got up to over the holidays!

