

the journal

Saint Mary's University's Independent Student Newspaper

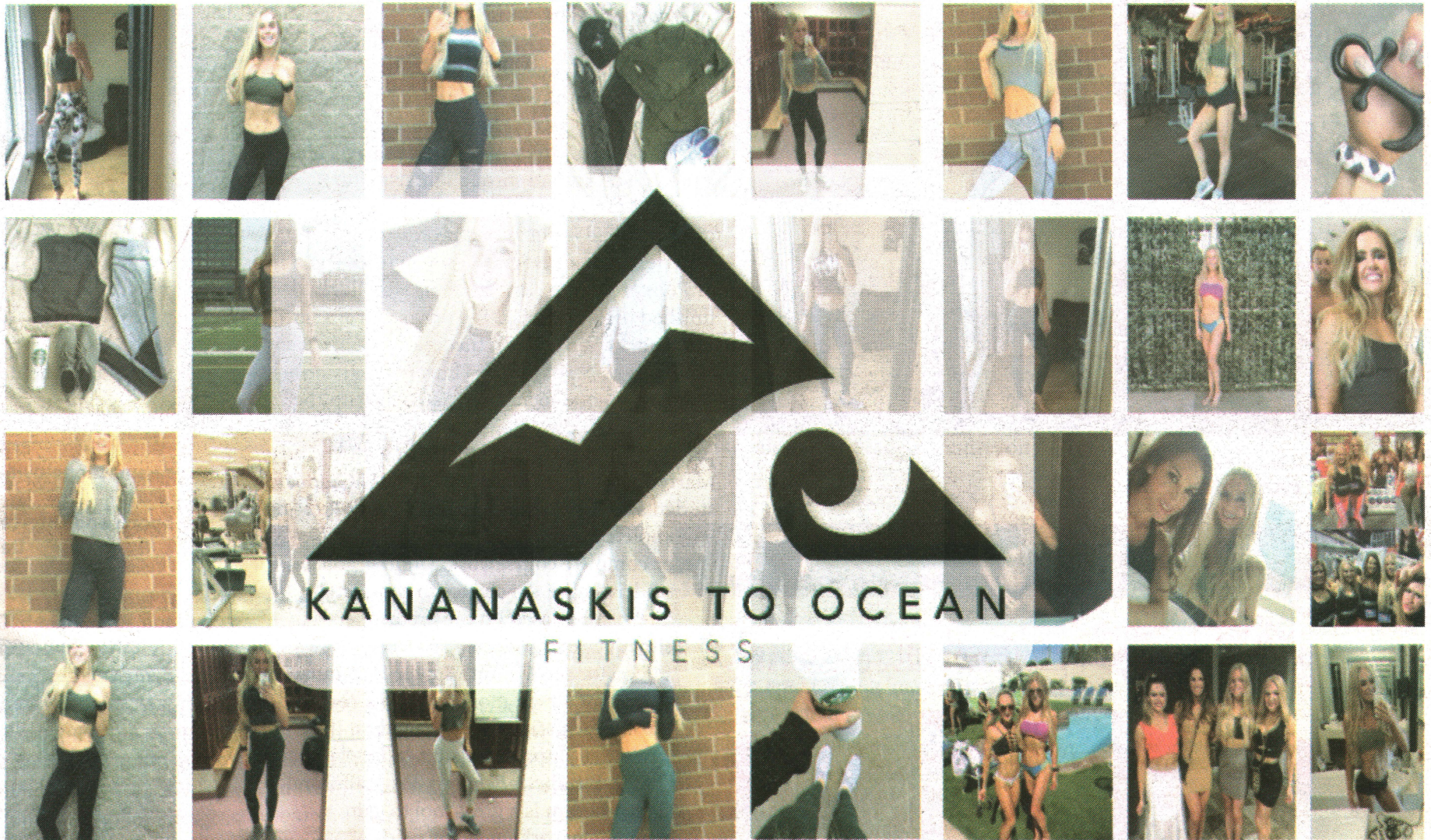
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A Self Made Woman

Page 6

Keltie O'Connor's journey of entrepreneurship and social media success

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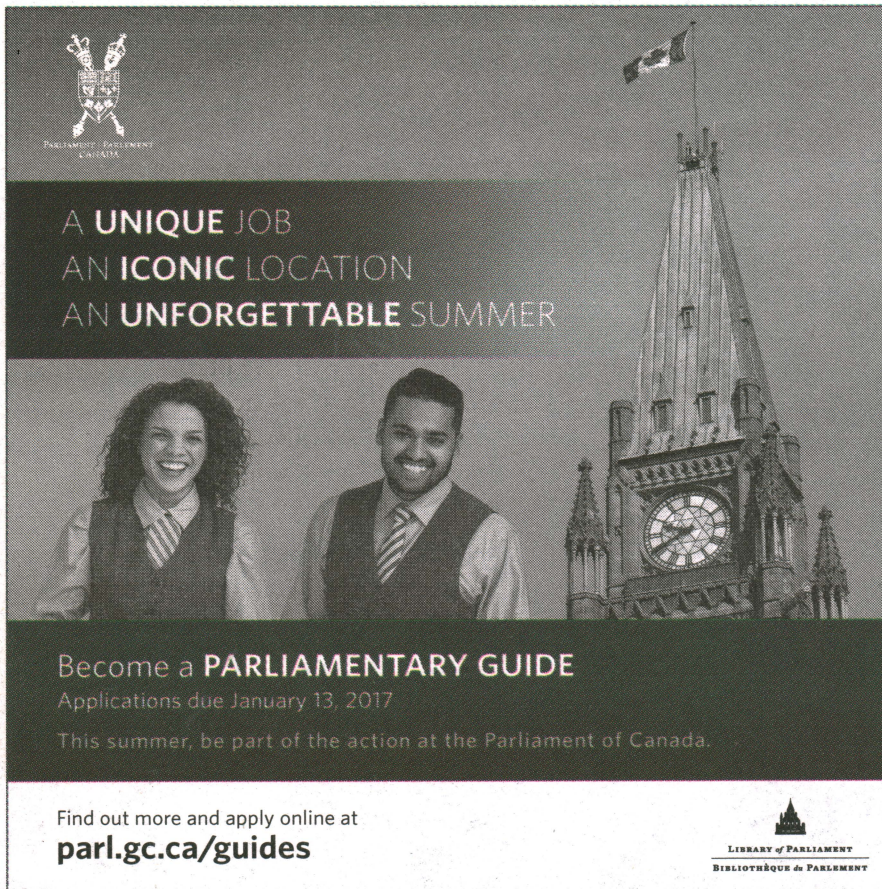
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Queen Elizabeth Scholarship

Alida Campbell
International Activities

The Canadian Queen Elizabeth II Diamond Jubilee Scholarships aim to activate a dynamic community of young global leaders across the Commonwealth to create lasting impacts both at home and abroad through inter-cultural exchanges encompassing international education, discovery and inquiry, and professional experiences. The program is open to all Canadian or Permanent Resident students who have finished their 2nd year. The program runs until December of 2018, with the final students leaving in July 2018. Saint Mary's University is running 2 programs, one focused on Jamaica with the University of Technology and Grace Kennedy as partners, and the other in Uganda with Uganda Martyr's University as a partner. SMU Graduate students have the chance to go to either location to complete graduate research, internships or complete coursework. Undergraduate students have the chance to complete internships based on the project needs in either country. Selected students are awarded \$6 000 for a 3-6 month stay in a country, or \$8 000 for a 7-12 month stay in a country. Most information can be found on the website at: <http://www.smu.ca/international/Queen-Elizabeth-Scholars-Program.html>. The Program is a great tool to gain experience working in the fields of development, computer science, business, entrepreneurship, marketing, agriculture, administration and health. In addition, you will gain cross-cultural awareness and intercultural communication skills, which is something many employers are looking for. The program is also linked to other similar programs across Canada, and scholars all around the world. There are 48 different programs at 36 different institutions across Canada, and countries across the Commonwealth are involved. Networking

the
journal

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opportunities overseas and in Canada exist. Previous scholars were able to meet the Governor General of Canada last year! For more information on the general program, follow this link: <http://www.queenelizabethscholars.ca/>. "The Canadian Queen Elizabeth II Diamond Jubilee Scholarships (QES) is managed through a unique partnership of Universities Canada, the Rideau Hall Foundation (RHF), Community Foundations of Canada (CFC), and Canadian Universities. This program is made possible with financial support from the Government of Canada, provincial governments and the private sector." <http://www.queenelizabethscholars.ca/>. For more information, SMU students can



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Literally everything Trump has done wrong

A Response to Preston Stronach's op-ed in October's Issue

Daniel Trainor-McKinnion
Contributor

There are many figurative walls that Preston Stronach's opinion piece "A Wall Between Ideas" builds. I will examine a few of them.

1. The central claim of Stronach's opinion piece is that Clinton voters don't believe in American values. To Stronach these values are: not having government grants, social assistance, or government contractors; personal liberty, and a smaller government. Two problems with Stronach's central claim: these are only libertarian values and Trump's platform will actually increase government in major ways such as mass deportations, more police presence, inquiries and jailings mass border scrutiny, laws against LGBTQ+ and women's rights, and so on. If Stronach believes in libertarian values, voting Republican this year would actually work against achieving them. Also, American citizens have social funding to thank for public roads, water, schools, jobs, and (some) money for people who fall upon hard times. These would not be maintained in an ultimately libertarian government, nor would there be support for the workers Stronach claims should be appreciated more.

2. Another large claim in Stronach's opinion piece was that there is a "war" between "the self-appointed educated class" and the working class. Aside from the fact that education doesn't work by appointment, you

study what, where, and when you want, there is another problem with this "war:" It doesn't exist. Stronach actually implies they are the same one class in this rhetorical definition of education: "to be educated ... is to spend 4-12 years completing an education ... for a job that seldom exists". If such jobs don't exist, almost all educated millennials must do working-class blue-collar jobs, and Stronach's claim that Clinton has a lot of millennial supporters means that working-class millennials are actually planning to vote against Trump. Further, education isn't a sign of elitism: it's the pursuit of improving one's cognitive skills to understand the world better. And for the record, founding a fake university and living in a gold-laden mansion are examples of self-appointing elitism.

3. A vote for Trump is in fact a vote for "racism, bigotry, and fear." It must be said that Trump displays and encourages these qualities through the following actions: a) Trump brags to Bill Bush about sexually abusing women, at least 8 women substantiate those claims, and a lawsuit in December will prove whether he repeatedly raped a 13-year-old girl in the '90s (see: Uproxx). b) Trump insults and berates specific women throughout his campaign. c) Trump insults the family of a fallen soldier. d) Trump claims John McCain's time as a POW is a sign of weakness. e) Trump calls illegal Mexican immigrants rapists and drug-dealers, says he will wall-off the US-Mexico border, and plans to deport all 11 million illegal immigrants within 2 years. f) Trump claims the stop-and-frisk program (which has proven to be both highly racist and

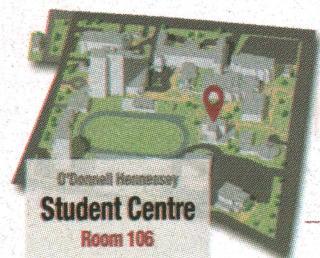
ineffective) should be extended in response to racially-motivated police brutality/killings. g) Trump says he will ban all Muslims from entering the US. h) Trump brags about avoiding paying taxes for 18 years, despite being a billionaire. i) Trump refuses to pay people entertaining crowds at his campaigns. j) Trump has declared bankruptcy 4 times so far. k) Trump incites violence against protesters at his rallies, and promises to pay legal fees of those inflicting violence against said protesters. l) Trump promises to jail his political opponent (Clinton) if he is elected (2nd debate). Most of these are signs of a Molotov cocktail of sorts of mental illness: paranoid personality disorder, psychopathy, and delusions of grandeur; and violent and self-admittedly criminal behaviour with these makes Trump dangerously unfit

for the highest office in one of the most powerful nations on Earth, and just plain dangerous. Because of these facts about Trump's actions, psychology, level of discourse, and professionalism, we must admit that voting for Trump will only serve to encourage these qualities in American citizens and the laws that bind them. Voters willing to encourage such qualities in the White House must thus endorse such qualities and behaviours. We need more people "squawk[ing] on street corners about gender inequality" when one of two presidential candidates is a self-admitted abuser of women and walks the streets free.

Daniel Trainor-McKinnion is a Master's student at SMU, and charter member of the "Ministry of Truth," est. 2016.



The Wellness Centre and Peer Support



Peer Support

Fall 2016 Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	9:00 - 11:00 AM with Nik		9:00 - 11:00 AM with Nik
	1:00 - 3:00 PM with Collette		1:00 - 3:00 PM with Collette
4:00 - 6:00 PM with Megan		4:00 - 6:00 PM with Megan	

Email PeerSupport@smu.ca to set up a time that works for you.



Zahra Dhubow News Editor

Let's be honest the life of a student is not easy. Exams, homesickness, relationship struggles, financial difficulties, and a luxury of many other stress inducing situations are becoming a strain on us. As much as we want to put on a happy and lively persona, deep down a lot of us are dealing with the difficulty of trying to balance it all. When all you want to do is curl up and not go anywhere, you are faced with getting on that school grind, working full-time/part-time job(s), and trying to attend all those social events. The positive thing is that more and more discussions surrounding mental wellbeing are becoming increasingly mainstream across campus. By encouraging dialogue and providing support networks for mental health, students on campus

are beginning to locate resources that pertain to mental wellbeing. A great deal more students on campus are speaking up about their struggles with mental health. For instance, the #mydefinition campaign is a great example of students mobilizing together to highlight mental health. This has greatly facilitated the creation of open and safe spaces to promote dialogue surrounding mental health. The development of the Wellness Centre, located on the first floor of the Student Centre, has also become a wonderful resource for students who are looking for a calming and positive space to de-stress. I had the wonderful opportunity to visit the Wellness Centre – which is inconveniently tucked away under the 1st floor stairs of the Student Centre – and have a nice chat with Nikolas, one of the three Peer Supporters. Knowing what a valuable resource

on campus the Wellness Centre is, I have been adamant about sharing the news about this space with everyone! Being excited about this space I was especially glad when Nikolas agreed to answer some questions I had regarding the Wellness Centre, and his role as a Peer Supporter.

Why is the Wellness Centre so important?

With three Peer Supporters on staff, thanks to the Stay Connected Mental Health Project and SMUSA, it offers a safe place for students to go and relax.

What was the reason behind getting a Wellness Centre and initiating Peer Support?

A fellow Peer Supporter, Megan Wright, saw the success that Peer Supporters at Mount Saint Vincent University had, in the school year of 2015-16, due to utilizing their Wellness Centre as a location for drop-in peer support. Upon seeing that, she thought students at Saint Mary's

deserved the same privacy when seeking support from Peer Supporters. When Megan and I heard that Kazi, our new SMUSA president, had hired an Equity and Wellness

Vice President (Collette), we reached out to her to discuss the possible implementation of a Wellness Centre at Saint Mary's. We went to the Mount to view what they had set up and tried to modify that in the space we had at Saint Mary's in order to benefit students on campus.

Why should students seek out Peer Support at the Wellness Centre?

To have a safe, quiet place to relax and to receive Peer Support. When students are stressed, feeling homesick, or can't find the right resources on campus, we are here to help guide students in the right direction.

Who can students contact if they want more information or to give suggestions to the Wellness Centre? Find Peer Support on: Facebook or Instagram @SMUPeerSupport Contact us at: peer.support@smu.ca Questions about the Wellness Centre Collette Robert: vpequity.smusa@smu.ca

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Kindness is Contagious

Tessa O'Donnell
SMU Healthy Minds Team

As the fall semester progresses into midterm and exam time it is easy to become overwhelmed with student life here at Saint Mary's. So much of our energy is dedicated to keeping our academics, jobs, volunteering and social lives organized that it is understandable to dismiss the people around us. In a small campus of just over 7000 students, it is important for us to remember that our community is somewhere we can truly make a difference if we are conscientious of one another. Acting kind toward our fellow students is one simple way we can create a positive change in the overall atmosphere of our campus.

We've all had days when we feel that nothing is going our way or that the world seems to be against us. Take a moment to think about the last time you felt like this and ask yourself what a simple act of kindness would have done to change your mood. Being kind and empathetic to each other enables us to make someone's day brighter. When this actively travels from person to person, then everyone,

including ourselves, can benefit from kindness. In similar ways, being the person engaging in altruism can also be beneficial to our frame of mind. Altruism is the act of selflessly helping others and has been linked to inner feelings of being energized, compassionate, self-affirmed, and many other mood-lifting qualities. Being in university is one of the last times we have the opportunity to be around our peers in a common stage of life, so why don't we use this time to lift each other up and thrive as a community together?

Kindness doesn't have to be a grand gesture or an expensive one. Simple things we can do every day can make campus more friendly and inviting. From opening doors, to helping someone struggling with books, to letting someone borrow your notes, the opportunities to be kind are all around us if we choose to engage in them. If you extend your kindness to those outside of your social circles then we can see a ripple effect that can result in a more inclusive and sympathetic campus culture.

The Healthy Minds Team has done their part to enhance the level of kindness at Saint Mary's by hosting 'Kindness Begins with SMU' from October 31st - November 4th to show Saint Mary's that kindness truly is contagious. The week included the Team handing out candy during 'No Tricks Just Treats' on Halloween. We also had the Husky mascot during the week giving out friendly hugs, and asked students pay it forward. Details for all these events can be found on our SMU Healthy Minds Facebook page.



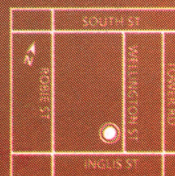
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Self-development, Success, and Starbucks

Erika MacDonald
Features Editor

It is fair to say that Edmonton native Keltie O'Connor never imagined she would find herself living in Halifax, Nova Scotia as it was on the other side of the country but that is exactly where she ended up just over a year ago. Keltie and her boyfriend, a recruited SMU quarterback Trevor Erdmann, packed up their lives and drove across Canada in August of 2015 to spend the remainder of his CIS football career at SMU. Keltie decided to go with him as she was nearing the end of her marketing degree at Grant MacEwan University and figured "why not?" O'Connor owns and operates a business called Kananakis to Ocean Fitness which helps people live a healthier lifestyle. Now, Keltie is nearing the end of her time here but there's one thing that Keltie will never forget about her two years spent in Halifax; it was here that she really started focusing on her social media presence to help promote her business and it has been very successful.

At the time of publication, Keltie had 2,600 followers on Twitter, 59,000 Instagram followers, and the accomplishment she's most proud of is the 3,400 YouTube subscribers she has. The Journal sat down with Keltie to talk about her business, her lifestyle, and her social media success.

Keltie started her business shortly before moving to Halifax. She was working for another fitness coach and had always felt like she wanted to do her own thing so when the opportunity to "sink or swim" came along, Keltie struck up her own business to go along with her East Coast adventure. "How my

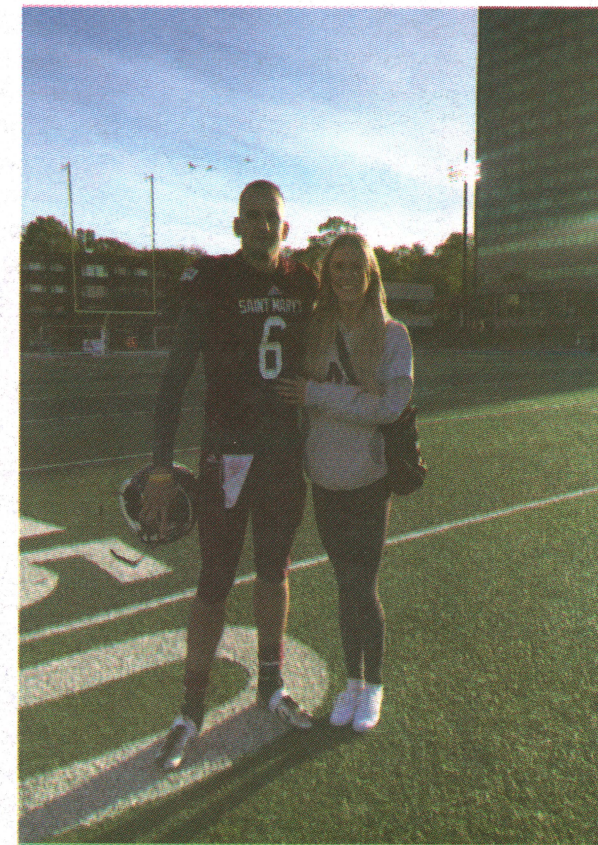
business works is its online coaching, nutrition, training, and healthy lifestyle specifically. My mission is to help bring health into people's lives," Keltie explained, "instead of 'this is my plan to make you healthier' I ask 'how can we fit healthier choices into your existing schedule?' For example, how to drink more water, having better posture, things like that." O'Connor went on to explain that she has full-time clients and seasonal challenges which are 8 weeks long where she brings together a group of people to help support each other during their fitness journey. "I didn't have anyone to support me when I started my fitness journey so I am glad to bring those people together and for them to build their own communities."

From her business brought on her YouTube videos that go hand-in-hand with her company's values. "I was always fascinated with film and directing and when in school for marketing doing videos for projects I always loved it. When moving to Halifax, a lot of my clients were in Edmonton and I wanted a way to still reach out to them so that's where I originally started doing the videos." Keltie films videos such as vlogs, how to prep for

competitions, workouts, and her most popular Lululemon try-ons; one of her try-ons is her most viewed video with almost 28,000 views. "But then I just fell in love with it," said O'Connor, "editing and creating content. It's a way to keep in contact with my clients but it's also an artistic outlet."

O'Connor says her mind was blown when that video hit 25,000 views. She says that it really became real to her when you picture 25,000 people in a room, which is about the size of a big arena, all watching her definitely freaked her out. "I know people who have millions of views on their videos but I am appreciative of my 25,000 views and I hope that everyone who watches it can take something away from it." It also gave Keltie a boost of confidence to know that her marketing skills are working and that her content is good.

Along with this YouTube fame however, comes the negative comments that people leave from behind a screen. "I always try and put out good content that doesn't hurt anyone and that is positive," explained Keltie, "but I find it is important to think of it from their perspective, they are obviously



suffering if they are in a position in their life that they would go and make fun of someone else on social media. Honestly I am so content and happy with my life and where I want to be that I don't really care what people say. Those very few important people in your life, that's all that matters, as long as I have them and so you really just have to learn to laugh it off and understand that those commenters are coming from a bad place."

The constant communication that comes with having so many people following you and messaging you was definitely something Keltie struggled with at first, "I found I was living in my phone and it was very draining" she explained. O'Connor says that Tim Ferriss and his book "Four-Hour Work Week" really helped her in becoming the

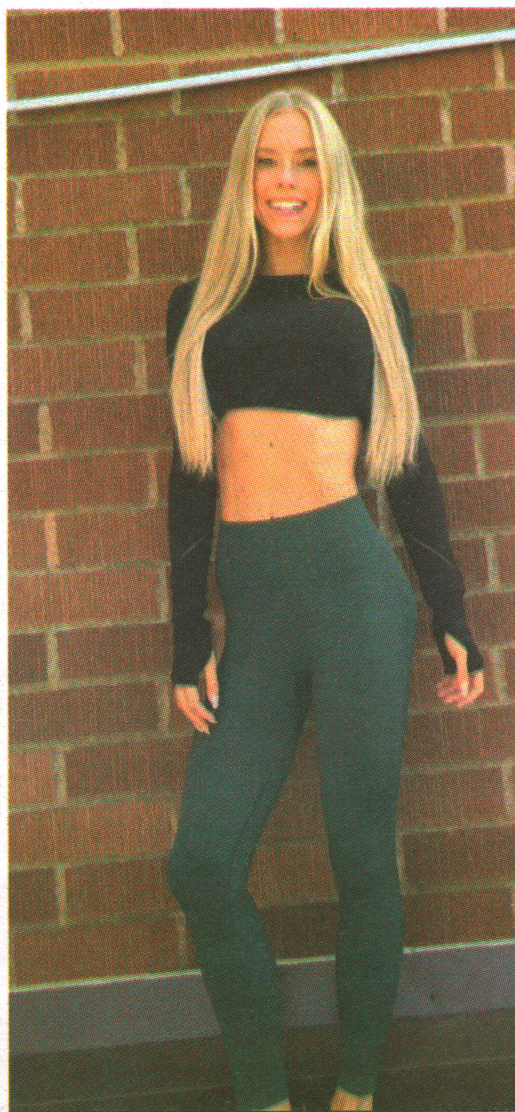


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introduction of her business, YouTube, and her move across the country. In Edmonton she was a typical ridged schedule full-time student with a part-time job working as a fitness coach and bartending on the weekends but since moving out to Halifax things are a bit different. “Being an entrepreneur, I make my own schedule especially because I take online courses. Doing this made me a better person, a better boss, a better worker because there was no longer a deadline, which motivated me more to develop myself and my business” explained O’Connor.

Keltie says that a big part of her starting her business and her following was on Instagram but she says YouTube has her heart. “There’s something really special about YouTube, you really build a connection with your subscribers and with people and they can really get to know me,” she explained, “I’m very much a people person and writing wasn’t my strong point so on Instagram I felt like I wasn’t getting my point across no matter how hard I tried so with YouTube I can explain myself in my own words as if I’m with them in person.” As for other social media sites, O’Connor doesn’t like Twitter because of all the negativity, she finds Instagram good but it’s very artificial and it’s the cover of a book whereas YouTube really has the content. As for Facebook, O’Connor uses it quite a bit but new rules make it very expensive for small businesses to use Facebook with all their new fees, so she uses it to point people to her other social media platforms like posting the link to her latest YouTube video or Instagram post.

What advice does Keltie have for up and coming social media stars? “A big recommendation I have is that If you do want to put yourself out there on social

media it’s amazing, it’s a great marketing tool, it unlocks so many possibilities, but make sure you’re really content with where you are outside of the social media realm, otherwise it will suck you in and spit you out.”

It is safe to say that Halifax and specifically SMU will miss Keltie’s

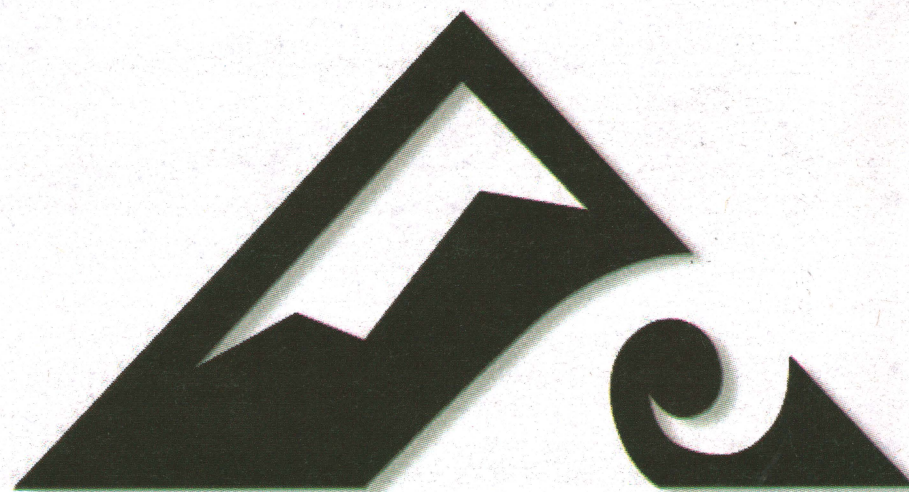
entrepreneurial skills, positive outlook, and outgoing personality but with social media you can keep up to date even when she moves!

Twitter: @keltieoconnor

Instagram: @keltieoconnor

Youtube: Keltie O’Connor

Snapchat: @Keltieoc



KANANASKIS TO OCEAN
FITNESS

SPEED ROUND

The Journal asked Keltie a few questions so you can get to know her better:

1. Closet doors open or closed when you sleep? Closet doors closed but door to room open
2. First Concert? Hansen (aka Mmm Bop)
3. Are you afraid of heights? No, not at all.
4. Do you believe in aliens? Until it is disproven, I’m not going to rule it out.
5. What did you want to be when you grew up? A Superhero, I love Batman. And then I wanted to be in the WNBA but my parents had to tell me that I was 5’6 and likely wouldn’t make it.

entrepreneur she is today. “One thing that I learned is to bulk your emails and social media. What this means is to only go on social media or answer emails for a very specific amount of time. For example you sit down and you only have two hours to answer all your emails. I’m not perfect at it but I really try and I find I’m much more productive.” O’Connor writes it all down and has her own schedule that she has created for herself which is something not many millennials can say. Keltie’s lifestyle has changed with the

Little campus, big buildings



Saint Mary's.

Neil Van Horne
Editor-in-Chief

It is possible that a few years from now you will be returning to SMU for your homecoming, and many aspects of our campus will look quite a bit different. While it is not technically a part of the campus, the Canadian Martyrs Church on Inglis Street is a part of how the University looks to passersby. The property went up for sale earlier this year, and being the last section of the block Saint Mary's is located on, many assumed it would soon be purchased by

"We have been art of the process from the beginning, we went to the town halls, made a fair bid reflecting the market value of the property." Says Margaret Murphy, Associate Vice-President of External Affairs.

The Canadian Martyrs Church and Saint Mary's have a closely knit history dating back to 1952, when the Church was founded by Archbishop McNally, who is also the namesake of our oldest academic building.

"The first Mass was 14 September 1952

in the lobby of Saint Mary's University, Robie Street." As stated in the history of the church on their website.

Before either the university or the church existed, they are routed from the same history. The Canadian Martyrs were in fact Jesuits, the same group of the Catholic Church that the university descends from.

The bid that Saint Mary's made for the property was rejected, as was a bid from private Ottawa based Ashcroft Homes. The bid from Ashcroft Homes has gone before the Utilities Review Board. The proposed development from Ashcroft Homes includes two towers, a 27 story and a 31 story building.

These two towers would cast a long shadow across the campus and its surrounding area, and drastically change the landscape of the neighbourhood. Halifax Councillor for our district, Wayne Mason is opposed to the development, as are other activist groups in the community. The site was also zoned as 'low and high density university' in the 70's. A key problem that was brought forward

during the Utility and Review Board hearing on Thursday October 24 was that it would be difficult to ensure all tenants were students. There would be no way legally to keep them from leasing if they were not a student. Another issue would be tenants wishing to remain in their unit following their graduation.

In short, the Church property is not necessarily going to be developed by Ashcroft, but the transaction between the Vatican and Ashcroft is still being negotiated, in the event that the UARB reverses the decision to reject Ashcroft's proposal.

But perhaps being able to rent from a private company and still live 'on campus' is exactly what some students want.

There is another potential development that The Journal will be keeping its eye on. This is dubbed the title of Entrepreneurship, Discovery and Innovation (EDI) Hub project. It is a work in progress, little is confirmed but it aims to connect the academic and entrepreneurial worlds.



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So where are our fees going?



Erika MacDonald
Features Editor

As SMUdents we pay \$146 to the Saint Mary's Student Association for things like our bus passes, Husky Patrol, events, programming, and 'many other things'; the real question is, what are those many other things?

SMUSA recently held their Annual General Meeting. It was well attended for the most part and students were excited to see the changes that have and are going to happen with our new president Kazi Rahman at the reigns. But the AGM seemed a little lack luster. Here are our Cheers and Jeers for SMUSA thus far:

Cheer: The response rate to the comment cards at the AGM was very fast. SMUSA has definitely upped their communication game and we are both impressed and pleased that our student association is doing so.

Jeer: Getting students out to the AGM by promising a \$200 shopping spree if they give feedback and then making students go to the Gorsebrook in order to claim the prize. Granted, it was on a SMU-Friday but it was also during mid-terms.

Cheer(ish): SMUSA did release a budget breakdown, if you wish to call it that, during their AGM. As students I think we would like to see more specificity with regards to salaries of full-time staff and the cost of Welcome Week especially seeing that SMUSA has a full-time accountant, but this is still the first publicly released budget in more than two years.

Jeer: Trying to pay for a new website. Where the website now isn't updated frequently, we really hope that the new website SMUSA is creating is worth the approximate \$2,000 price tag and will be as updated as their Facebook page. Although we get why the SMUSA Board of Directors is holding back a

little bit on funding seeing as the \$7,500 SMUSApp isn't as popular as projected.

Cheer: The new bus stop on Inglis and Tower is awesome. Started by last year's president Amali Armony and continued by Kazi Rahman, we are happy to see a continuance of work from past administrations

Jeer: Charging \$5 for almost every Gorsebrook event this year so far. We get that the Gorsey is hurting but charging cover isn't going to bring more people. The on-campus bar is paid for by students so why not let them come in for free? However, we do understand that the acts coming in cost money on special nights but couldn't SMUSA do some of these events for free? We're all broke after all, give us a break. PS

If you're an RA you get to go to these events for a "special price" in attempts to fill the venue.

Cheer: The events at the Gorsey have been good. Really good variety and cool idea like the Silent DJ Party, but damn that \$5 is still to getting me.

Jeer: There were a lot of "we will do that in the future" or "we are working on this" when asked about things like the website being updated more regularly and posting minutes from Board meetings which have been issues for well over a year.

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Club Sport Update



Lauren Perry
Contributor

After a tough playoff round in Charlottetown, PEI, on October 29th and 30th, the women's field hockey Huskies finished the season in third place in the Atlantic University Field Hockey League. The Huskies started the weekend in a round-robin pool with UPEI and Acadia. SMU lost to PEI 2-0, but rebounded for a 1-0 win over Acadia only an hour later, with co-captain and AUFH League All-Star Patricia Gemmell netting the game-winner on a short corner. Finishing second in their pool, the Huskies played in the semifinal on October 30th against Dal, losing 3-0 to the eventual champions. However, the Huskies dominated the bronze medal

match against UNB, with Patricia Gemmell scoring again, this time on a stroke. Despite a 1-0 final score, the Huskies controlled possession and dominated scoring opportunities.

The men's lacrosse team has wrapped up the regular season in third place, with a 6-4 record. After beating second-place finishers St. FX 19-13 in the last game of the regular season, the Huskies are peaking at the right time. The playoffs start November 4th at Dalhousie, with the Huskies playing in 6th-place against Mt. A at 2:30PM. If they win, they advance to the semifinal to rematch St. FX at 8PM on November 5th, with the championship game on November 6th.

Huskies fall 10-3 to Axemen to end season

Dominic Nolasco
SMU Communications

(Halifax, NS)—In their final home regular season game, the Saint Huskies football season ended Saturday afternoon with a 10-3 loss to the Acadia Axemen on a tackle one yard short of the end zone as time expired.

Both teams finish the season 2-6 with Acadia winning the tiebreaker and grabbing the last playoff spot with head-to-head wins (2-0).

The Huskies had the final possession with 1:22 left on their own 47-yard line trailing 10-3 when quarterback Brock Berglund (San Diego, California) drove the Huskies down the field to the Acadia 12-yard line.

Two incomplete passes forced a 3rd and 10 from the 12 with three seconds left.

Berglund found receiver Tristen Giusto (Hamilton, ON) who turned around and was tackled at the one-yard line as time ran out.

Both teams started the game with turnovers as Acadia threw an interception and SMU fumbled in the red-zone.

Acadia opened the scoring with a 1-yard touchdown run by Hunter Guenard (Calgary, Alta.) for a 7-0 lead with 6:04 left in the first quarter.

Saint Mary's answered back in the second quarter on a 15-yard field goal by Brian Hope (Port Coquitlan, BC), capping off a 13 play, 77-yard drive with 2:27 left in the half.

SMU trailed Acadia 7-3 at half.

The third quarter saw both teams trade

punts as Acadia ended the quarter up 7-3.

The Axemen started the final frame with possession and used a 21-yard field goal by Brandon Jennings (St. Albert, Alta.) with 10:14 left to increase their lead 10-3.

Both teams managed one first down between themselves the last nine minutes before the Huskies drove 67 yards in 12 plays in their final possession.

Saint Mary's finished with more total offence (319-255) and rushing yards (134-46) while Acadia threw for more yards (214-192).

Cody Cluett (Cole Harbour, NS) threw for 204 yards (14-30) with two interceptions in the Axemen win while Dillan Fortune (Brooklyn, New York) rushed for 26 yards.

Berglund threw for 192 yards (21-35) and paced the Huskies with 57 yards on 11 carries.

Giusto led all SMU receivers with 66 yards while Eli Prochnau (Cochrane, Alta.) paced Acadia with 88 yards.

Bailey Feltmate (Moncton, NB) had 10 total tackles for Acadia while Jadarius Ceasar (Tuscaloosa, Alabama) and Emmanuel Agbozo (Surrey, BC) each had 5.5 tackles for SMU.

#3 Acadia travels to #2 Mount Allison November 5th for a 2pm kick-off in the AUS Football semi-final.

The Women's Centre



Nechelle Nicholas
Contributor

The Women's Centre has been operating on campus since 2004, and has grown to be a space for not just women, but men as well. Whilst being relatively hidden and unknown to the general student population, the Women's Centre stands as a strong necessity and support to many of the students here at Saint Mary's. More often than not, as students we get stressed, we put pressure on ourselves, and then behave recklessly as a coping mechanism. We forget to practice safe sex, we forget to get regular doctor's checkups, and we forget how to be happy and de-stress without alcohol abuse, which is a method to blind us from our problems. The aftermath involves a lot of uneasiness, fear of STDs, HIV, pregnancy, and for most of us, a horrid feeling. This is precisely why we have communal networks such as the Women's Centre.

The Centre can connect many students to the various resources on and off campus where they can receive professional attention for their sexual health, mental health and emotional health. We are here to help students who are going through sexual trauma, depression, or are simply just stressed and want someone to talk or vent out to. At the Women's Centre we have answers for you, and we can help you move forward from not knowing what to do, to knowing where you can go for pap smears, blood tests, counselling, and other services that are available to you. Our aim this year is to expand our reach to those who may not be aware of the Centre, in hopes of encouraging students to access answers to those questions they don't feel comfortable asking just anyone. The Women's Centre is also a location where students can grab a whole bunch of free stuff such as: condoms, lubes, tampons, sanitary pads, coffee, tea,

and a various selection of literature to potentially use for research. We also have really cool pins you can grab and pin on your bags, jackets, etc. As part of our support for Sexual Health Awareness, we recently had our Venus Envy workshop earlier this month, talking about safe enjoyable sex. Our plans for the semester include a series of discussion and activity driven workshops called the "Afterthoughts series". The next event to anticipate is a talk being held on the Romanticizing of Rape Culture in modern media, for example the '50 shades' and the 'twilight' franchises, which will be given by a fictional novelist. This event will be followed by our Grey's Anatomy and 50 Shades of Grey Trivia Night, with really cool prizes worth up to \$50 for grabs. We will also be holding a mini basketball/ hula hooping contest and bake sale in the Student Centre, on

the 24th of November, highlighting and celebrating International Men's day (19th of November) and the International day for the Elimination of Violence against Women (25th). The winners of these contests get to take home prizes up to \$50 as well! The Women's Centre also has a library full of books, magazines, etc on women's issues that anyone can borrow for research or to simply have a good read! Feel free to stop by for a cup of coffee/ tea to express your concerns or to just have an interesting chat! We are open: Monday to Thursday from 10:00am-5:00pm and on Fridays from 10:00am-3:00pm. We can be reached via email at: smu.womenscentre@gmail.com or via telephone: 902 496 8722.

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