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## Super Sumersonic

COREY GRANDY—CONTRIBUTOR

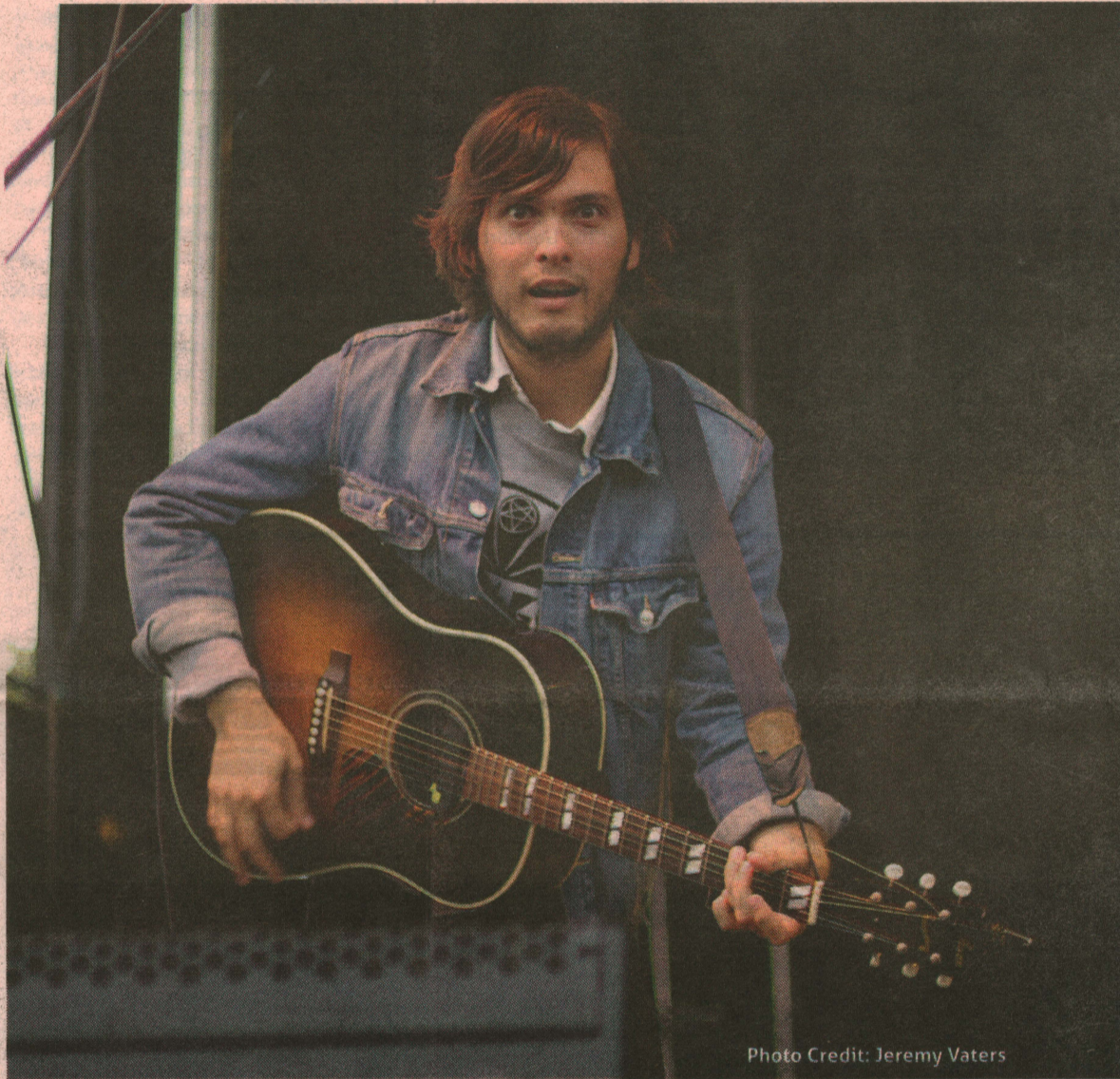


Photo Credit: Jeremy Vaters

Summer Sonic 2012 is an amazing concert series which took place September 7-9 on the Garrison Grounds, which featured an incredibly diverse lineup of performers. While all 16 of the artists were excellent in their own right, a particular few stood out as having stolen the show.

Those not explicitly mentioned from here on out, though, deserve some major credit. Early acts such as Mo Kenney, Old Man Luedecke, The Motorleague and The Stanfields played to small, early crowds with as much passion as if they had sold out Madison Square Garden. Middle-of-the-day performers Matt Andersen, Martin Sexton, Propagandhi and The Vandals valiantly took on the task of keeping the growing audience from becoming restless, and Daniel Lanois and Lagwagon provided the final jolt of energy and had each of us exhilarated for the headliners. It is not easy being part of a show with popular names like Ben Harper, Rise Against, K'naan or Stars, but they all did a great job of it and it would not have been the same without them.

First to take the stage Friday was Bahamas. After having taken the backseat to artists like Feist for years, Afie Jurvanen broke free from being a background man and recorded his 2009 album, *Pink Strat* followed by this year's *Barchords*.

It is no surprise that Jurvanen has stepped out in front; he possesses the technical skills, excellent vocals and coy mastery of his audience that many can only dream of. In his stage demeanor, I can only compare Bahamas to John Mayer; he is extremely soft-spoken and places focus on having his guitar speak for him in a way that

emulates the legendary Mark Knopfler. This was especially prevalent in his solos. I, for one, was amazed each time he stepped away from the microphone and demonstrated his technical prowess.

In my opinion, this is the tip of the iceberg for Bahamas. While he has received some recognition in the past, I am confident in saying that a lone Juno nomination will not be the highlight of his musical career. His music is the kind that, when you do discover it, you can't help but keep listening.

Following Bahamas was Josh Tillman, better known as Father John Misty. It didn't take long to realize that Tillman is blessed with moves that would make Jagger green with envy. All the while, though, the former Fleet Foxes drummer claims to be extremely lethargic, leading me to wonder what could possibly be more energetic than the serpentine writhing and Jackson-like moonwalk I now know him for.

My immediate impression of Tillman's musical focus since splitting from Fleet Foxes was that I had somehow missed Summer Sonic altogether and found myself witnessing a televangelist delving into self-induced insanity. Each song from *Fear Fun*, his eighth solo album (and the first as Misty), is a unique sermon composed of practical life advice and drug-induced hysteria that just happens to be accompanied by a full rock band.

Father John Misty has the innate ability to capture the attention of any audience member and welcomes them into his congregation with a cigarette in one hand and a beer in the other.

Continued on page 5

## One on One with Dr. David Murphy

SMU's Interim Director of Athletics & Recreation speaks about his return to campus



PRESTON MATTHEWS

A Journal reporter had the opportunity to have a sit down with the newly appointed Interim Director of Athletics, Dr. David Murphy.

**Journal:** Good day Dr. Murphy, how are you doing?

**Dr. Murphy:** "Doing great thank you"

**Journal:** I've spoken to some student athletes, staff and faculty members and they all have great things to say about you. How has the reception from people been

so far?

**Dr. Murphy:** "Oh it has been wonderful. What you have to understand is that I have a very long history with this university. I was a student athlete in the 60's, I was a coach in the 70's, I was on the board of Governors, an executive of the alumni. This is my second tour as athletic director so I've had a very close affinity to Saint Mary's University."

**Journal:** What are your expectations for this season, if any?

**Dr. Murphy:** "Well as far as the football team goes, I like what I've seen so far. I think that, what I see is men going out there, giving a 100% for 60 minutes and that's all you can ask. I've told them that I'll look at the season as the effort they've put in, and so far they have given a 100%".

**Journal:** What were your thoughts on Saturday's game?

**Dr. Murphy:** "Sometimes you feel so badly for the team but someone has to win and someone has to lose; when you can walk

off the field and keep your head up high and know that you've left everything you had and every part of your being. You gave for your team and left it right there on the field. You have to feel satisfaction, and not happy, but satisfaction and you did the very best you could and I don't think that there is a player out there that didn't do their very best".

**Journal:** What was the major deciding factor that brought you back to Saint Mary's University?

Continued on page 4

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT/SUN**

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Sept 19

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20

21

**SOCCER**  
MUN @ SMU 5pm & 7pm

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Alumni Event @ The Gorsebrook

22 23

**FOOTBALL**  
ACA @ SMU 2pm (pub open @ noon)

**23**  
**SOCCER**  
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26

**OPEN MIC NIGHT**  
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27

28

**KARAOKE NIGHT!**  
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## Letter from the Editor

Fall is here and the time is right, for dancin' in the streets...

Okay, so maybe that's not the right lyric, but I love fall! And you should too! Halifax is buzzing with new and exciting people, doing new and exciting things!

This week the Atlantic Film Fest is going on, Neptune Theatre is celebrating their 50<sup>th</sup> season, Halifax Pop Explosion is coming up, there's street parties and bike festivals and Word on the Street. This city is amazing!

So take advantage of it! I know things on campus are cool and exciting and I full endorse you should spend time getting involved in societies, sports and other on campus activities are important, but get out in your community! Meet new people, volunteer with organizations that mean something to you, check out the Maritime culture!

And when you do, write about it! Submit it to The Journal! Tell the Saint Mary's University community about what you're doing, and why you love it. Tell them about cool things you saw, exciting things you did, and why they're cool.

I love Halifax, and I know you will too. Get out there; enjoy the season, while it's not too hot to be outside, and before it starts to snow. Walk the waterfront, eat local cuisine, and explore Point Pleasant Park. This is your city – make the most of it!

Cydney Proctor, Editor in Chief

## Letter to the Editor: You can't study/stay here!

PRESTON MATTHEWS

It is deemed that in any mobilized and global society, education is essential to its development and well-being. In light of that, I find it appalling that Saint Mary's University would make rules and stipulations to prevent students access this commodity, which they are here to receive.

On 11 September 2012, I was studying in the Atrium, totally in the zone and geared towards getting my readings done to get a solid grasp of the task at hand, only to be bullied out of the library by one of the security guards. He said that I would have to leave the library because I didn't have my student ID and I sat there, a bit baffled as to what he meant. He said that the rules about how students may use the library had changed, and that we now need SMU ID to be present in the library after 11 pm. I asked him, "When was this rule made?" He replied Sunday, 9 Sept 2012. I asked him if there were any posting on the website or around campus to notify students of the changes. He shows me a piece of paper taped to the door of the Atrium across from the Student Centre. There

are several ways to get into the Atrium, those doors are only one way; students could use the doors from Inglis, Robie or could have walked through McNally. Is a piece of paper really enough?

I asked the security guard what I have to do to prove that I am a student, as I don't want to leave and break the zone that I was in. His reply was to produce a piece of Saint Mary's University identification. I was logged into Blackboard and Banner, and that wasn't enough. He simply said that he had a job to do and he was getting it done.

I went home and asked several of the SMUdents that live in my house if they knew anything about the changes at the library. Out of the 10 people that I asked, only one knew... one. The next morning I tried to get some information from faculty member and students at SMU, to see if they had any more knowledge of information about the changes. Almost all of the people I asked didn't know about the changes and were baffled by the stance of the university and security.

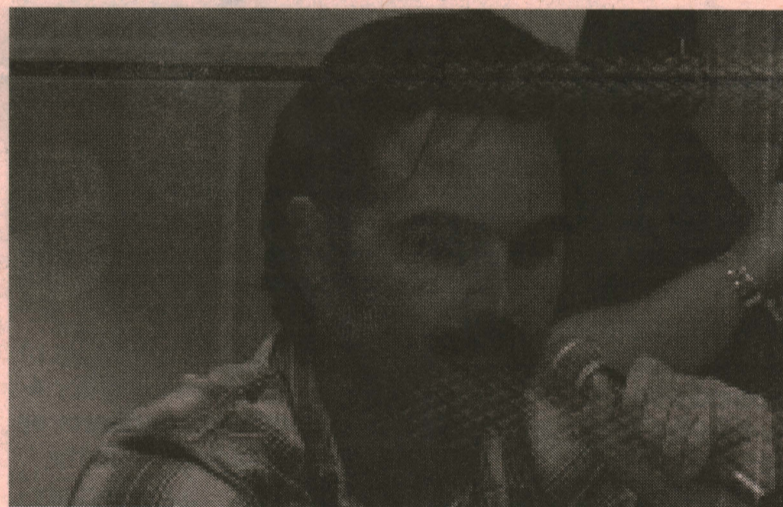
Flash forward to 16 September

2012; I sat in the Library and watched a fellow student being escorted from the library by a couple of cops. Cops? Yes, Cops. The question I ask myself and others is: is that really necessary? The young man could have been as naive as I was to the changes in policies at the University, but I guess a student trying to study is the least of the University's problems. What point/message are they trying to send to us students? Gone are the days when you could go to the Atrium and use a computer without being subjected to scrutiny from security guards. We are here to learn, not to feel like we are in prison.

The university needs to better communicate with students. If one method of communication doesn't work there are several other alternatives. You can't make a new rule and enact punishment if people aren't aware of the changes. Similarly, how can you have a no smoking zone in the Quad, and still have cigarette butt bins in that area? Isn't this sending mixed signals? The University needs to do more to communicate with students. After all, it's our money you're spending.

## Taking Care of SMUSA Business

JARED PERRY



Back in February, just before reading week I was elected as President of Saint Mary's University Students' Association (SMUSA). At that point I thought I had a good idea of what the job entailed. I was right - well sort of!

This job is great! I am truly enjoying every moment I spend in and out of the office representing students here at Saint Mary's University. My job as president has two main portfolios; 1 -Lobbying on behalf of students to the university, to the Canadian Alliance of Student Associations (CASA) and to Students NS; bringing issues forward that should be addressed and 2- the management of SMUSA itself; making sure that everything is going smoothly and according to plan. It sounds fairly straight forward, however, sometimes things can get quite busy.

Since beginning my term on May 1<sup>st</sup> it has felt like I have been riding a rollercoaster. Over the summer there were some slow days and some fast days. Since school has begun, things around here have been extremely busy, but it's so well worth it.

At SMUSA we have a lot of great ideas and plans for this year! Some upcoming projects and programming to look forward to this year includes: GPA Reward Program, Group Study Database, Internet/Podcast Radio, Student Leadership Recognition Awards, in addition to all of the regular programming on campus.

I am always interested to hear your thoughts, suggestions and concerns. You can reach me at my email, president.smusa@smu.ca, and If you are interested in what I do on a daily basis please follow me on twitter, @smusapresident.

I am looking forward to a wonderful school year. I hope you are too!

## the journal

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## Ahchoo you

### SMU Campus goes scent-free

Is there anything more annoying than getting stuck in class beside someone floating in a cloud of cologne or perfume?

Perhaps a few things, but at Saint Mary's you shouldn't have to put up with an fragrant classmate or a cologne covered colleague. Exposure to scented products can cause health concerns for some people and so the University actively promotes a scent free environment.

Perfumes and scents have been used by people since the dawn of time, but Occupational Health and Safety Officer Valerie Wadman says there is still much we do not understand about scented products and there is no doubt that these materials make some people unwell.

"It is very real. It's well documented that the incidence of asthma is on the increase, especially in young people. In fact, there are many environmental illnesses—illnesses that are triggered by things in our environment," she said.

The best known offenders are smog and pollens in spring and late summer, but exposure to chemicals, like paints, perfumes or colognes, can trigger asthma and migraine headaches.

By slapping on the cologne or the burst of body spray before

heading to school, she said people are unnecessarily risking the possibly of causing harm, perhaps even severe pain and discomfort, to someone around them.

It is easy to adopt scent-free practices by avoiding perfumes, aftershaves, colognes, scented lotions, smelly laundry products and opting for 'fragrance-free', 'scent-free' or 'unscented' versions of such personal care products as hand and body lotions, soaps, hair products and deodorants, she said

Many scent-free personal care products can be found at your local supermarket and pharmacy. As well, there are a variety of special stores throughout the area.

"When employees or students miss time from work or school because of illness—asthma, allergies, migraine there is a cost. Illness means lost productivity and lost opportunities for learning, she said.

A scent-free campus policy is part of Saint Mary's efforts to meet its moral and legal obligations to provide an environment which supports all members of the University community.

For more information on how to handle "scent sensitive" situations, readers can visit the website visit: <http://www.smu.ca/administration/ohs/scent.html>

## Atrium Now Open 24/7



Are you looking for a beautiful and quiet space to study late at night? Well you're in luck. The University has responded to the student need to have more study space available overnight. For a one-year trial period, the Atrium will remain open 24 hours per day, seven days per week. To enjoy using the Atrium between 11 p.m. and 7 a.m. you'll need to present your Saint Mary's University identification to security when requested. Limiting access of the space during extended hours to Saint Mary's students, faculty and staff will help to ensure a safe and enjoyable environment for all.

## One on One with Dr. David Murphy

Continued from page 1

**Dr. Murphy:** "My love for Saint Mary's. I was totally retired; but to think that I gave up a tremendous amount of trips this year! I thought that Saint Mary's needed some help and I was willing to come back and do it".

**Journal:** What do you think are going to be your biggest challenges?


**Dr. Murphy:** "I don't feel there will be any major challenges. I think the big thing is to make sure that everybody is working as a team and that we all have the same ultimate goal: that is to make sure that the student athletes have a wonderful experience here at Saint Mary's University, that I can help the coaches with what they need to succeed, and that we move forward as a team as a whole department not as just individuals".

**Journal:** The big talk on campus this year is about our basketball and soccer teams and that these

teams aren't getting much support from the school and students. What are your thoughts on that?

**Dr. Murphy:** I have a lot of ideas. I've been away for 4 years so I can't comment on what the support from the university or the university community has been, but I do think it is very exciting that Jonah Taussig has taken over the basketball team. I think that they will be very competitive. Stewart Galloway with the men's soccer, he's a superstar coach. Unfortunately, people don't come to soccer as much as you would like to see. What we need is a spirit group to drum up support, to rally people to come to the basketball and soccer games. We need to get people excited about the product, but that's a nature of one thing that I'll have to do.

**Journal:** Thank you for your time, Dr. Murphy. Welcome back on behalf of the Journal.



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### Networking Opportunities Abound at Small Business & Entrepreneurship Conference

If you're a student with an entrepreneurial spirit, you'll want to mark September 27-29 on your calendar as Saint Mary's University will host the Canadian Council for Small Business and Entrepreneurship (CCSBE) 2012 Conference. Events will take place on campus and at the Halifax Marriott Harbourfront Hotel.

Dianne Buckner, host of CBC's *Dragon's Den* will be the keynote speaker and will share her experiences and thoughts on entrepreneurship and business.

Along with over 50 individual sessions delivered by faculty and practitioners from across Canada, the conference will showcase experts in various areas of entrepreneurship and business, with panel discussions covering such hot topics as crowd funding, what it takes to build and sell a business, and commercialization.

Attendees of the conference will also have access to training on leveraging social media and how to grow a business.

Ultimately, the 2012 CCSBE Conference aims to host a conference that will facilitate the exchange of information, bridge the gap between research and practice, and build partnerships between academics and professionals.

If you are interested in attending the CCSBE 2012 Conference, check out the website at [www.ccsbe2012.org](http://www.ccsbe2012.org) for the full program and to register for what promises to be a fantastic conference with tremendous networking opportunities.

Looking for even more Saint Mary's News?

Want to know even more about what's going on at the University? Subscribe to Saint Mary's This Week, a weekly newsletter that chronicles the news and event highlights from around campus. Subscribe at the following link <http://eepurl.com/n0xX9>

### Sobey School Takes Sustainability to a Higher Degree

It may not be the end of global warming, but there was good news recently that showed Saint Mary's is doing its part to help make sure things aren't getting worse.

The Sobey School of Business ranked among the nation's top ten MBA schools in an annual survey that analyzed how well Canadian universities are integrating sustainability into the school experience.

"Being in the top ten for the social and environmental impact of our MBA program is the result of a collective effort on behalf of Saint Mary's students, faculty and administration," says Cathy Driscoll, a professor of business ethics in the Sobey School of Business. "In particular, we are seeing more and more student-led initiatives evolving on campus, such as the new University Ethics Society and the new V.P. Ethics and Communications position on the MBA Society

Executive."

The Corporate Knight Schools Survey evaluated 37 MBA programs in 2012, with the Sobey School ranking ninth.

"We are proud to be recognized by *Corporate Knights* as one of the country's premier business schools," says Patricia Bradshaw, Dean of the Sobey School of Business.

"Our deep commitment to sustainability, and the emphasis we place on ethics in all decision making, are hallmarks of our approach. Having students move beyond the classroom and into the community through consulting, internships and applied projects allows them to have a real impact while growing their self-confidence and skill set. There is nothing more exciting than knowing our graduates have the ability to courageously deal with the tough challenges facing global businesses today."

For the more of the 2012 Knight Schools Survey: [corporateknights.com](http://corporateknights.com)

## Super Sumersonic

Continued from page 1

The most common phrase heard after K'naan had finished performing was "I've only heard Wavin' Flag before now and that...was incredible." There is no other way to put it, K'naan is amazing live. Particularly memorable was his spoken word performance of "Somalia" which certainly would have made his poet grandfather proud. Special mention should also go to backup singer Rihanna (not that one), who sang Nelly Furtado's portion of "Is Anybody Out There" as though the song had originally been written with the fairly unknown vocalist in mind.

It was during that performance that I became conscious of just how intelligent K'naan's lyrics are. Songs like the aforementioned "Somalia" as well as "Fatima" are beautifully crafted and draw comparisons to artists such as Mos Def and Talib Kweli who rap not about the "problems" of being rich and successful but instead lean toward obstacles in life that many more of us can relate to. With the reaction K'naan received on Friday night I am tremendously confident that he - and similar artists - will have no problem

finding further success without sacrificing the integrity of the music.

For whatever reason, I was very unfamiliar with Stars before their most recent album, *The North*, was released earlier this month. After having seen them live, though, I can only say that I wish I had been much better acquainted with them before now. Being so new to their music, perhaps the strangest impression I had of it at any point was that "We Don't Want Your Body" bears a striking melodic resemblance to both the Red Hot Chili Peppers' "Tell Me Baby" and the Sons of Admirals' cover of the Arthur theme song, "Believe in Yourself." A strange combination, to say the least.

Many of Stars' songs are written as a dialogue between frontman Torquil Campbell and Amy Millan. Played live, these songs seem less a performance than a candid conversation between jilted lovers; the two simply have an amazing chemistry on stage.

Campbell often refers to Stars' music as something to "dance to when you're sad" and I can certainly

see how that is true. I don't often find myself doing anything you might describe as "dancing" in public, but their addictive energy and beautiful music made it so that I could not help myself when listening to Stars. If, like I was, you are not well-acquainted with Stars, you owe it to yourself to get to know them.

Ben Harper closed the second night beautifully. Though, at times, it appeared that Harper was entirely disoriented (which would later be rumoured a result of a lost setlist), his performance was captivating.

On a day when many of the performers were alone on stage with a single instrument, Harper's wide selection was quite impressive. Each new song was played with a different instrument that, as a result of that allegedly lost setlist, seemed entirely random. In this case, a breakdown of order was quite refreshing. The majority of other performances - as is the norm - were heavily pre-planned. Seeing Harper play the whole thing by ear made his the most real feeling of all three nights.

If I had to choose an artist

that got the most positive reaction from the largest portion of attendees, Harper would be it. While I have a feeling that a large portion of this popularity is related to the message of "Burn One Down," I'd like to think that Harper's raw talent and natural approach to music plays an important factor as well.

If any group had no possibility of disappointing me, it was Rise Against.

For the majority of their existence, Rise Against and their music have had particular activist focuses and this has not changed. Their most recent concentration has been the bullying of LGBT youth. Whether you support the LGBT community or not, bullying its members serves no purpose; it is simply unacceptable.

Prior to "Make It Stop (September's Children)," an extremely powerful song focusing on the consequences of this form of bullying, a short video (similar to portions of the song's music video) was played. This video featured a simple message, "It Gets Better." As cliché as it may sound, it is undoubtedly true. When you find yourself on the wrong end of bullying, though, it can be hard to believe such

a positive statement. If all goes well, with the power of influence that they possess, Rise Against having taken this stance will make such optimism more accessible for someone in that situation.

As a whole, their performance was extraordinary, with an acoustic rendition of "Swing Life Away" highlighting the night for me. Music from their new album, *Endgame*, was also very enjoyable. While many longtime fans are distressed at the band's move from a more hardcore sound to mainstream rock, this album did not disappoint me. Rise Against has always produced quality music, and if mainstream rock is where they wish to do that, so be it.

Again, Summer Sonic was a magnificent event. While I went for the well-known artists, I truly appreciated the chance to be turned on to those artists I may never have had chance to embrace if not for their inclusion. To anyone who had any part in making it possible, you deserve a massive amount of credit and have my utmost thanks.



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By day, Filbert Salton is a quiet, sometimes even shy, Saint Mary's marketing student, but turn down the lights and turn up the music and the 24 year-old St. Lucia native performing under the name Kayo can blow the roof off with his hip hop. He did just that during his recent Orientation concert at the field house. Kayo spent part of the summer in California recording and touring with musical heavyweight Snoop Dog, or Snoop Lion as he now likes to be called.

## The Co-Curricular Record is Coming. Take Action. It Counts!

Title, Department or Program	Start Date – End Date	completed	Hours
Here goes the learning outcome of your activity. See examples below			
<b>Peer Mentor, LEAP</b> Guided and helped a group of seven Freshmen students succeed in their academic and social endeavours by being open-minded and compassionate. Since then, I have engaged myself in trying to realize my full potential in the sphere of Psychology.	Jan-11 – Aug-12	completed	60-80 hrs
<b>Sustainability Assistant, Facilities Management</b> Learned to compromise the common day-to-day practices to be able to achieve greater workplace standards and as a result became well-versed with alternative, sustainable and more ethical practices.	Feb-11 – Aug-12	completed	60-80 hrs
<b>SAGA Assistant, International Centre</b> Improved my organization and public speaking skills and determined that these could become my strengths.	Mar-12 – Jul-12	completed	40-60 hrs
<b>President, SMUSA</b> I have improved my leadership skills and learned to creatively manage resources while perfecting my social networking skills as part of my role at SMUSA.	Jan-12 – Jun-12	completed	100 hrs or more
<b>Curling Team Member, Athletics Saint Mary's</b> As a member of the Curling team I developed strategic thinking and teamwork which has fueled my love for competition.	Oct-11 – May-12	completed	80-100 hrs
<b>Residence Assistant, Residence</b> Exposure to a wide array of personalities and temperaments taught me to become patient and articulate at expressing my thoughts.	Nov-11 – Apr-12	completed	100 hrs or more
<b>Office Assistant, ITSS Department</b> Became well versed in utilizing Microsoft Office software programs that now enable me to achieve greater efficiencies and deliver exceptional work.	Dec-11 – Feb-12	completed	40-60 hrs
<b>Husky Hockey All-Star Goaltender, Athletics Saint Mary's</b> Supported, encouraged and motivated members of my team to stay committed to achieving a uniform goal of athletic and personal success which enhanced my level of dedication and leadership.	Dec-11 – Jan-12	completed	20-40 hrs
<b>Awards</b>			
<b>Rookie All-Star Award (Feb 2012)</b> Recognition for exceptional results in the first year			

Keith Hotchkiss, Director, Student Services  
Donnie Jeffrey, Manager, Career Services

On October 1, Career Services is launching the “Co-Curricular Record” to all enrolled students and recent graduates. It will act as a tool in supplementing your academic records and your resume, by highlighting your participation in out-of-class activities. You will be able to have your achievements verified by the university and have them all documented on one official record.

Your formal Co-Curricular Record (CCR), which is a document much like an academic transcript, will include dates, completed number of hours, roles held and professional learning outcomes achieved while you participated in on-campus activities. You will be offered the chance to showcase your holistic career development by submitting your CCR along with a résumé and/or your academic transcript to graduate schools, employers, scholarship committees and professional schools.

The program recognizes six on-campus related activity categories which include Leadership, Professional & Personal Development, Varsity & Club Sports, Volunteer Work, Student Societies and Awards that are not documented on your academic transcript. Activities that are a part of your academic curriculum will not be recognized, and neither will on-campus

employment. Only activities that are related to Saint Mary's University may go on the CCR, in an attempt to catch all of the things that students participate in at school, but doesn't fit on a two page resume.

To initiate your record, make a payment of \$15.00 to Career Services found across from the elevator on the 4<sup>th</sup> floor of the Student Centre. Once that is done, you may access your record online, and enter as many activities and awards as you wish. The Co-Curricular Record Coordinator will then verify your involvement with the supervisor you provided, and document it all on your official record. Anticipated wait time should be one to two weeks depending on the number of activities submitted for verification. All of the submitted activities are to be verified to match your direct supervisor's record who has to be either staff or faculty to verify activity participation. Once all of the activities are verified you will be contacted by email.

It is likely that you are already involved in, sports, societies, volunteer work or any of the other activity categories, but if you aren't yet, that's not a big deal. Just browse the Career Services website found on SMUCA/CAREER to find out activities of your choice. Once you have participated for

a minimum of 20 hours or you have received an award, you would then be able to activate your record.

One of the integral parts of your CCR is as a “tool to get students engaged with their own career development, and engage with it on a continuous basis,” says Donnie Jeffrey, Career Services Manager. There is a learning outcome section associated with each activity that makes it onto your CCR. Learning outcomes provide an opportunity to express your personal and professional development, making students really engage with what they took away from each activity.

How far can activities be back-dated?

Students may submit back-dated activities for verification and addition to their CCR, as long as their supervisor's most recent contact information is provided and their participation can be verified. Recent graduates, within the last 6 months, can also have a formal CCR produced by following those same guidelines.

*When should students start their CCR?*

Students are advised to submit activities for verification as soon as possible! It is recommended that you add it to your record as soon as you've completed your activity, but at minimum two weeks prior to requesting an official copy of their CCR.

Whom should students contact for more information or to provide recommendations?

Alex Krimer is the Coordinator of Co-Curricular Record who would answer your questions and he would gladly accept recommendations for program improvement. Students can email him at [CCR@SMUCA](mailto:CCR@SMUCA) or stop by the Co-Curricular Record Office located on the 4<sup>th</sup> floor of the Student Centre, office 404 to talk to him.

**What do students have to say about the program?**

“It would be extremely helpful for students continuing their education and/or entering the workplace. Co-Curricular is a major portion of the application process for some medical schools.” *4<sup>th</sup> Year Science Student*

“Great idea, let's people distinguish themselves from others by showing how involved they are within education. I do a lot on campus and feel I should be recognized for that.” *4<sup>th</sup> Year Arts Student*

“It will give an edge towards job placement” *2<sup>nd</sup> Year Science Student*

“It will give me a chance to document all my extra-curricular in one official place” *2<sup>nd</sup> Year Commerce Student*

## Student Health 101 Now Available

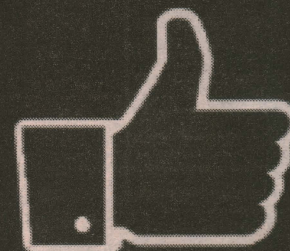
Looking for ways to get along with your new and annoying roommate? Feeling sluggish because you are not getting enough exercise? Tired of beans and hot dogs, but you don't have the cooking skills to tackle anything else?

Saint Mary's new Student Health 101 may have some answers for you. It is a free online magazine targeting students that covers a variety of topics including: stress, sleep, nutrition, fitness & wellness.

Emailed to your Saint Mary's student email account monthly, (or available on both the Student Services and Health and Wellness web pages) the magazine offers student stories about student challenges and offers student-driven solutions.

Part of the magazine content is delivered to university students to across the country, but six pages, including some video features are created on campus and feature Saint Mary's students.

Check it out and look for your friends.



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## Reliving the Moment

New book celebrates 60 years of SMU Athletics & Recreation

Sixty years of bone-crushing tackles, last minute baskets and jaw-dropping come-from-behind victories will be celebrated tonight (September 18) with the launch of a new book.

A project of the Steering Committee of the Saint Mary's Sports Hall of Fame, *Huskies: In Pursuit of Excellence* is a collection of stories, essays and remembrances from student athletes, coaches and friends of Saint Mary's who have witnessed the thrill of victory and the agony of defeat during the last six decades.

The 320 page book tells the stories of the players, coaches and supporting cast who worked together to build the programs and sporting legacy that has brought Husky fans to their feet since the 1950's.

“It will be the first comprehensive history of any university varsity program in Canada,” says Paul Puma, Chair of the Committee, and one of a small team of workers helping to organize the submissions of 43 different individuals.

“We worked very hard to make sure the people writing about a sport, or a particular championship team, were deeply connected with it,” says Mr.

Puma. “By having someone like Peter Halpin write about basketball, after having been a key part of the program himself, there is a special dimension to the narrative.”

The book has a mixture of black and white and full-colour photographs. It is published by New World Publishing of Halifax with all profit going toward maintaining and improving the Hall of Fame with its memorabilia, paintings and photographs.

“Our hope is that as people read the book, they will be drawn back in time. Not only will they recall a certain game or a certain player, but they will remember the day they cut class to watch THE game or met their first girlfriend while sitting in the bleachers at the gym,” says publisher Frank Mitchell.

Information on ordering can be found on the publisher's website, [www.newworldpublishing.com](http://www.newworldpublishing.com). Books will be for sale at the celebration in the Courtside Lounge, Homburg Health and Wellness Centre beginning at 7 p.m.



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## SMU is Getting its Own Podcast

SAMUEL HAMMOND

This year SMUSA has embarked on a new two phase project to create an all SMU podcast to feature the creative talents of Saint Mary's students and provide a single platform to stay informed. If phase one, the podcast, is successful, it will open the doors to phase two, a SMU internet radio station. The project is the brain child of VP Communications Yannick Manga who has been developing the idea since taking office last May.

"So far I have accomplished the organization structure. There will be a podcast coordinator, the podcast advisory committee and public relations team," Yannick told me. "It's still being debated whether the podcast coordinator position will be a part time job or come under the arts co-op. The Podcast advisory committee is already put together and it comprises seven members from outside contributors to senior management contributors as well as External Affairs."

The advisory board's purpose will be to track the growth and progress of the initiative and to ensure it is on the right direction. Contributions to the podcast will come in two forms. The first will be slots for students to freelance creative content and host talk shows with a specific topic. Then there will be committed timeslots for SMU departments to broadcast material like public announcements, important deadlines and upcoming events.

"The programming team will review the content of each segment before publishing it to the website," explains Yannick. "They'll make sure the recordings are in before the deadlines, and that the content is presentable and appropriate with no offensive content."

"Most of the roles will be filled by students. There will be paid positions but mostly volunteer positions. There is a lot of support from higher university administration and different faculties. It will be something for students to put on their resume – that

they've participated in such innovative technology."

"We entirely encourage students to submit their creative work. There are many students incredibly talented in talk show hosting, anchoring or anything that has to do with the broadcast field. We strongly encourage those students to approach us."

Yannick has been given a preliminary budget which may be readjusted depending on the form of paid positions the podcast will require. "We have had a couple of contributors for the start up costs, including the president's office, student services, external affairs and dean of commerce. They have been kind enough to donate to the start up cost and may commit once they see that there is constant growth in the initiative."

For Yannick the idea that SMU needed a podcast came from observing the relative dysfunction of how school departments and students communicate. "I have been noticing that every department has their different ways of communicating. It's so redundant and causes so much confusion. Why not have one platform where students, faculty and staff can interact and information can be disseminated from that same platform."

"We have a temporary room on the fifth floor until we have a definite location for the studio. We are looking for the first to second week of October to start recording content and hopefully start posting it to the SMUSA.ca, SMU.ca website and possibly even the iTunes store."

"I highly encourage that students start showing their interest in volunteering starting now so that we have a sense of the level of interest and how much human resources are available."

Until the podcast coordinator is hired, those looking to get involved can contact Yannick directly at [vpcommunications.smusa@smu.ca](mailto:vpcommunications.smusa@smu.ca)

## Student Societies: An Introduction

STEPHANIE PRONK

If you haven't joined a Society yet in your University career, you've got to do it now (or in the words of SIFE SMU – Just SMU It!) Societies enrich the lives of Saint Mary's University students by supplementing their University experience with traveling, working, studying, volunteering, networking, fundraising, and scholarship opportunities. Societies facilitate activities that allow students to experience more than what they receive in-class, and they provide a great way to simply meet people.

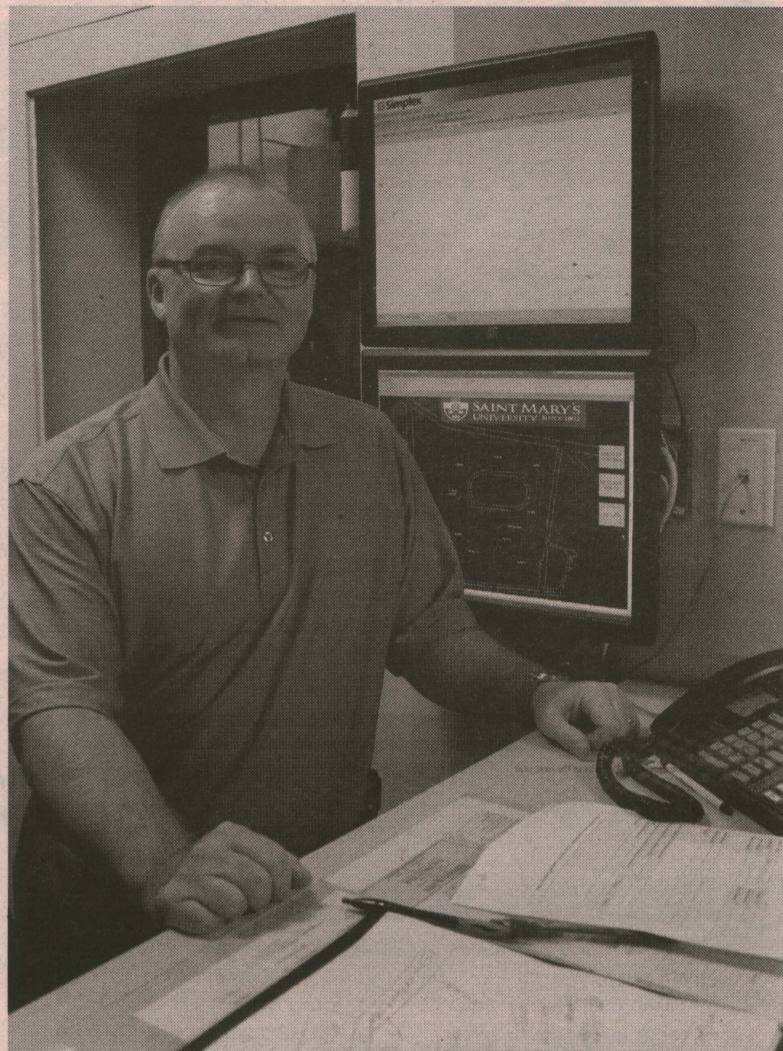
Each week I'll be using this column to publish info about another great Society on campus. The article will highlight what each Society has to offer, introduce you to their Executives, and mention upcoming events or other ways you can get involved with each Society. I will be selecting and contacting Societies periodically, however, feel free to contact me at [society.coordinator@smu.ca](mailto:society.coordinator@smu.ca) if you would like to have your society featured sooner.

Saint Mary's University has an active Society community. Last year, approximately 75 were operating on campus, from many diverse fields. Some of the more active Societies on campus included the Commerce Society, SIFE (Students in Free Enterprise), AISEC, and the Geology, Psychology, African, Caribbean, Environmental, Human Resource, and even Sandwich (!) societies.

We have several new societies on campus this year, including the SMUscians Society, Alcohol and Tobacco Research Society, Med Society (to prep students for MCATS), New Democrats Society, SMU Tech, and I'm sure many more to come.

Stay tuned for our first feature – coming up in two weeks!

## The Alarm Goes Off: Then What?



Lonnie Ratchford, Manager of Security at Saint Mary's stands by the University's emergency notification system

Imagine you are sitting in your favorite study spot tucked away in a corner of the student centre and the alarm bleats out: this is an emergency, shelter in place, this is an emergency, shelter in place. Or you are sitting in a classroom taking a test and the evacuation message is triggered.

What do you do?

When an informal survey showed many students, faculty and staff showed many weren't sure how to respond, campus security knew it was time for a little education. With the help of External Affairs, they created a three minute video about the University's emergency notification system.

"The notification system is a tool that allows everyone on campus to be notified in an emergency situation," said Security Manager Lonnie Ratchford. "The university has won an award for the system, but with new students coming into campus every year, not everyone is always exactly certain what to do when they hear a message."

The new video shows a class responding to an emergency message,

first without training and then again with guidance. The differences are notable.

Controlled from the security desk in the McNally basement, the system can play eight pre-recorded messages in individual buildings or at a series of different locations. The messages can be played both inside and outside of buildings.

Some universities use texting or video screen messaging as a way to notify students and staff of an emergency situation, but the Saint Mary's system has the advantage of a speaker system that makes the message almost impossible to miss.

The notification system is just one of several safety programs spearheaded by University security. Others include Husky Patrol, safe walk programs, emergency buttons on pay phones, a 24-hour dispatch desk and after-hours access.

The video can be found on SMUport under the useful links section, on the *Emergency Management* page and on the *Security* pages.

## IS OPPORTUNITY CALLING?



Are you looking for a way to pump up your resume and your wallet at the same time?

Advancement Services right here at Saint Mary's University may be able to help. Its student calling program is looking for 40 students interested in talking to alumni about what's happening on campus now and asking them if they could support the good work the university is doing with a gift.

"This is an opportunity for students to build self-confidence and

to get job experience that looks good on a resume," says Student Calling Coordinator Jennifer McNeil. "We provide all the sales, marketing and communication skills, and they are readily transferable to employment opportunities in the future."

Qualifications are simple. You have to be enthusiastic, energetic and comfortable conversing with people on the telephone. You need to exude school pride and be willing to promote Saint Mary's many accomplishments.

You have to be able to record data accurately, attend a mandatory training session and are able to work some evenings (6 p.m. to 9:30 p.m. Sunday to Thursday)

Ms. McNeil said students contact alumni over the phone to obtain up-to-date contact information and encourage alumni to invest in Saint Mary's University. The program runs from October to April.

Students are paid \$10.56 an hour, four per cent above minimum wage,

and work in the Calling Centre in the basement of the Alumni House right here on campus.

George Liu, a Master's student in the International Development Studies program, worked at the call centre for three years, said the training sessions for student callers were really useful, "And in doing the job I've learned some valuable communication skills."

Last year, he had a chance to put some of those skills to the test when he called an alumnus in China and ended

up chatting in Mandarin. "At the end of the call I asked for a \$15 donation and he gave me \$500."

Applications are available at the Saint Mary's SMU Employment Centre and the Annual Fund Centre (867 Robie Street). The application has to be returned with a resume by September 21.

If you have questions or concerns please contact Jennifer McNeil, Coordinator Student Calling 496-8238.

## Slow Start won't Stop the Huskies

MARK MOFFAT



Photo Credit: Wes Wilcox

The Saint Mary's Huskies football team had a less than desirable start to their season with two consecutive losses: the first in an exhibition game against Mount Allison, and the other against Acadia in their regular season opener. Head Coach Perry Marchese, however, is not making excuses regarding those losses. "Every game we play in, we play to win" said Marchese in an interview. "I am slightly disappointed we didn't get W's in both those games. We had a great effort in both those games. But ultimately, we need to win those games." Marchese commended the Axemen for earning the victory in both teams' first game of the regular season. "They deserved the win," said Marchese. "It was a war. We had a chance at the end. We had a

chance and we didn't get it done." Marchese feels that his team has assets that can help them, but also weaknesses that can possibly hurt them. "We've got a very intelligent team. We've have minimal mistakes. It will pay off down the road. Penalties hurt us. We had two 15 yarders on defence and one on offence that hurt us. We'll continue to address penalties." Marchese remained relatively tame when it came to his goal for the team for this season. "Our goal, I've said from the start, is to compete in every game play and practice in the gym, in school and wherever it takes us, it takes us." Marchese, a former player at Saint Mary's in the 1990's, definitely feels welcomed back to the SMU community, this time as its head

coach. "Oh definitely, its coming back after a number of years. Definitely feel welcomed back. It feels like I never left. There are still a lot of familiar faces and everyone has been very helpful and welcoming." Last season, The Acadia Axemen became the new class of Atlantic University football by winning the conference championship. By doing this, Acadia ended SMU's streak of 4 consecutive AUS titles and knocked them off their position at the top of the ladder in AUS football. The team is entering a new era, under a new head coach, and with that comes with plenty of new things, says Saint Mary's wide receiver Kevin Wuthrich: "We are jumping into a new system and a new identity, but we are gonna try to persevere through ups and downs and

see how things work out in the end." Wuthrich emphasized that practice are extremely important to attaining great results on game day. "Practice equals what you will do on the playing field. Just like in school, what you do in the library equals to what you will do in the classroom. What's done in practice is what you will do in games." When asked what the team's goal is for the season, Wuthrich had a more simple and enthusiastic response than his head coach Marchese. "We wanna win a Vanier Cup! We wanna win the big one. We wanna create an identity not only for ourselves but for our school." The Huskies lost their third consecutive game 22-23 on Saturday, the home opener, after a great game against the Sherbrooke Vert et Or in the last 13 seconds of play.

## Club Sports Coverage

BRENDON LISI

In Huskies Baseball action the Huskies (1-4) overcame the Dalhousie Tigers (1-2) Wednesday at the Mainland Commons 10-6. Down by 4 runs in the top of the fifth, the huskies rallied with 8 unanswered runs. The victory was highlighted by standout play from 3<sup>rd</sup> year catcher Tyler Fancy, who went 2-4 with 2 RBIs. Closing out the game was pitcher Alex Ostrov, with 5 k's in 2 innings. "For a rookie in this league he's shown a lot of composure. He went in there and did a job for us, he was lights out" said returning 3<sup>rd</sup> year pitcher Mike Macdonell. The Huskies will face the Tigers again September 26<sup>th</sup>, at the Mainland Commons.

In other club sport action, the Men's Lacrosse team (1-0) overcame the Dalhousie Tigers 12-11 while the Men's rugby team (0-2) fell to STFX 15-9.

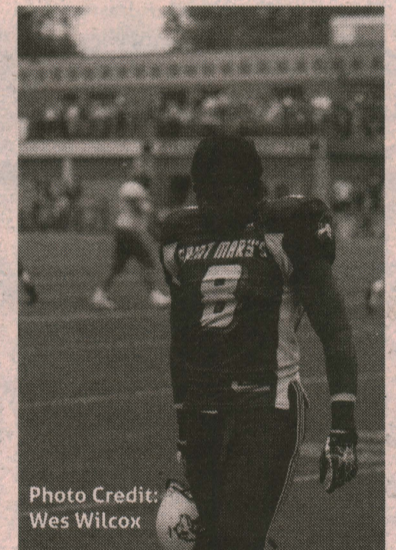


Photo Credit: Wes Wilcox

## Push-ups for Pennies

SMU Trainer fundraising for Christmas Daddies

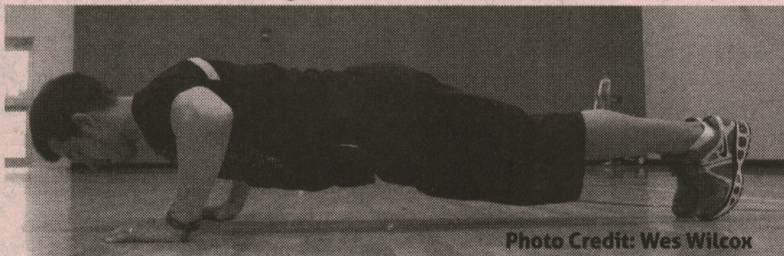


Photo Credit: Wes Wilcox

Rick Horsman is a driving force for change, and he makes it one push-up at a time. Whether it's leading a fitness class at the Homburg Centre for Health & Wellness, pushing the women who make up the Huskies Women's Rugby Program to run faster and hit harder, or brightening Christmas morning for a family in need, he is serious about leaving everything he touches better for it.

Last year, Rick raised \$1289 during the Christmas Daddies Telethon by performing 1820 push-ups over the course of six hours, a phenomenal achievement, despite falling short of his goal of 2000 push-ups. You might

wonder why someone would subject themselves to this kind of punishment. Rick says that he was motivated to help support Christmas Daddies for two reasons. Firstly, Christmas Daddies is a cause close to his heart that he is familiar with from his own childhood, and he wanted to give back to; as well, Rick wanted to get airtime on television to promote his line of work: getting people excited about fitness – "at first, it was a publicity stunt that went well, but I got a bit of a buzz from raising money for an individual instead of a business". Rick's buzz apparently was infectious enough to stimulate many others to support his effort to

raise money for children in need, and he managed to get others in on the process. Rick says that his own uncle, who he's unsure has ever done a push-up before in his life, was watching him on television and doing push-ups at home. He says it was great to know he was successful in "getting people to exercise without telling them to actually exercise", because it moved him closer to his goals of building a world where everyone sees all of the benefits to physical activity, and that "being more active solves a lot of issues".

Rick has been a member of the Saint Mary's University community for quite some time now, working as a personal trainer at the Homburg Centre for Health & Wellness, and working with the Women's Rugby Team for five seasons as the strength & conditioning coach. When asked about his philosophy on fitness and health, he stated it's the same as his general outlook -- you should always be actively "comparing yourself to yourself and moving forward should always be the goal". His message is

simple, inside the gym and outside of it – build on a strong foundation, and know where you're going. Rick's guiding principle is something we could all benefit from no matter what it is we set our sights on. This year, Rick has an established foundation and intends to build on this foundation to his next goals – he wants to double the amount he earns for charity this year, putting him at over \$2500 raised for Christmas Daddies, he also wants to actually reach his goal of 2000 push-ups in six hours this year (partially to silence a particular security guard), and establish himself as a regular contributor during the Christmas Daddies Telethon – he compares himself to Jimmy the Janitor, a maritime comedian with a soft spot for the Christmas Daddies cause who has repeatedly participated in the telethon event. When asked about his views on community service, Rick says that being an active part of a socially conscious community is important – "5 fingers together are stronger than 5 times one finger – together, you can get more done as a community, just like in

rugby or any team, working together is how you achieve success".

You can catch Rick pumping out push-ups on CTV when the Christmas Daddies Telethon is being aired December 2, from 11am-6pm. In the mean-time, you can catch Rick at the Homburg Centre for Health & Wellness leading his class "More Core Fridays" – this class is a drop-in class offered every Friday just after lunch (12:10); it's free for students, or you can contact him on Facebook by searching "Rick Horsman (Personal Trainer)" and see what he's up to. You can also catch him at the Open House Weekend from September 28-30 at The Homburg Centre for Health & Wellness, details on this event are available online at [smu.ca/SMUfit](http://smu.ca/SMUfit). Want to donate to Rick's cause and campaign? See him in person at the Homburg Health & Wellness Centre to pledge – Christmas Daddies will issue tax receipts for any donation over \$10. Help him out, students!

## G-SPOT: Consent

There seems to be a lot of confusion when it comes to consent. People are unsure how to say no, others aren't listening for it, or others are assuming it's a given. It's not. Folks, consent is something you get. Consent is something you need to seek out. It's like that shiny gold ticket to ride Willy Wonka's chocolate river; and once you get it, double check your facts, hug your grandparents, and enjoy the ride. Unlike a shiny ticket, you can't just see consent beneath the wrapper; you need to do some digging.

What's the best way to find out if your potential partners wants to get down? Ask them. Yup, it's really that simple. Then you wait as long as it takes them to respond. But you need that response, because without it you aren't sharing in the fantastically good time of consensual sexual activity. We all want our partners to have a good time. And how do you ensure this happens? Again, you ask: "Does this feel good?" or "Do you like it when I do that?" or "How's my tempo?" If you've already discussed talking dirty and which words you prefer, add some flare to it.

Clear communication is the key to having the sex life of your dreams. If asking someone out loud and up front makes your knees a little weak, try practising. Yes, this sounds dumb, but if you put in some sultry practice asking someone to get down or expressing

your desires out loud, you'll be prepared when the moment arises. If vocalizing is still beyond your current comfort levels, leave them a sex memo: "Me + You + Kitchen Table" with boxes to check yes or no.

A little thing that teachers and parents tend to leave out of their monologues about the birds and bees: Sex is great! Heck, it can be mind-blowingly fantastic. But sex is only awesome when you want it and when your partners do too. Sex and sexual experimentation is different for everybody, and yes this includes you. It may sound cliché, but people need to be reminded that sex is a choice, your choice. Only you can decide when you're ready to dive in or if you'd prefer to dip your feet in the water. Regardless of your preferred activities, partners or accessories, having sexy-times is something you can choose to do or not to do. If high school or earlier is when you feel comfortable that's awesome. If not that's cool too. Having sex is a choice, regardless of past experiences; sex is a choice each and every time. Just had sex five times in a row, but the sixth time doesn't sound appealing? No problem, go ice your gonads and prepare to saddle up another time.

"No, thanks" might seem awkward at first, but if you respect your partners and they respect you, everyone is going to have a better time. If there's

an activity you're unsure about at the present moment, suggest coming back to it later. If asking your play toys to hold back or push forward seems 'unsexy', try brainstorming words and phrases that both provide ample opportunity for consent and tickle your fancies. Phrases that make you laugh, or turn you on, or code words that only your partners will understand are all great. Be sure to find out what your partners want too! It's important to realize, that not everyone you ask is going to say, "Yes". Sure, you are damn fine and extra fabulous, but just because you're ready, willing or eager won't guarantee your partners are.

This is why communication is key, and part of communication is listening. So, when you find your potential playmates and offer to get down and dirty and you get anything but an enthusiastic "Yes!" pay attention! Respect their desires and their responses. Hurt pride is okay, but pressuring someone into sexual activity is not. Respect everyone's comfort levels. Because honestly, having a sexual encounter with someone who wants to be there, fully participating, and enjoying what they're doing makes the whole damn experience. Why would you settled for a yield when you could have a "Hell Yes!"?



## I WISH I HAD A TRIKE LIKE THAT

If you are looking for your 10 minutes of fame on the Internet and haven't yet mastered YouTube, a walk around campus on September 21 might be your answer.

Google is expanding its Street View coverage beyond the "street view" and will be on campus with a wacky-looking Google trike riding around along campus paths filming everything in sight with a spiffy 360 degree camera.

Jill North, Operations Lead for Google Maps, said the project will allow "virtual visitors" to explore campus from the comfort of their own home or business. Visitors coming to the campus could use the option to preview their trip or high school students researching

where they may want to continue their education can get a much better look at campus than can be provided by any existing website.

The filming will take place during the day for lighting considerations. There will be no filming if it is raining.

University Communications Manager Steve Proctor said it could be a couple of months after the filming is completed before it appears on line, but he sees it as an excellent opportunity to build profile for the university around the globe.

"When our recruiters are in China, India or Bedford, with a click of a mouse they will be able to give prospective students a tour of the paths and trails around campus, taking them to the front stairs of McNally or for a lap around the track at Huskies Stadium."

For a look at the Google tricycle equipped with a camera check out Introducing the Street View Trike and Trike Touring the Amazon.

## the journal

September 19th, 2012—Issue 10

### Journal Contributors Meeting



Students gather in the ocean room

### New Contributors Welcome:

- Writers
- Photographers
- Artists

5th Floor SMUSA Building  
Ozman Room  
3 pm Friday the 21st

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## Demon Barber of Fleet Street a hit at Neptune

CYDNEY PROCTOR—EDITOR



### SWEENEY TODD

Music and Lyrics by Stephen Sondheim  
Book by Hugh Wheeler

Photo by Timothy Richard Photography

Halifax's Neptune Theatre has many things to be proud of this year. Friday, 14 September 2012 marked the Opening Night of the first show of the 50<sup>th</sup> Anniversary Season of Neptune. With the Lieutenant Governor present, a tuxedo-clad Art Director, George Pothitos took the stage to welcome the audience and reminded everyone about the wonderful things that have been produced at Neptune over the years. After a trip down memory lane and a tip of the cap to sponsors, it was time to welcome the cast of Sweeney Todd: The Demon Barber of Fleet Street.

The stage is empty, save for one chair, hidden behind bars across the stage, and quiet except for the drip of an old pipe. A young man, escorted in a strait jacket begins to tell the tale of Sweeney Todd: a London barber, just returned from wrongful exile to Australia on a quest to find the daughter and wife he was forced to leave behind. Recognised by Mrs Lovett, a pie maker and store owner on Fleet Street who informed him that his

wife was dead and his daughter taken in by the judge who had him wrongfully exiled, Sweeney takes on a mission of revenge from his shop above Mrs. Lovett's.

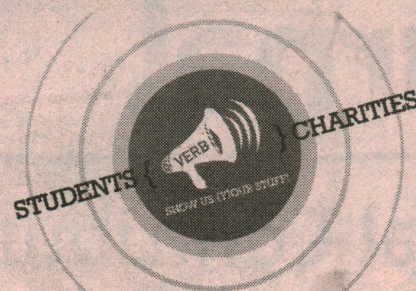
The dark and twisted play is filled with just enough humor to not be scary – but just enough evil and gruesomeness to prohibit it from being a comedy. A delicate balance with top orchestral firepower, the music is full of deep passion and anguish, but still lightness and romance when telling the tale of romance between Todd's daughter Johanna and her lover Anthony. The score was beautifully executed, the whole cast being that of great talent and commitment to their roles, no matter how absurd. It's a big vocal and character commitment and the cast had the audience transported to 1840s London.

Though the whole cast was spot on and had the audience totally responsive and on their feet at the end of the show, the strongest and most dynamic performance came from Mrs. Lovett,

Shelly Simester. With just the right amount of compassion for Todd, self-interest, charm and killer vocals Simester kept the audience and cast eating out of her hands for the whole 2 hours 20 minute show.

The ability of Neptune to so wondrously tackle such a high quality and calibre show is impressive in their little playhouse, but Neptune rarely fails to impress. The staging, direction, costumes and set work was second to none, and deserves a standing ovation all on its own. In addition to the orchestral power and the cast, including Neptune regulars Shane Carty as Sweeney Todd, Patrick Cook Kevin Dennis and Cliff Le June, Sweeney Todd is a must-see for lovers of darkness, musicals, and blow-you-away performances.

Sweeney Todd runs until October 7 at 7:30 Tues-Fri, Saturdays at 4pm and 8:30pm and Sundays at 2:30pm and 7:30pm.



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