

the journal

Saint Mary's University's Independent Student Newspaper

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The Lasting Impact of Black Panther

Celebrating Black-ness
ENTERTAINMENT—Page 7

Defining Love

Rethinking How We See Love
LOVE—Page 6

Know Who U Are

Tips on Self-Love
STUDENT LIFE—Page 8

Canada's History of Anti-Black Violence

Exposing Canada's Racist Past and Present
RACISM—Page 10



ZAHRA DHUBOW,

Editor-in-Chief

Carol, a name that resonates with many students on campus. A figure associated with the Gorsebrook in many more ways than one. Carol has worked as a server for Aramark at the Gorsebrook Lounge, at Saint Mary's University, for the past 5 years and resigned from her position on February 4th. It was quite disheartening for many students that Carol would no longer be working at the University and as a gesture of support and solidarity, SMUSA closed the Gorsebrook early and disclosed these sentiments on their website, "the Saint

Mary's University Students' Association (SMUSA) is deeply saddened to learn that Carol Silvia has resigned from her position with Aramark and will no longer be working at the Gorsebrook Lounge. Carol is a hard-working individual who made every effort to assist our bar staff in ensuring the highest standards of customer service to our patrons. But most of all, she is kind, caring and passionate about the students of Saint Mary's University, and has indeed touched many of our lives. Carol will be missed. And while she may no longer be employed by Aramark, she will always have a place at the Gorsebrook Lounge with us and our students. We would like to sincerely thank Carol Silvia for her years of service to the Gorsebrook, the University and especially for going above and beyond her mandated duties for our students. We wish her the best in her future endeavours."

On Thursday February the 15th, I was privileged with enjoying an afternoon tea with Carol. I hadn't met with her prior to our meeting that afternoon, but because I'd heard so much about Carol and her time at Saint Mary's, it didn't feel at all like we'd just met. She immediately embraced me into a hug and there was a refreshing thing about her that immediately made me feel at ease and comfortable. I asked her about her day and how she'd been doing since her departure from Saint Mary's and she smiled and said that she missed her, "family", and felt as though despite her parting from the University, she had encountered so much positivity to, "last her a lifetime."

After discussing a bit about how she first started off as a server, we ventured into talk surrounding Carol's experience at the Gorsebrook. In Carol's own words she expressed that, "when I first started, I knew it was different. It was so much more than serving people. I was moved by why they [SMU students] were happy or why they were sad. How lucky am I, that I can be involved in something so big? Everybody thinks young people don't have that much in them, but young people have all this potential. They're the next generation. There's so much power in being kind. That's what happened in my life at SMU. I'd have the weekends off and I would feel down and I wouldn't understand. I was missing SMU energy and the students. They would come and give you a hug and appreciate you.

It makes you want to be better and better. It makes you want to ensure everyone is ok. It's a family!"

After chatting a bit more and having a heart to heart conversation, we somehow stumbled onto the topic of "The Secret" and the infamous 'Law of Attraction' and we talked on and on about the notion of how impactful what you put out into the world (whether it be positive or negative) is. Carol lives by "The Secret" religiously, saying that she's read the book countless times and fundamentally believes that everyone's purpose is to project positivity into the world. As we sipped our tea, Carol recounted how thankful she was that she'd been privileged with the opportunity to interact with so many students. She felt as though her interaction with students was a testament to her belief system in kindness, and how any kind of affirmative impact should not

"to feel all that love on the daily makes your heart different, it makes you want to be better."

be belittled. At the Gorsebrook, Carol felt incredibly energized on a day to day basis saying that, "to feel all that love on the daily makes your heart different, it makes you want to be better."

We briefly talked about the circumstance in which Carol resigned, and despite the fact that she was slightly hurt by her resignation and the basis in which that happened, Carol kept reverting back to how she was so happy that she'd been at Saint Mary's University, and how grateful she was for the wealth of experiences she was privileged with.

Knowing that in 2017 Carol was nominated on the Coast for being the 'Best Server' in Halifax, I was curious about how much her craft as a server improved during her time at the Gorsebrook. She had these words to say, "I was always organized. Maybe because life would sometimes get so chaotic, something would have to be organized. Life can be hard and we always have challenges, but I always use work as an excuse in life. So, no matter what was going on in life, I never brought it to work. It would be a fresh start every single day. And it never felt like a job, it almost felt as though I never worked a day during my 5 years there, because I loved it so much and I loved the environment. It's never been about the money at the end of the day, it's always been about the bigger picture. I live very simply and I realized a long time ago that the materialistic things are not as valuable if you're not fully giving of yourself in a place of work."

Carol is living proof that despite the circumstance you find yourself in that you should always revert to your moral duty. The Journal wants to express a great deal of thanks to Carol for her service and we wish her the very best!

Letter from the Editor



ZAHRA DHUBOW

Editor-in-Chief

What an exciting first publication we've had! We've had a plethora of comments and engagements in relation to certain articles these past couple of weeks, and I'm really pumped for people to continually share their thoughts and ideas with us. It's really promising to see how one publication can stir students on campus to reach out, and The Journal is thankful for that. Also, mega excited for the induction of our new team. Big shout out to Simone, Nazia and Mashiat! Watch out for some brilliant articles as part of our elections edition.

We've gotten a lot of questions surrounding our 'gender-neutral bathroom' article. In particular, we have received comments regarding how all of the bathrooms that were converted to gender-neutral were actually exclusively female bathrooms. A lot of the readers want to know why male bathrooms weren't converted over. At the moment, we're looking into those concerns and will update you with thoughts from our VP of Equity and Wellness, Lawson Morassutti.

Excitedly, we've decided to feature this publication as mainly to center around black history month and...love. Two

important topics that at times intersect, but are both equally distinct in their own light. That being said, due to Carol's resignation from Aramark and the incredible feedback we've gotten, we thought it was only right that she be featured on our front cover.

Black history month is a celebration to highlight the historical significance of blackness in our society. Black Canadians have been incredibly influential in many aspects and yet that gets overshadowed with stereotypes that we draw from on a daily. What better way to alleviate many preconceived notions one may have, than to dedicated an entire month to the celebration of Black history. After having various conversations with many students on campus, we've come to learn that many students see the global necessity of Black history month, but they equally feel disengaged and don't necessarily feel like enough is being done on campus to celebrate this month. Knowing that in Nova Scotia there is a particularly dark history of slavery makes it even more pertinent that we make it our duty to understand and enrich ourselves about the makeup of this province and country at large.

Love. What a powerful 4 letter word. Quite essential in our everyday engagements, yet it can take a lifetime to fully comprehend. Both damaging and healing, love is one of those overwhelming words that have the power to change us, and in light of Valentine's Day it only seems natural that we feature some of the various understandings of what love means to people.

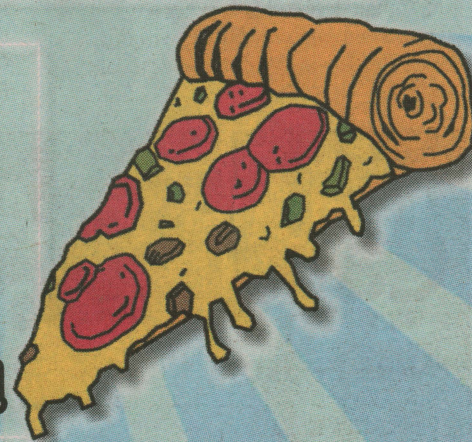
On a completely different note, are you pumped about SMUSA elections? I know I am. We'll have all the goodies surrounding the elections in our online publication! So, stay tuned for that. All in all, have a wonderful read through and as always if you ever want to give us some feedback or contribute, do not hesitate to email me at: editor.thejournal@smu.ca

Join Us!

Meet & Greet

Learn about how you could be part of The Journal

March 1st
Room LI 135
(Library)
5:00-8:00pm



FREE pizza!

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

Failing Abdoul

ZAHRA DHUBOW

Editor-in-Chief

After attending a town hall event, featuring the Minister of Immigration, Refugees and Citizenship, Ahmed Hussein, I really began to dissect the idea of the interplay of racism when looking at Abdoul Abdi's case. When asked the question of his thoughts on the Abdoul Abdi case, Ahmed Hussein responded by addressing the structural adjustments that needed to take place in the foster care system. He also acknowledged the anti-black racism that perhaps was at work in this certain circumstance, and noted that the Liberal government needed to do something about it.

For those of you that do not know, Abdoul Abdi is a 24-year-old man who is of Somali decent. He was born in Djibouti and came to Canada with his aunt and sister when he was 6 years old.

For reasons that haven't been thoroughly examined, Abdoul and his sister were taken from their aunt and put into the custody of the Nova Scotia Department of Community Services. Abdoul and his sister were moved from foster home to foster home, totaling 31. Unfortunately, the Department of Community Services never took on their role of applying for citizenship for both children, and when Abdoul was charged with a criminal offence and followed through with the legal ramification that were set out for him, he was greeted with a deportation order.

Abdoul served his time of 5 years, and contrary to being able to move on with his life, he's now faced with the idea that he may have to pack up and restart in a country that is foreign to him. Ironically, our Immigration Minister hails from the same country that Abdoul is ordered to be deported to. Despite focus on the security status of Somalia and how that may be of hindrance to him, people need to realize that it takes away from the fundamentals of this whole ordeal, which is that the provincial government needs to take ownership for how these two former foster children have been treated. The fact that they were not given citizenship

is beyond me, and I believe that the legal basis of this deportation needs to take that into account. Hearings and legal proceedings do need to follow the book, but I think it's equally as important to have a humanistic view in this particular case. The fact that the Minister of Safety, Ralph Goodale, refused to halt the deportation process just goes to show how unsympathetic this government is. It is especially disheartening to see no formal apology from Stephen McNeil. After all, it was his government that should ultimately be held responsible for the displacement of these two individuals, and most importantly, the fact that these former foster children have yet to be granted Canadian citizenship. Interestingly, the McNeil government did acknowledge that alongside the Department of Community Services, there would be a look into complex cases where children needed citizenship.

Regardless, Abdoul Abdi is still up for deportation, and in this particular circumstance I can't help but ponder on the idea that racism may actually have had an influence. Some of you reading this may think I've jumped the gun, but honestly, I think it's fair to say that people may never entertain the

idea that, a criminal, Somali refugee be granted citizenship. In that same token, if a criminal is an "old-stock Canadian" - in reference to Stephen Harper - we aren't as quick to want him out. This is naturally so because we see the "old-stock Canadian" as inherently Canadian and therefore 'our problem'. Abdoul Abdi was welcomed into Canada at the age of 6 and after being stripped from his family, (by the government), and never being situated in a stable situation (due to the government's inadequacies), and never having a thorough process at a chance to be Canadian (once again at fault of our provincial government), he is no longer 'our problem'. How many double standards does it take for us to dissect this issue and realize how intrinsic the discriminatory aspect is in this whole situation? Let's all reflect on our own biases and try to rewire our subconscious to see past the rules at play and more-so at being fair and just.

Another fear of Milton's is that the erasure of male-focused language in the anthem is just the beginning of the changes. "Next thing you know, they'll be taking out every part of it until we're just humming the tune! No more 'true patriot love,' no more 'glorious and free,' no more 'home and native land!'" exclaimed Milton, who described himself as the son of a proudly second-generation Italian, and a British expat.

"See, this is the problem with gender equality," said Milton. "We just give and give, and they take and take until suddenly, it's us men who are really oppressed. They police what we can say, who we can say it to ... businesses aren't able to only hire men anymore, and these left-leaning nuts just keep pushing it further and further. Imagine how bad it'd be if we were ever foolish enough to elect a female prime minister!"

The Cascade's interview with Milton had to be terminated moments later when - after being asked how he'd feel if Canada's ever-decreasingly Christian population were to eliminate religious references in the anthem - he passed out while muttering something about tradition and the flag.



JEFF MIJO

The Cascade

(CUP) - As of February 7, 2018, Canada's national anthem has been forever altered. On that day, a bill from the House of Commons changing the lyrics was given royal assent, making it law. Where the third line of the traditional anthem was previously "in all thy sons command," it will now be "in all of us command."

Reaction to the change has been strong, especially in online communities.

"What kind of agenda are they trying to force down our throats?" demanded Kyle Milton, a 53-year-old boat salesman and avid CBC.ca comments section poster. "They can try to take away my free speech, but I'm going to keep singing it the way it's been since the beginning of Canada, and they're going to have to

throw me in jail to stop me."

The song, which was originally written in French in 1880, underwent several versions and translations before being officially published in its most well-known form in 1927. It was adopted as Canada's national anthem with the National Anthem Act in 1980.

Milton is not just upset about there being a change, but also what the change is. "Women won equal rights in Canada decades ago, so I don't see why we need to keep wasting time and money on these pointless token gestures," Milton said, in the same month that Macleans released an issue highlighting the wage disparity between men and women, citing numbers that could be anywhere from eight to 50 per cent. "What's next, Ms. Dressup?" Milton asked with a laugh. "Kim Hortons? Women's hockey? Haven't these people changed Canadian culture enough?"

Thoughts on Black Heritage Month

ZAHRA DHUBOW

Editor-in-Chief

EMILY TROTTIER

Contributor

We were super curious about students' thoughts on Black Heritage/History Month. So, we decided to meander around campus and find out for ourselves.

We asked students these following questions:

Were you aware that February was Black Heritage/History Month? And what do you know about Black History Month?

Who's a prominent historic Black figure that resonates with you?

What can we do on campus that might make you more aware of Black Heritage Month?



Rakibul Islam

To be honest, I don't have any idea what Black History Month is.

There aren't any events or anything on campus that I can think of and there was nothing done openly to celebrate the month. I haven't seen any events or posters showcasing that it was Black History Month.

Nelson Mandela. He was great leader. He was an inspiration to African people.



Braden Newell

I was aware, but like a lot of us we forget that too easily. I think when someone thinks about Black History Month, they immediately think of Martin Luther King Junior, they think of the 1960s era of social rights and racism. I don't think anyone necessarily jumps to the accomplishments, people tend to jump to the terrible things that have happened. People tend to look at the news and say, 'there are a lot of amazing things, but everything came out of something bad'. People tend to be fixated on the bad. So, I don't think I know as much as I would like to know and I don't think we do as good of a job to cover that in public education or here at SMU. Overall, we can do a better job at covering Black History Month.

We live in a digital age. If we want to get young people's attention, something like a snapchat filter as a reminder and to celebrate the history. It would promote us to remember those who have sacrificed for the cause and be mainstream. Also, we should penetrate public schools by emphasizing this month in social studies classes. Going right into the public education system is very important. Bell has the #bellletstalk campaign. We need to have something similar. They do it once a year, but it gets a year worth of attention. The same should be happening for Black History Month. I think it would spark a conversation.

Viola Desmond is one of the most prominent individuals. And so is Martin Luther King Junior. We don't know enough though. And I would love to know who else in history that has had an influential effect on black culture.

I was aware that it was Black History Month. Every day, I learn something new about Black History Month. For instance, the variance in African Heritage, in Black History and the nuances that come with that. Every day, is certainly a learning experience.

It's important to think about how often people of colour have to carry this extra baggage. Somebody like myself, who is of South Asian descent and born here, often doesn't fit into one particular. Rather, there's more to it. I am complex and multilayered. I'm currently interested in the work of bell hooks [also known as Gloria Watkins]. And because I primarily work in Mauritian culture and literature, there are aspects of Mauritian culture that are influenced by African roots. I'm interested in poetry from that region as well, there's a francophone element to the poetry, which I'm also interested in. And I'm always in love with everything that has to do with breaking away from assumptions, even within ethnic groups. For instance, looking into what makes somebody who they are is very complicated and that is something I am learning about Black Heritage Month right now. There are differences, variances, degrees and layers.

From a professor's perspective and being the President of the Faculty Union we definitely need to hire more people of African descent. In the past 25 years, we've seen an issue with retaining some of our Black scholars. We are an international school that is a makeup of 33% in international students. For instance, if I'm an international student that hails from Zimbabwe and I look up, I hope to see a professor that I can relate to and that I can understand and that understands me. I want my university experience to be challenging and informative, but it also has to be a place where I am going to grow and I need to make sure that the professorate reflects that. That being said, the Faculty Union is very much aware that we don't have enough people of colour, and particularly Black women. We have a lot of progress to make.

-Rohini Bannerjee



Shivani Dhunna

I see it as a moment of empowerment. I see it as a month that forces one to stop and think about prominent individuals, such as Rosa Parks and Martin Luther King. It brings people together to celebrate the significance of Black History. When I think of Black History month, I also think of contemporary issues such as police brutality and that's something people should definitely think about when they're discussing the significance of this month.

I don't think we're doing enough on campus, certainly not when it comes to recognizing the significance of the month. In High School, I know that we did a lot of awareness surrounding this month and everyone at school understood it's significance. I'm not sure what is done on campus, especially seeing as though it's my first year. It would be nice to have a campus wide event to get students educated on black history month.

Oprah has definitely done a lot for the Black community. And she's been pivotal in empowering a lot through her own experiences.



Jolene Mclsaac

I try to stay pretty informed. I like to read up on Black History. I definitely think it's important. Black History is always important and now I think people are more susceptible and see it as an important thing.

Saint Mary's University as a whole is doing a lot to create diversity and inclusion. We have about 40% of international students and there are a lot of diverse societies as well. I think it's good. As a white person I guess it's good? I feel like my opinion is kind of obsolete.

Obama being the first black President certainly always jumps out. Especially now more-so, knowing that Trump is the President. That was definitely a big step back.

Defining L-O-V-E

KATERINA SUSKO

Alumna Contributor

What do you think about when you hear the word 'love'? Do you think of your mom, who used to read you stories before bed? A grandma, who has always been a great listener? A friend who's been with you through laughter and tears? Your lover's huge brown eyes? Holding a lover's hand?

Love means so many things to different people, however I bet a lot of us think about romantic love when we hear the word (I for one know I am guilty of that, at least). Could it be that we are limiting ourselves by focusing on romantic love so much?

Once upon a time, the ancient Greeks pioneered various ways to distinguish between different types of love. They coined four different types of love and resolved the application of one love applied to different circumstances. Us on the other hand, are often limited to the use of one word in which we throw around here and there. For Greeks, there was the word *Agape*, which was a selfless and unconditional love, almost a form of a charity that we can experience toward a flawed but very relatable character in a movie, or towards humanity as a whole. There was the word *Eros*, a passionate love that refers to feelings between lovers and the appreciation of beauty in another person. According to Plato, even though this appreciation starts as a desire for one person, it can later transcend and open our eyes to beauty in the world as a whole.

For love between friends, the term *Philia* was used. To classify the love expressed between long-term spouses – not the fiery passionate love, rather the cozy love of understanding and caring – the term *Pragma* was used. And the list goes on!

How did we end up with just one word in the 21st century? Moreover, when did we start legitimizing one kind of love as more worthy than others?

No doubt, romantic love has a lot to offer human beings. For instance, becoming vulnerable and truly opening up and knowing someone on so many levels can be incredibly rewarding, but so do other types of love that we sometimes take for granted these days (much thanks to romantic comedies). So often I've heard people say, "I just want to find someone to share my life with". Yet, the fact that we already share our lives with our friends, families, communities – even strangers on a bus – are all mysteriously forgotten. This strong fixation on one individual is glorified and deems all other types of relationships as less precious.

Ironically, by doing so we may be not only diminishing the value of other relationships, but also hijacking something from romantic relationships. What I mean by this is that when we expect to get most of our needs met by just one type of bonding, we create pressure that may result in one party in the relationship to feel as though they can't 'breathe'.

Ancient Greeks knew about space and self-care as well. They recognized the importance of self-love, known as *Philautia*, which could range anywhere from self-obsession and narcissism to naturally liking oneself and feeling secure and worthy of affection. This healthy type of self-love was considered to be a foundation for being able to love others fully. Therefore, giving each other space in any relationship – which is the space to grow and figure out who you are and be better connected with yourself – is the best thing we can do, both for ourselves and the other individual.

So, with these ideas in mind let's open our minds and hearts to different kinds of love in our lives. Let's also remember to be cognizant of our self-love, after all it was Aristotle who said, "all friendly feelings towards others come from the friendly feelings a person has for himself".

Going the Distance

FERDOUS MASHIAT SHARIF

Section Editor

Letter to the man living beside the South China Sea.

Dear Love,

Love is not only saying "I love you baby or I miss you"

Love is:

Being the best friend and your gossip partner.

Being the person you are.

Being childish yet the adorable baby girl in front of your partner.

Being the support system for each other during hard times.

Being the motivator and a teacher for your partner.

Being the parent and sibling when needed.

Being the lifeguard.

Taking care of each other in sickness and hard times even when you both reside in two different parts of the world.

Eagerly waiting for each other and counting days to meet the very next time.

Being excited to hug and the smell of your cologne when you are in front of me.

Making each other the reason of our existence and identity.

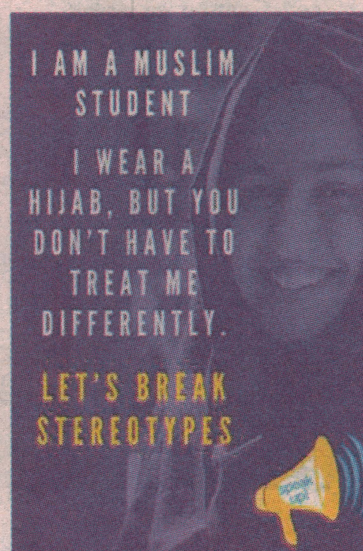
Smiling when I think about you.

And when that person comes into your life, in your very worst phase and turns your world upside down.

Loving you deeply, madly, crazily and immensely everyday.

Oh my love, I love you. And I will always and forever.

From the girl living beside the Atlantic Ocean.



The Lasting Impact of Black Panther



ZAHRA DHUBOW,
Editor-in-Chief

The positive uproar generated by the movie *Black Panther*, has been incredibly energizing and uplifting to watch and witness. There's a heightened sense of anticipation for most of the Marvel movies, but nothing has really come quite as close to the awaited release of *Black Panther*.

Black Panther, as a character, was first introduced to the world by his co-creators, Stan Lee and John Kirby, back in the 60s. Interestingly enough, *Black Panther's* introduction to the world was right at the height of the civil rights movement and contrary to how Black folks might have been portrayed at the time, *Black Panther* was depicted as an intelligent superhero that hailed from an advanced nation in Africa. The 60s was a time in which African Americans were doing whatever they could in their capacity to challenge segregation. To go ahead and display a Black superhero in a major publication company, during that time period, was definitely pivotal and necessary.

As the name of the character suggests, *Black Panther* can be paralleled with the *Black Panther* political party that

operated throughout a variety of American states during the civil rights movement. What I believe is much more interesting though, is unboxing the social impact of this movie. Marvel is a magnificent franchise and the notion that they would put forth a movie featuring mainly black characters is unprecedented, but incredibly necessary. All of our main sources of visual entertainment mainly showcase white characters. In movies, most black characters are often cast as the sideline 'best-friend', or some other insignificant individual. This can be detrimental for black children tuning into these movies and programs because it can create a limited view on what individuals like them can achieve in the real world. Placing the main protagonist of a movie as a black superhero, just emphasizes the notion that black folks are just as capable of saving the day as any other superhero. It also actualizes the idea that black folks are validated in our media industry.

Another aspect to celebrate about the movie is the setting in which the characters reside, which happens to be the most technologically advanced in the Marvel Universe. Wakanda is a wealthy African nation that draws from the intellectual minds of its inhabitants to form one of the most superior nations

Remembering Carol

MAHMUDUR RAHMAN SHOYON,

Contributor

"Hi dear! Ten wings, breaded, honey garlic on the side?"

When choosing where to eat lunch on campus, countless students picked the Gorsebrook just so they could be greeted by good ol' Carol.

Carol Silvia personified joy and care. She listened. She WANTED to listen. She made you feel special on a day that might have been going extra south for you. She was like a mother to so many students. At the end of a day, it was common for many students to log into Facebook only to see a heartwarming message left for them on their timelines by her.

Her enthusiasm towards work raised the energy of everyone in the room. Her passion for all things SMU outranked many students. On a bus trip to Acadia to face the Axemen in the AUS semi-finals – who do you see? Carol. This passion of hers made

SMUSA award her with the prestigious Harold G. Beazley Award last year. It was a scene that makes me teary till this day. The best of introductions read out by Ben Gaunce, followed by the whole room of student leaders and university officials giving her a standing ovation. The SMUSA president himself going to bring her up to the stage. The never-ending cheers.

Carol has been here for 5 years and many of us hoped to graduate and go grab one more Husky Burger to meet Carol, but unfortunately due to what I can only assume is poor management from Aramark's part, Carol had to part ways. My Gorsebrook experience will never be the same. My gradually increasing approval for Aramark is again at an all-time low.

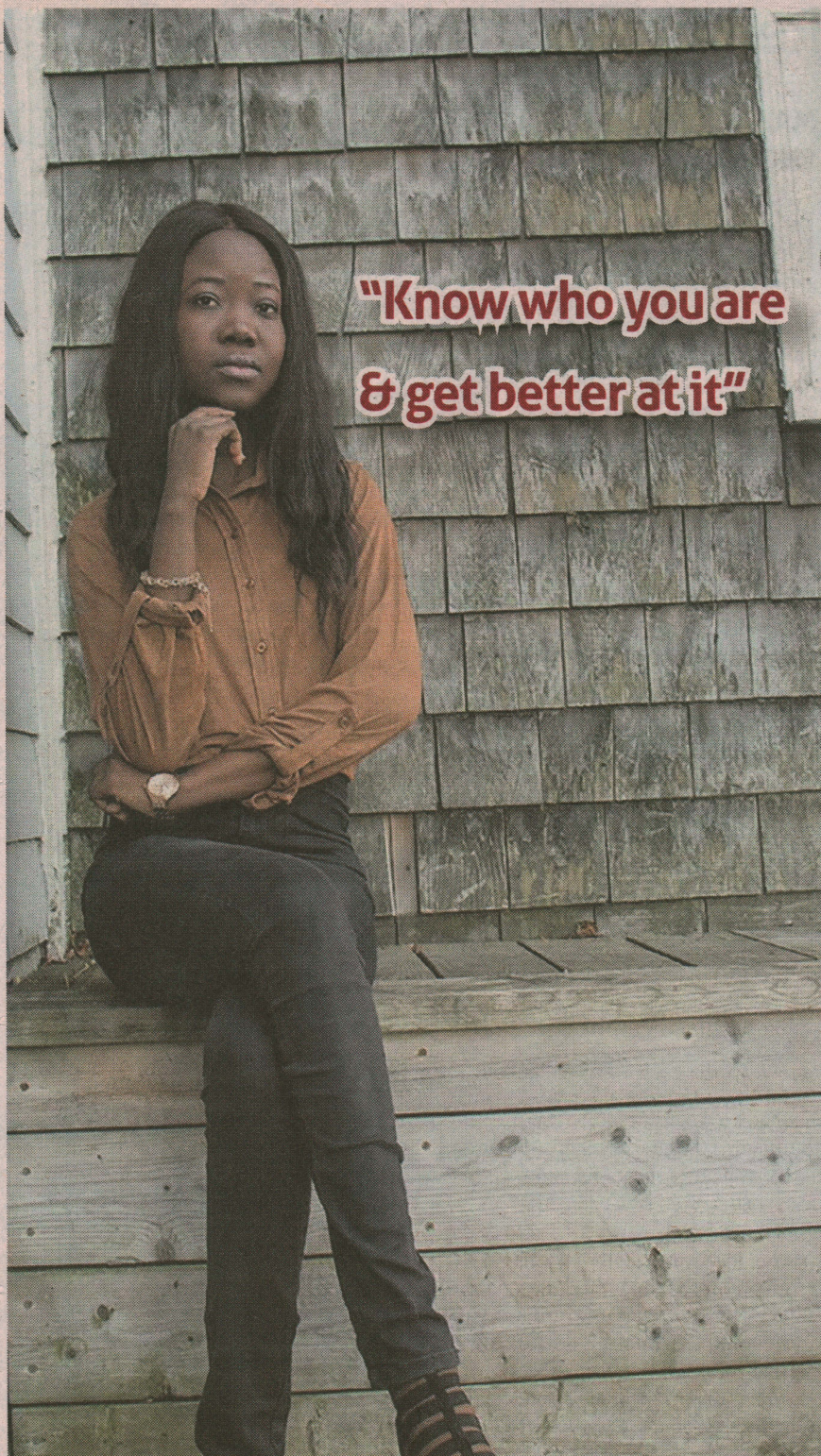
However, I will keep the good memories close to my heart and on behalf of the entire Santamarian student body, I thank Carol.

Black Panther Continued

in what we'd consider to be the African continent. To characterize an African nation as being a successful and wealthy developed nation, is the antithesis of everything associated with African states today. The African continent as a whole is more or less viewed as helpless, poor and corrupt and yet mainstream media continues to feed into this dogma. *Black Panther* holds a lot of weight because it's the first movie of its kind that evidently showcases black characters as royal superheroes.

After watching the movie and digesting all the peculiarities of African culture

showcased in such a celebrated light, it dawned on me that this was the movie to beat. A dynamism of African-ness mixed in with action and a plot that carries a lot of depth. The execution was beyond the scope of what anyone would have expected, and to top it all off the aesthetics and musical production was delivered in a breathtaking way! Leaving this movie made me want to go to various regions of the continent and explore the historical elements of the motherland, but for now I'll just continually re-watch the movie and imagine myself in Wakanda.



Know Who U Are

EUNICE YIDANA

Contributor

Hello lovely SMUdents, it's me again. Allow me to re-introduce myself for those of you who do not know me. My name is Eunice Yidana, a final year student pursuing a Bachelor of Arts degree in International Development Studies with a minor in French. I am also a Fashion & Lifestyle Blogger at www.chicbeautyinandout.com

Today, I provide you with some inspirational lessons on how to stay confident. This topic has always been on my mind and it is therefore important to write on the matter.

Let's begin...

Knowing and loving yourself is very essential because it boosts your whole well-being. Make sure to always keep a journal with you to write down your interests as well as your weaknesses. Do not be too hard on yourself when it comes to pinpointing your weaknesses. After that, find ways in which you can improve upon those weaknesses.

Next on the agenda is to always have positive thoughts on your mind. Even if something is negative, why don't you channel it and make it positive? You do not have to waste your time and energy thinking over unnecessary things.

If you have a petite body size or are tall or fat, whatever it is that bothers you learn to love it and as time goes on you will develop this confidence. With that mindset, if ever people come up to you with negative thoughts, you will already know your stance and won't be easily bothered by what anyone does or says.

Be beautiful in and out because there can be no you without you being yourself. I will end with a Bible verse "I praise you because I am fearfully and wonderfully made" (Psalm 139:14). God has already stated that you are wonderfully made, so you do not need to be bothered about what people say

about you because your Father in Heaven has pronounced the final say.

Join me in my campaign with the hash tag, #KWYAxCBIOcampaign2018 on Instagram, Facebook and Twitter with your definition of being confident and beautiful in and out and let's motivate young people together to love themselves no matter the situation they face.

I also started a series on my blog (#CBIOXINSPIRATION), do check it out and be encouraged.

I cannot end without giving you some fashion tips, so here we go!

Style 101:

P.S: These tips can be used for both men and women (men I gotcha!)

- 1) Next time you go for shopping, always buy clothes that will be worn all the time and that can be easily styled with the other clothes in your wardrobe. You do not want to have a full wardrobe with most of the clothes not worn, do you?
- 2) In your wardrobe or clothing rack, always buy the same color of hangers to achieve an organized look + get the aesthetic feel that you want. And oh you will always be excited when picking out your outfits.
- 3) Always put on perfume. A perfume can boost your confidence and ensure that you get through the day without feeling conscious of your body.

If you have any questions, be sure to reach me via chicbeautyinandout@gmail.com and follow me on Instagram (@chicbeauty_inandout) and Facebook (ChicBeauty In & Out). Until then, know who you are and be beautiful in and out.

Eunice

In the Name of “Quiet” Study Space

NAZIA SAZNEEN

News Editor

Libraries, study spaces and lounges – what do you picture when you come across these terms? The answer certainly differs from person to person, but they all have these few common denominators: books, people and silence – at least that’s what I picture when I close my eyes and think about how any study space should be. That being said, we have to acknowledge that that’s my personal opinion and it is perfectly fine if it’s overlooked. However, these very places are the ones we ‘generally’ expect to be in when we utilize our time and concentration to get things done. On that note, how often does real life keep up with our expectations? Like for instance, in terms of studying in the Patrick Power Library, the Atrium, the D.E.N (Digital Education Neighborhood) or the BMO Lounge. I would vouch and say...hardly never.

The Patrick Power Library is a great place to start with the issue at hand. I am personally very fond of the place. It has convenient seating arrangements, friendly librarians and student assistants promptly on service at all times, with beautiful decor here and there and two quiet floors above, which are almost everything one needs to create a cozy study environment for students. But, what about when those two quiet floors above are packed? Mind you, that happens quite often and in times like these, we have no other choice but to find solace in the library’s first floor, which on a regular day is no less noisy than a fish market. Now, if we keep searching for that quiet study space, the Atrium is simply out of question. It’s a plain ‘no no’ because it is the worst of them all. The place is designed to be a study area – clusters of seating arranged just outside the library, entrance on one side and computers along the walls, study

desks and amoeba shaped worktables on the other side of a ceiling high wall embedded with beautiful horticultural climbing plants and wall shrubs with water trickling down incessantly. Interestingly, science says that the noise of water droplets happen to be one of the most calming sounds to help one focus (and sleep), but you will seldom hear it over the non-stop hullabaloo that goes on until the middle of the night and sometimes does not even stop then. With regards to the D.E.N and the BMO Lounge, there isn’t much that one can say in particular. They are decent study areas and they have posters on every wall that evidently say, ‘Please be considerate of others...QUIET STUDY AREA’, but exactly who and what is quiet? Seems like many of us have still not learned to be considerate of others or these study spaces.

Quiet study spaces on campus are truly essential for everyone and it seems that we are slowly losing them to our own chaos. I know a lot of other students who have been on this end of the problem, but to those happily on the other side of it I would say, learning to respect a quiet study space should not be too hard for anyone, eh?

I must be courteous and also mention, I have the utmost respect for our university facilities management and staff who have worked so hard to make this university and its services better and ensure accessibility as a concern, but when it comes to ensuring whether their efforts are actually being complied with, how far have they really gone? A rhetorical question that would be sufficient to make them rethink the lengths they should really go to regulate the conveniences we students deserve. And the rest is not my duty to take care of. My duty is to study right now but hey, I’m still struggling to find a quiet study space.

Beat the Stress



NISHKA MARIA RAJESH,
Member, Healthy Minds Team

Exams, Exams, Exams! This is quite literally the most stressful time of the year for a university student. It’s the time when regular “studiers” and procrastinators alike want this time to be over. Any student you talk to on campus will probably tell you that they are super stressed out. Unfortunately, it has become the norm for students to make unhealthy choices during this time. Many sleepless nights, microwaveable food and coffee...lots and lots of it.

In reality, there are many studies linking healthy practices such as getting a good night’s sleep, eating healthy food and exercising, to higher grades. Also, last minute cramming might seem like a good idea, but studying little by little, day after day is what helps put the information that you studied into your long-term memory. One tip that makes it easier for people to focus, is to take regular breaks. It is recommended that students study for 40 minutes and then take a 10-minute break to help their mind rest and process all the information it just received.

Treat your mental health as something really important and please realize that self-care is important, especially during stressful times such as this. During your breaks, you can either meditate to wind down, exercise or get some fresh air. Nothing de-stresses the mind faster than physical activity! So, join that Zumba class you always wanted to go to or take a walk to Point Pleasant Park to watch the sunrise.

Stop comparing yourself to others. Some people are better at certain subjects while you may be better at others. So, stop comparing yourself to Sally who got an A in Math when you got an A in English! Giving your best is all anyone will ever ask you to do. Yes, strive to reach the best, but be careful not to push too hard! You are much more important than your marks ever will be.

The Healthy Minds Team recognizes that this time is really stressful, so we gave out KitKat chocolate bars to students in the Atrium and the library, wishing them to “Have a Nice Break”. We stressed the importance of self-care and mental health. Another event that we had was the ever popular Therapy Dogs event. Dogs can really help people to de-stress. At our last Therapy Dogs event, we had a survey to ask students to rate their stress levels when they first arrived and then again after spending some quality time with the dogs. Almost everyone responded that they felt much better and less stressed after the event!

Give it your best shot! Good luck on finishing up the semester and we at the Healthy Minds Team hope you had a happy, exciting and restful reading week.

Black Lives

Time to expose Canada's history of anti-black violence to the mainstream

KEVIN KAPENDA
Capilano Courier

(CUP) – It's February again, but this Black History Month feels different than past ones.

Just last fall in September, the UN Human Rights Council urged the government of Canada to address historic and contemporary anti-Black racism in a series of recommendations. Formally acknowledging the presence of African slavery in Canada and considering reparations for many historical injustices grounded in exploitation, segregation and state violence were just some of the recommendations leveled by the UN. What was perhaps most damning in the report was the working group's assessment of how this historical violence has shaped Canada's anti-Black present.

The report outlined the many obstacles that prevent Black progress in this country, and the ways in which anti-Black sentiment is "deeply entrenched in institutions, policies and practices, that its institutional and systemic forms are either normalized or rendered invisible, especially to the dominant group."

For the UN, contemporary anti-Black racism "replicates the historical de jure and de facto substantive conditions and effects of spatial segregation, economic disadvantage and social exclusion." While Canada has a long history of de jure, or legal, anti-blackness, the legacy of such policies continues to plague our society through informal, or de facto, racism. It is this unspoken yet loudly heard racism that makes the experience of Black Canadians distinct in the eyes of the UN, "because of the particular history of anti-Black racism in Canada, which is traceable to slavery and its legacy, through specific laws and practices enforcing segregation in education, residential accommodation, employment and other economic opportunities."

Of course, the UN's report was not all doom and gloom. It welcomed many actions being undertaken by provincial governments, particularly those of Ontario and Québec, who have named anti-Blackness in recently released anti-racism strategies, and moved to abolish programs such as police carding. Carding, a term used to describe the arbitrary stopping and identification of suspicious-looking people, disproportionately impacts Black individuals, adding to the

violent history that exists between Black and Indigenous communities, and law enforcement in Canada. While Ontario abolished the practice in early 2017, police still have thousands of records of individuals who were unconstitutionally carded, and in many cases, because they were Black.

In addition to provinces, cities are also independently committing themselves to addressing anti-Black racism and with due reason. Municipalities are at the forefront of education, housing and policing, three institutions that have negatively impacted Black quality of life in Canada. In 2017, in response to the UN's report, the City of Toronto released an Interim Plan to Confront Anti-Black Racism. This included acknowledging the ways in which the city's school board (TDSB) and police force (TPS) have failed the community through low graduation rates and streamlining black youth to low-skill courses, as well as subjecting Black Torontonians to disproportionately high rates of carding, excessive force, in-school policing and incarceration. In his letter of support for the report, Mayor John Tory reflected on the stories of discrimination and dehumanization he had heard from Black Torontonians by acknowledging his own privilege.

While the acknowledgment and historical overview of anti-Black racism from Canadian governments and the UN has been eye-opening, no account of systemic anti-Blackness in Canada has been more insightful than that of Robyn Maynard's in her 2017 best-seller *Policing Black Lives*. In the book, Maynard traces the evolution of anti-black violence in Canada from 18th and 19th century slavery, to 20th and 21st century economic exclusion, mass incarceration and segregation.

One recurring criticism of Black History Month in Canada is the belief that it is unnecessary because our country is not racist nor anti-Black, and that it is more relevant to the US or other countries

with African slavery. However, after centuries of both material and symbolic anti-Black violence, which in the UN's

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words was systemically kept low-key, it appears as if that criticism no longer holds weight. Therefore, my hope for this Black History Month and all those to come is not only for it to serve as a celebration of Black contributions to the cultural, economic and social development of Canada. My hope is that it can also serve

as a reminder of Canada's historic dehumanization and enslavement of Black bodies, and the contemporary violence, both physical and symbolic, Black Canadians continue to suffer.

A Violent Past

When I was in high school, Black history in Canada was not something that was talked about. The only slavery discussed in my history and social studies courses was that it had happened in the US. In fact, the only Canadian Black history I remember from elementary and high school are stories about the Underground Railroad, which depicted the US as a violently anti-Black country and Canada as a welcoming safe haven for runaway slaves. Of course, these stories were not told or written from the perspective of Black people. They were written to support a false narrative that Canada is not as anti-Black as the US, and that the country has always been welcoming of difference – except for the countless times our country has proven to be anything but.

Indeed, throughout my 24 years, I've been constantly told that anti-Black racism is far worse in the US and that I should be thankful I'm here. The problem with this widely-held belief is that it erases past and present anti-Blackness in Canada by confounding the cultural, demographic and historic differences that exist between Canada and the US. According to Maynard, early settlers deemed Canada's climate too cold and unsuitable for large-scale plantations

that produced large black populations in the US, Caribbean and Latin America. The British Empire and France were both slave trading nations that stole millions of Africans and transported them to their other colonies in the Americas. The main reason why Canadians believe we aren't as anti-Black as Americans is not because our history or record suggests so, but because Black bodies are erased from the Canadian identity, as a highly invisible minority group. Whereas in the US, African-Americans remain the largest and most visible minority group. In the eyes of Canadians, the number of African-Americans magnifies the racism perpetrated against them, even though our past and present has been just as violent towards Black bodies.

In her book, Maynard traces African slavery in pre-Confederation Canada back to the late 18th Century. The first Africans held in Canada were enslaved by French settlers in what is today Québec, and Atlantic Canada. As the British increased their presence and control of Canada, they too enslaved Africans in those provinces as well as in what is today Ontario. While the French settlers in Canada enslaved both Africans and Indigenous peoples, the British, as well as other European colonizers generally believed that Indigenous peoples were ill-suited for slavery while Africans were born for it. When France signed over full control of Canada to the British in 1763, Maynard writes that ownership of slaves was fully endorsed by the British Empire and all slaveholders, English and French, could continue with the violent practice. One common misconception about slavery that Maynard's book shatters is the belief that slave owners were only the political elites or ultra-wealthy, like today's top one percent. In actuality, slaves were owned by settlers with varying economic and social capital, from all walks of life.

African slavery in the Americas was inherently murderous, from first encounter and theft, to bondage. Canada was no exception to this violence. Maynard's reading of Québécois historian Marcel Trudel reveals that slaves in New France were beaten with chains and rods

as a form of punishment. Due to the immediate (beating and killing) and latent (denial of food) violence perpetrated against slaves in pre-Confederation Canada, few slaves lived past the age of 20. In addition to these acts of physical violence, female slaves were also subjected to abhorrent reproductive and sexual violence, subjecting Africans to both

Euro-American racial hierarchies and patriarchy. Another form of violence African slaves in Canada were subjected to was isolation.

When British Loyalists from the United States were resettled in Nova Scotia in the late 1800s, they were promised land from the Crown. However, most were not given land and those who were, only received a quarter of the land given to British settlers arriving from the UK, an amount that Maynard cites as too small to live off. Therefore, most freed Blacks in Canada had to become cheap farm and domestic workers for whites who were paid virtually nothing, due to the systematic economic exclusion of Blacks. To this day, property continues to be the most common generator of wealth, as demonstrated in Vancouver's housing prices.

Like the United States, Canada also has a violent history of exclusion, epitomized in curfews and segregation. Maynard explains that "sundown" laws and other bylaws existed in many Canadian cities which required blacks to be in their homes or out of town altogether by a certain time of day, effectively

criminalizing their existence outside of providing exploitable labour.

A racist present

Acknowledging and understanding Canada's history of anti-Black sentiment and violence

is the only way we can attribute present inequalities to racism. From a young age, I've been told by society that things are the way they are because Black people are innately devious and unable to escape poverty. That it is our fault we are disproportionately incarcerated, policed and victimized by extra-judicial killings. That the ghetto is a place we created and accept, rather than places we were forced to live in through economic impoverishment and spatial segregation. While the work of activists, scholars and writers like Maynard, Desmond

Cole, and Britney Andrew-Amofah is increasing awareness about anti-Blackness in Canada, past and present, the challenge facing Black Canadians is to get 97 per cent of Canadians to understand the embodied experiences of three per cent of the population. As the recent acquittal of the Saskatchewan man who executed Colten Boushie demonstrated, talking about reconciliation in legislatures and universities, and addressing racial violence in everyday communities are two very different things. However, by continuing to expose historic and contemporary anti-Black violence in Canada during and outside of Black History Month, I am optimistic that I will look back on this year's February decades from now as a turning point in the struggle for Black emancipation in Canada.

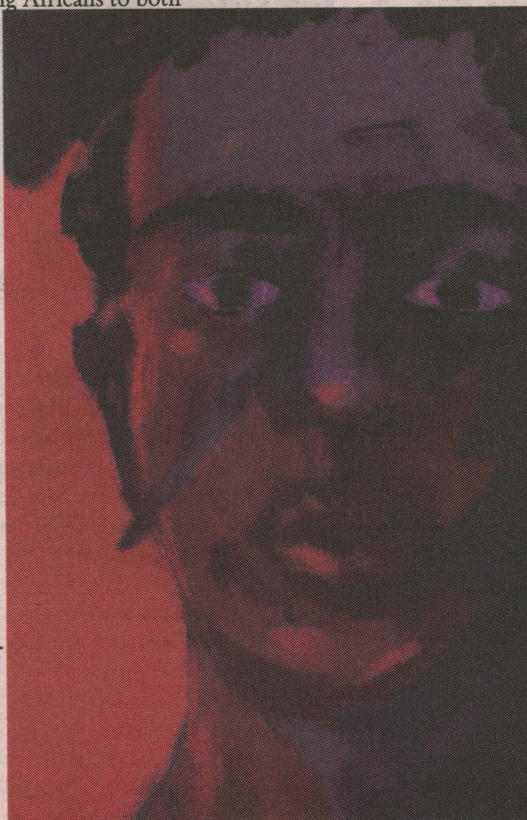


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