

**Dear SMUSA**  
*An open letter*  
Opinion — Page 3

**Happy St. Paddy's!**  
*Be Safe*  
DR — Page 5

**Middleground**  
*Money Sucks*  
Financial Aid — Page 7

**SMU Secrets**  
*Get the low down on SMU-vival*  
HMT Connection — Page 10

**Huskies Win Again**  
*Women's Hockey*  
Sports — Page 11

## An Open Letter to My New SMUSA Governance Team

Dear Director-Elects and President-Elect of SMUSA,

Congratulations on being chosen to represent your fellow students on the Board of Directors or as President. Since I'm writing this before the votes are counted, I don't know who you are yet. For my purposes, that doesn't matter. Whether or not you received my votes, I have the same things I want to say, and the same expectations for you as my representatives.

I expect three things from each of you, and from the remaining members of the Board, and from the executive, whenever they are hired and whoever they may be. Those three things are transparency, accountability, and communication. Since I started at SMU in September 2014, I'm not sure I've seen any of those things. That's not to say that the people of SMUSA have not done wonderful things during that time: I too love using debit at Tim's and an Atrium that is open 24/7. But I expect far more from you than that. I expect you to be transparent about your dealings as a board and as

President. By that, I mean I expect honesty and openness about what occurs within the organization, in a way that is easily accessible to the majority of the student body. That means putting them online. Board meeting minutes have not been published on the SMUSA website since January 2015. Claiming that there have been technical difficulties for two years is not an excuse: PDFs can be converted to JPEGs and uploaded to Facebook in a matter of minutes. I expect policy and procedure to be clear and consistent. In the SMUSA Governance Policy, "member" refers both a regular student association member (as defined by the SMUSA constitution) and a member of the Board of Directors. Members of the board of directors are also referred to as Directors. There is a failure to consistently define and use terminology.

Transparency also means being open about the hiring process: all four VP positions in 2016, and both the CRO and DRO of the 2017 election, were

internal hires with experience in multiple SMUSA positions. I don't think there is anything inherently wrong with this, and all six individuals seem more than capable of fulfilling their responsibilities. The problems arise from the circumstances. A seat on the Board sat empty for a year because a member resigned after the election. Only three VP positions were advertised, but four VPs were hired. The position of VP Equity and Wellness was never advertised to all members of the association, and ultimately filled by a member of the 2015-2016 executive. The CRO of the 2016 election was hired to an executive position the same year. Could you trust the results of the Canadian election if the CRO was appointed Governor General after the fact? The potential for conflict of interest here is astounding, and the fact it was never publically acknowledged undermines my trust in SMUSA.

Part of rebuilding that trust between students and SMUSA is a renewed commitment to accountability. We

need you to demonstrate that you really have our best interests in your minds and hearts when you make decisions (with our money) about our present and future. But as you are accountable to us, we are accountable to you. I think that is where we, the students have failed. We have grown apathetic instead asking more questions. We have been venting to our friends and anonymously online (#SpottedAtSMU) rather than coming to you. We need those forums, but we need to direct our concerns directly to you as well. That requires communication: whether by Facebook message, twitter, email, phone, or in-person.

We need to communicate our concerns, questions, and issues to you. But we also need you, our elected representatives, to communicate with us.

*Continued on Page 3...*

# MOVING MADE EASY

DOMESTIC & INTERNATIONAL  
SHIPPING, PACKING & SUPPLIES



**10%  
STUDENT  
DISCOUNT**\*

**Only at The UPS Store 216  
at 1083 Queen Street**  
Halifax, NS, B3H 0B2

phone: (902) 423-2788  
store216@theupsstore.ca

**The UPS Store**



\*this Promotion will end July 31st



Nova Scotia student loans are interest-free. But did you know you can have your loan debt eliminated *entirely* at graduation?

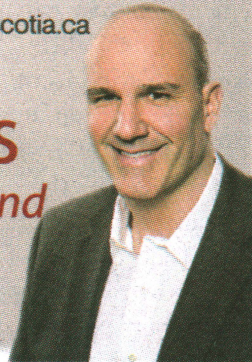
➤ Check out the Loan Forgiveness Program at [novascotia.ca](http://novascotia.ca)



**LabiKousoulis**  
MLA, Halifax Citadel-Sable Island

365-5991 Spring Garden Road  
Halifax NS

T: 902.444.8200 | F: 902.444.8222  
[labi@labimla.ca](mailto:labi@labimla.ca) | [www.labimla.ca](http://www.labimla.ca)



**Congrats!**

The Journal Publishing Society would like to congratulate Ossama Nasrallah on becoming the SMUSA President-Elect for 2017/2018. Additionally, we would like to congratulate Omar Hany Sameda, Valerie Caswell, Vicky Jie Li, Mitchell Archibald and Ollando L. Brown on becoming the newest member of the Board of Directors. Be sure to pick up a copy of our next issue for an exclusive interview with Ossama! And keep reading this issue for more info on the winning candidates. (Pg 8/9)

the  
**journal**

Saint Mary's University's Independent Student Newspaper

Suite 522, 5th floor, Student Centre

Saint Mary's University, 923 Robie St.

Halifax, Nova Scotia B3H 3C3

OFFICE HOURS  
TR 2:30 - 5:00pm

Website: [www.thesmujournal.ca](http://www.thesmujournal.ca)

Twitter: @thesmujournal

Facebook: thesmujournal

Editor-in-Chief/Layout  
Erika MacDonald  
[editor.thejournal@smu.ca](mailto:editor.thejournal@smu.ca)

Business Manager  
Kazi Ahmed  
[business.thejournal@smu.ca](mailto:business.thejournal@smu.ca)

Web Editor  
Neil VanHorne  
[neilvanhorne@gmail.com](mailto:neilvanhorne@gmail.com)

News Editor  
Zahra Dhubow  
[zahradhubow@hotmail.com](mailto:zahradhubow@hotmail.com)

Photo on Cover by  
Dylan Hebb, SMU Alumni

**Jean's Restaurant**

**6 YEARS IN A ROW !!!**

**BEST OF FOOD**  
BEST OF THE BEST

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

2nd runner up: Best Server

**444-7776**

5972 Spring Garden Road

[www.jeansrestaurant.ca](http://www.jeansrestaurant.ca)

**SIDEWALK SALE!**

March 14 & 15



BOOKSTORE

1st Floor Student Centre

9am - 4pm

## #HaliCabLady

**Sandra C. Hannebohm**

*Former Editor-In-Chief*

When Judge Lenehan acquitted taxi driver Bassam Al-Rawi of sexual assault charges despite DNA evidence and a police witness, a concerned citizen started #HaliLadyCab to raise awareness and support for people trying to get home safely.

The hashtag started trending on Twitter until Judge Lenehan released his full decision, saying 'clearly a drunk can consent'. Public outrage then prompted The Crown to appeal the decision based on six grounds of error in law, while Alana Canales campaigned for women in Halifax to offer each other rides. "The length of time and final denial of presumed justice led me to some introspection. What can I do, and what can I do right now, to help these people that I care about? I thought of a friend of mine that I know has been sexually assaulted, and I knew I would do literally anything if it would save her. The least I could do is offer a ride to anybody that knows me."

The head of the Halifax Taxi Association told Metro there is a one in five million chance of sexual assault by a taxi driver. Canales was suspicious of this claim, saying "I suspect Halifax's record lately would stick out like a sore thumb. The likelihood of being assaulted comes to mind for the individual who may have had past trauma and has just recently seen the news that being caught by a police officer with DNA evidence on a cab drivers face is not enough to convict. This is deeply troubling, and I don't think it's unreasonable to suggest that cab drivers now have the knowledge that even if caught, panties in hand, they still may not be convicted."

CBC News reports 12 cab drivers in

Halifax have lost their licenses in the last 6 years and there have been 14 reports of young women being sexually assaulted by taxi drivers since 2012.

The ruling on Bassam Al-Rawi's case has a program coordinator with the Avalon Sexual Assault Centre concerned about an increase in unreported incidents. "When we see cases like this that get so much public attention, we know that people are less likely to report [sexual assault]" Susan Wilson told the Halifax Examiner. A recent program evaluation from the centre estimates only 6% of sexual assaults in HRM are reported.

Canales noted several stories she heard from women interested in the ride share. "I did get a number of DM's from people offering their own stories which ranged from inappropriate things like being offered the cab driver's phone number, to being offered a free ride in exchange for sexual services. One woman said she actually jumped from a moving cab because of that."

Canales says she started #HaliLadyCab out of concern for women, but added "I would gladly offer a ride to anybody who felt vulnerable".

"The way HaliLadyCab works is if you're in need of a ride, pop onto your Twitter account, and anybody you see tweeting, you can check if they have the hashtag in their bio. You can also tweet out with the hashtag that you are looking for a ride, and if someone replies to that, a direct message can confirm sensitive information such as the where/when's. Phone numbers are not out in public, and there is no plan on that either. This is meant to be an additional option - not a guarantee, and certainly not a first resort if other options exist".

The awareness campaign and ride share isn't limited to downtown Halifax. "I live in Dartmouth, and two other ladies I know who put the hashtag in their bio are on the outskirts of 'the city' as well, Bedford and Herring Cove."

The Journal asked Canales what advice newcomers to Canada can use to make sure they get home safe in Halifax. "I have been a host family for 3 years to international students and there certainly are patterns. Don't flash around how much money you have. Always bring a map in addition to technology that relies on battery power. For the first while, try to limit solo travel to daytime hours to help become familiar with your surroundings, how public transit works. Always have phone numbers of locals that you trust handy in both mobile and print version."



## Open letter...

Since July 2016, I have sent emails to 8 different SMUSA employees about board meeting minutes, the possibility of support for a student conference, and elections policy. I have also tried communicating with the general

association page via Facebook, with the same issues. Only the CRO and the DRO of this election have ever replied to my emails or validated my concerns. I don't think it's unreasonable to expect my representatives to address my requests and concerns in a timely matter - that's just common courtesy.

Continued on Page

So are regular updates to the SMUSA website and social media, with listings for current policies, societies, and events.

If I sound angry or upset, it's because I am. I am not only angry with your predecessors, or with the system. I am angry with my fellow students and myself. We have enabled this poor behavior and opaque, confusing system, by not making our dissatisfaction open and not pressing for the facts. But I am doing it now, because I love this university. I love the friends I've made here and the professors who bring donuts to class. I love having Fridays off and how I can get almost anywhere on campus without trudging through snow in the winter. There are countless other experiences I've had here, from Open Mics to Battle of the Floors, that I want for future SMUdents.

For them to have these experiences, we will need a stronger relationship between the people that run SMUSA and its entire membership. To rebuild that relationship, you will need the three things I have asked of you: transparency, accountability, and communication. Are you ready for that responsibility? I hope you are. You have been elected, in part, because of your willingness to put the interests of the student body ahead of your own. So good luck over your term - we're waiting to hear from you.

Sincerely,

Lauren Perry

## Board of Directors Debate an Interesting One

**Zahra Dhubow**

*News Editor*

The Board of Directors debate was an interesting evening that allowed students to gain insight into the platforms of the many students running for the available positions on the Board. This year there were 12 students running for the positions of Board of Directors. After having gone through the experience myself, I was definitely intrigued to see how the debate would unfold. Last year I felt overwhelmed, but also equally excited to take a leap of faith and challenge myself. As a student interested in student engagement and involvement, I really wanted to feel out the room for a variety of unique

and intriguing opinions that were brought forth by the candidates. The night started off with an overview of each candidate's platform followed by a series of questions that were put together by SMUSA members and the audience. It was definitely refreshing to see an array of student objectives and listen in on what truly mattered to each contender. The first candidate to speak was none other than The Journal's former Editor-in-chief, and throughout the night Neil Van Horne definitely highlighted his objectives of transparency and accountability. Transparency and accountability was definitely on the platform of literally every candidate at some point. Majority of candidates highlighted the communication gap between Smusa

and "Smudents" - as Omar Sameda said during one his speeches. The fact that Ollando Brown, one of the actual candidates, was absent somewhat confused students. It just so happened that Ollando was in the middle of writing a midterm and wasn't permitted by his professor to take leave to participate in the debate. Shylock Edwards, Ollando's campaign manager, represented Ollando for the first half of the debate and clarified that his stance was only a reflection of Ollando's perspective and not of his own. Rafee was quite the jokester throughout the evening and really lightened the mood amongst the candidates. Drew, who was a transfer student, highlighted the necessity of student involvement and how much involvement impacted his life positively. Valerie Caswell

emphasized to students that she was for inclusivity and sustainability. Vicky Jie Li highlighted to students that there has yet to be any Southeast Asian members of the Board, signifying that there was a gap that needed to be filled considering the fact that students that hail from South Korea, Japan and China make up a large portion of the student body. Nikhil Sharma confidently stated his agenda if elected, and outlined his efforts in founding the Marketing society in his first year. The very involved and engaged Alyssa Frampton spoke about her work with Non-for-profit organizations and her passion towards mental health. Yuri Kumar captured the audience with his motivating speech about being there for students. And lastly but certainly not least, Mitchell Archibald spoke about his past experiences in working in policy decisions and the creativity that comes with that.

All in all, every one of the candidates really made me proud to be a Smudent! Seeing all this passion and talk of inclusivity, transparency, accountability...and many other improvements that need to be made at the University, is quite inspirational. Also, witnessing the emotional response of some candidates after a question was addressed to them regarding mental health, makes me really hopeful about this coming generation.

On March 9, 2017 it was announced that, Valerie Caswell, Vicky Jie Li, Ollando Brown, Mitchell Archibald, and Omar Sameda became the newly elected Board members! Congrats to all the candidates and wonderful job to all those that participating in the elections. All the best!

## Why I Chose to Spoil My Ballot

**Erika MacDonald**

*Editor-In-Chief*

On March 9th I ticked the "spoil your ballot" box for SMUSA President. Now, not that I'm under any obligation to tell you this, I think it's important for people to understand why I did so. In practice, spoiling your ballot is often looked down upon as "not voting" or "wasting your right to vote" when it is actually the opposite. How are candidates supposed to know how many people are angry with the system or the whole line-up of candidates if you don't vote?

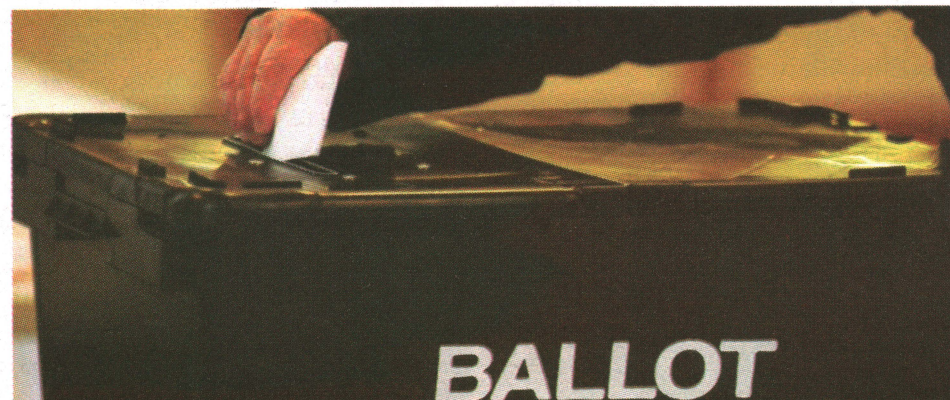
Voting for their "enemy" is one option but perhaps their opponent's policies don't align with yours; should you vote for someone that you don't support just in order to spite another candidate? No. That's how you end up with hated governments and bitter

constituents. This is why spoiling your ballot is an option in our country. Spoiling a ballot is a silent, and (most times) anonymous way to show your displeasure with the election that you're voting in. Additionally, I think that if more people knew that this was a valid option, more people would turn up to vote.

The number one reason we hear for people not voting is because they don't believe their vote matters. Well

imagine if, in the SMUSA elections for example, the 80% of students who didn't vote, spoiled their ballots? Would that not send a HUGE message to SMUSA that there's something they're missing? I think so.

I guess all I'm trying to say is that voting is important, even if all you do is spoil your ballot and voice in a democratic way that you're upset, angered, or disheartened.



# THE PENELOPIAD

A PLAY BY MARGARET ATWOOD  
DIRECTED BY KATERINA BAKOLIAS

MAR 13-16  
7:30 PM

McNally Theatre

923 Robie Street



**TICKETS \$10 / artists/students/seniors \$8**

Email [thepenopiadsmuds@gmail.com](mailto:thepenopiadsmuds@gmail.com) to reserve your tickets ahead of time.

## Drink like a F\*\*king Adult on St. Patty's Day

### 1. Eat some food.

This seems like a really obvious tip for those of you partying at a pub, but it's easy to get so caught up in the festivities that you forget you are hungry. Don't wait until you hear the growling of your angry, empty stomach – plan to snack ahead. Better yet, plan a meal! Eat before you start drinking, and eat while you're drinking. If you're at The Gorsebrook, order some food from the lovely Carol; the kitchen will be open as long as she can make it through the crowd.

### 2. Drink water too.

We're all grown-ups here, nobody is going to call you a loser for drinking a glass of water between beers on St. Patrick's Day. (If you are the kind of person who would do that, shame on you! Go home!) We all know that this holiday is an endurance event. If you are starting to feel tipsy, light-headed, or uncomfortable with the level of alcohol in your body – get some water! Most pubs will give you a glass of ice water for free, so there's really nothing lost here.

### 3. Go out with friends you can trust.

This seems like common sense, but the real emphasis here is on trust. Obviously hanging out with your friends is more enjoyable anyway – they're your friends! You like them! You have things in common! But gathering a group of people you can trust is key when you are consuming alcohol. It's an extra set of eyes to watch how many drinks you've had, a third-party to observe if you're getting too tipsy, and (at the very least) they're someone to help you out if you end up in the washroom tossing your cookies\*.

(\*Throwing up. Do your best to avoid it, but from a group of people who have

been there – you're going to want a friend.)

### 4. Listen to your friends when they tell you you've had enough.

Think about it. Would your friends really be trying to ruin your day, just to be jerks? What is in it for them by telling you not to drink anymore? Your safety, that's what. If you trust your friends to tell you if your outfit looks okay, trust them when they tell you to stop drinking.

5. Only take as much cash as you actually want to spend out of the ATM. Drunk You might not understand that every time you use your debit card at the bar that's less money you can spend on responsible things (like groceries and bills). Take as much money as Sober You knows you can spend and leave your debit card in your wallet.

### 6. Drink a glass of water before you go to sleep.

Unless you are 19 and have a body of steel, drink that water before you succumb to sleep. Drunk You might think it's not worth it. Your bed might be calling you, with its warm blankets and soft pillows. Trust us, Hangover You will hold a grudge against Drunk You the next morning if you don't drink that water and take revenge with a solid headache.

### 7. Think before you tweet.

You don't need me to tell you that social media is permanent. Those drunk tweets, Instagram pictures, and Facebook posts can definitely come back to haunt you. Before you post a sloppy picture on your Snapchat story, showing all your friends how much fun you're having, remember that it could always end up in the wrong person's hands. Save it though, because there's nothing that makes a hangover feel better than lying in bed and looking at all the great photos Drunk You took the night before.

## Food Insecurity for Students

**Zahra Dhubow**  
News Editor

Food insecurity, within Nova Scotia, has become increasingly common in the last couple of years. According to a report published by the Canadian Journal of Public Health, Nova Scotia has the highest rate of food insecurity in the country. For those of you that may not know, food insecurity is the lack of access an individual has to nutritious and sufficient food. The increasing amount of food insecurity within the province has been quite alarming. There is consensus that majority of the reason behind food insecurity within the province is due to the low hourly wage. Recent data analysis points to the fact that the liveable wage should be a lot higher. According to the Canadian Centre for Policy Alternatives report titled, Working for a living, not living for work, the Halifax living wage is \$19.17 for 2016. Meaning that the current minimum wage of \$10.70 isn't liveable. The difference is over 8.00.

An eight-fricken dollar difference is what is needed for people residing in Halifax to receive hourly, in order to sustain themselves. People are having to cope with the gap between what people need in terms of habitable wages and what they are actually getting paid. This can certainly force individuals to be a great deal more frugal, which results in allocation of money from healthy eating towards paying rent or utility bills. Also, I understand why there is such difficulty with retention of skilled workers in the province. If people aren't receiving a liveable wage, it only makes sense that they'll move elsewhere.

After having come across this I was increasingly curious about what initiatives were being taken on campus to address the obvious issue. Many students have difficulty with regards to making ends meet, therefore the added factor of not being paid a liveable wage can throw students off the course of being financial stable. I was privileged with the opportunity to sit with Kala Rafuse a couple of days ago to learn more about Smu's Community Food Room. I literally had no idea we had a food room until one of my colleagues mentioned it to me. Kala Rafuse has been a coordinator of the Community Food Room since it's opening in August of 2015. According to Rafuse, 1,000 students have been accessing the food room from August 2015 – August 2016. Apparently, the level of need ranges from 1-3 meals per week (which is the majority) to +7 meals per week. Rafuse says that business students are the majority of students seeking out assistance from the Community Food Room and

suggests that perhaps this is due to the fact that commerce students happen to be the largest group of students on campus. She also highlights that 10% of students seeking out assistance happen to be single-parents.

My biggest area of concern is definitely how impactful food insecurity is on student mental health and the performance level of students in their studies. Rafuse suggests that, "there is a stigmatization with regards to food insecurity and self-insecurity and it may affect an individual's self-esteem which would affect their performance level at school. Also, students may turn to getting a fulltime job, which would affect their performance level at school because they don't have the capacity to focus on what's important". Food insecurity does negatively impact a student's life and adds a greater level of stress on students.

For those of you that may not know the food room is a space for students to access healthy food for free, while maintain human dignity. It is located on the 5th floor of the Student Building and once you step out of the elevators it'll be to the left and positioned right next to the Women's Centre. Students can access the Community Food Room during office hours and if there is an emergency, students can contact one of the coordinators who will let them. You can stay up to date with any changes by following the Community Food Room on facebook: @SMUfoodroom You can also access their office hours @ <http://www.smu.ca/academics/community-food-room.html>

Am I the only one speechless here??

Are you a post-secondary student with autism? Check out a new peer group for you!

Join a free peer group where you can:

- Get together with other students on the spectrum
- Take a break from your studies to enjoy some social time and snacks
- Learn how to cope better with the stresses of student life

Starting in Halifax and Dartmouth September 2016!



## Too Poor for University, Too Rich for Financial Aid

**Kala Rafuse**

*Financial Aid & Awards*

Ah, you're stuck in the middle, stuck between a rock and a hard place. You're too poor for university, but you're too rich for financial aid. This problem is plaguing millions of students and families across Canada, and throughout the world. This problem is due to a combination of issues; rising university costs, smaller amounts of financial aid available, and difficult financial aid calculations that put the burden of paying for college on parents that can't afford it.

Too poor for university... Your university experience starts with joy! You get accepted into your ideal university and you're so excited to be able to pursue your dreams. Then the acceptance package comes and you see the cost. Your heart sinks. Sure, you may have received that thousand dollar entrance award, but that hardly covers 1/10th of the cost after residence and meal plans. What's a family or student to do? If you take out student loans, you'll have close to \$40,000 in debt when you graduate, which is outrageous. This is what makes students families too poor for university.

Too Rich For Financial Aid... On the flip side, families in this situation are too rich for financial aid. Most financial aid is based on the FAFSA (Free Application for Federal Student Aid), which is then used to calculate the Expected Family Contribution. This is essentially how much the government thinks that families can afford to pay for their child's university

education. Who says parents are even contributing? And who says the family does not have other expenses, like mortgages, car payments, and retirement savings? This is what makes families too rich for financial aid. To avoid falling into this trap, there are several steps that you can take right now. You need to start applying for financial aid early, and look for non-need based financial aid, such as scholarships and grants. Since many grants are for less than \$1,000, if you start early and apply to different grants often, you can amass a nice sum! Check out scholarship pages like Yconic and Scholarships Canada, these sites offer millions of dollars annually to students and sometimes it only takes an hour of work to apply! Additionally, working part-time can help with the burden of tuition costs and student loans. An extra \$100 a week can even make a dent in your loans or daily living costs. Check out SMUworks student employment for job opportunities on campus, and make sure you sign up for HireSMU for all of the most up-to-date jobs on campus. Best of luck.



## Enactus' Accessibility Project Helps People Find Their Craft

**Leslie Gates & Brad Wilton**

*Enactus Saint Mary's University*

Giant smiles are shared amongst seven eager entrepreneurs on their first day of Autism Works training. Tapiwa Rabwi, a 4th year student at Saint Mary's, has been working tirelessly with David Patterson of Autism Nova Scotia, to create a curriculum tailored to entrepreneurs with autism. Rabwi and Patterson, having worked together through the Enactus project Accessibility for a few years, noticed an increase in desire for the people who used the services of Autism Nova Scotia to start their own business.

"80% of people with autism don't have employment! There is a huge stigma against autism and I don't know why. People on the spectrum are some of the hardest working and most dedicated people" says Rabwi. "They are some of the most focused people I have ever met!"

Autism Works is a program that encourages the growth and sustainability of businesses created and managed by people on the autism spectrum. They are coached on

numerous professional development sessions from pitching their ideas to creating a business plan. The entrepreneurs are then paired up with mentors from the Enactus team to help them grow their business. Homework is given on a weekly basis, based on the tasks identified by the entrepreneur that need to be completed.

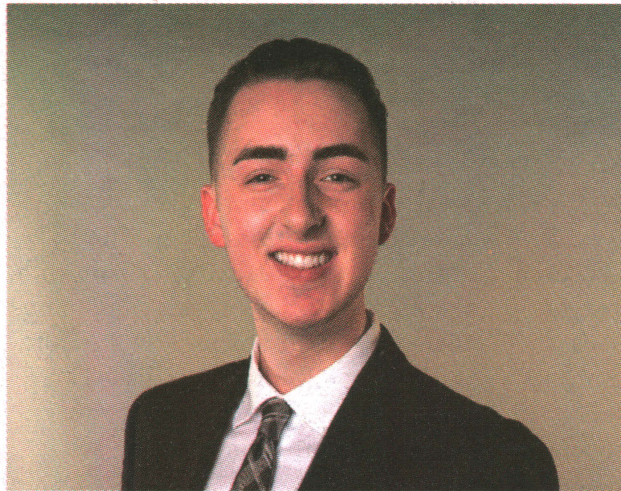
The group believes that mentoring is a great way to encourage the entrepreneurs to get out of their comfort zone, and go out and network. Mentors will meet up with their entrepreneur and take a day to go out and chat with people. This helps to increase awareness for these entrepreneurs' amazing businesses.

Craig Large started his own company, Plumbing by Large after being certified, and wanted to make sure that the plumbing customers were paying for was done right. Craig is extremely focused, often times triple checking his work and doing follow ups with customers to make sure that everything even days after is still running smoothly. His customer list is based on word of mouth, keeping him extremely busy.

**Large**   
**The Plumber**  
SMALL JOBS BY LARGE

# meet the new members

## Mitch Archibald



My name is Mitchell Archibald and I am in my first year here at SMU and I am studying Commerce with an intended major in Global Business Management. I have always loved student politics and getting involved, and throughout my first year here I have taken many opportunities to get involved here on campus and get to know my fellow students. Growing up in very rural parts of Nova Scotia, community is really important to me. That is one of the reasons why I love Saint Mary's so much; because it has such a community feeling to it. I have had an incredible time at SMU so far and I have done my best to get to know the students and listen to what matters to them, which I feel I will be able to use to their benefit as a member of the Board. If given the opportunity I would use my elected position to reach out to more students and make sure that everyone's input is being heard and that students are getting the best experience possible as they enjoy their time here.

## Vicky Jie Li



Challenge

## Ollando Brown



## Valerie Caswell



I'm Valerie Caswell, a third year student majoring in Entrepreneurship and Marketing. I'm excited to be running for the board of directors, as I want to make students feel heard by listening and being a voice for them. I want to bring transparency to the table, making students feel confident in who is representing them. I would love the honour to be a member of the board, and be able to help in making decisions that benefit students during their university experience.

Hello everyone, I am Vicky, a 4th year accounting student, coming from China. I am currently running for SMUSA board of director this year because I hope to represent and give a voice to those in the Asian communities to improve their student experience. I am up for a better SMU community.

## Omar Hany



My name is Omar Hany, a commerce student majoring in Marketing and Management at Saint Mary's University (SMU). Born and raised in Cairo, Egypt. Since I joined SMU I felt like home and everyone was so friendly and was even better than I expected. I knew it was the right decision joining this school. I've met a lot of great people and friends alike, which led to contributing back and volunteering everywhere from societies around campus and even outside such as Blue Nose Marathon and Halifax Jazz Festival. Enactus & Speak Up! are great examples too. Being included personally and professionally with students has also expanded my love for building team spirit while also being an international student made me understand the struggle that any student can face while experiencing different culture. School internet speed & connecting students with SMUSA are one of the main issues that needs to be tackled as soon as possible because reaching out with SMUSA wasn't something that students are aware of. Students to feel that their voice is important and give feedbacks about the school. "If you don't like how things are, change it! You're not a tree." -Jim Rohn Oll

**Congratulations to all candidates. Many say that you can lose elections but you never lose a campaign. Keep trying and dont give up!**





## QUICK FACTS

*Year:* 3rd

*Major:* Marketing and Management

*Where you've seen them before:* SMUSA office, ENACTUS, Habitat for Humanity, basically everywhere

*Slogan:* Together for a better SMU

*Most important policy:* Mental health. Without supports, people wouldn't be comfortable being involved with societies, SMUSA, etc. Build better relationships with the Counselling Centre so students feel more comfortable during their university experience.

## Ossama Nasrallah

### BIO

My name is Ossama Nasrallah and I'm in my third year, majoring in Marketing and Management. Since my first year at SMU, I've looked for ways to be as involved as possible. I instantly fell in love with SMUSA and what it represented through learning about it during orientation week from the Welcome Week Leaders. During my first year, I realized that there was not much representation for students within my first year class and decided that I wanted to represent my peers and ran for President. During my second year I got offered the position of VP Student Affairs, where I got to work closely with student leaders and students in general. I also represent the students on different committees and oversee 60 on campus societies. The reason for me running again is because with both my general interest in representing the student voice on campus combined with my experience

of helping students through my current job as VP Student Affairs has been my drive to create an atmosphere at SMU where students have a united voice and feel that they are being advocated for.

### Interview

TSJ: The hiring practices of SMUSA were brought up during the debate. Do you see this as an issue?

"It might be an issue but it might not be. I started with SMUSA from nothing, had nothing to do with SMUSA before being hired other than Welcome Week Pack Leader. I was rejected twice before getting my current position as a VP. By getting involved with students through societies like Enactus and Habitat for Humanity, I was able to gain the experience needed to get my position now. Perhaps we can work on having a better selection process, perhaps our

BOD to be part of hiring to make it fairer. When SMUSA does interviews, they don't look at past SMUSA experience, we look at qualifications. We have reached out to the student who brought this up during this debate and we hope to hear from her on how we can address this issue.

TSJ: What do you think is missing from SMU Campus?

One thing really missing from campus is the spirit, the spirit of SMU, that is my focus but should also be a focus for everyone running, we need to get back our spirit. We want our student to be proud to go out and say I am from SMU. We need to get back our small family, small university feeling of supporting each other. SMUSA needs to show our students, our societies, our faculty, our university that SMUSA can do more and bring that spirit back to campus.

TSJ: How important is lobbying to you and what areas do you think you would work best in?

"From my experience, especially this year advocating on behalf of SMUSA to the provincial government with StudentsNS during advocacy week, I am confident in my ability to lobby for students, for international students for their MSI or for domestic students for more supports or for indigenous students to have more financial support to come to school. The provincial level is where we can make a lot of impact especially because we are in Halifax and even though we are a small university, you often seen Ministers on campus or coming to events. Federally is somewhere we focus on too, going to Ottawa to work with CASA to lobby for students there but I believe that as long as we have a good connection with StudentsNS, we can make a big impact provincially.

## Tips From a 5th Year Student

**Maeve Mulroy**  
HMT Member

We all know that week... The hectic stretch of days towards the middle of the semester when it seems like all of your midterms happen and assignments are due, all at the same time! Sometimes this dreaded time even lasts for two or three weeks, and seems impossible to escape. It can be tiring and discouraging, but I can assure you that it does get easier with time and experience. As a fellow student in my fifth year at SMU, I've gathered some helpful strategies, tips, and tricks over the years! As an academic peer mentor for the new SMARTS Advantage Program, I work with other experienced students to offer workshops, individual mentoring, and more. Hopefully some of the information I've gathered and shared can be helpful to you during this stressful time!

A good place to start is to make a study and assignment schedule, and try to stick to it. Set achievable goals to keep you on track, so that you don't start to feel panicked or like you're falling behind. When you study, take plenty of breaks! Even when things aren't going well or aren't going according to schedule, it's okay to take a rest and seek out a change of pace. Don't get discouraged if you are struggling or if something is taking longer than expected. You can always try moving on to something else, or take some time for your mind to process what you are learning. It's also a great idea to switch up your study strategy and try out some alternative methods, maybe using pictures, colour, thought webs,

flash cards, or even a tactile approach. Check out a different study spot than where you usually go, such as a coffee shop, or outside if the weather permits! Aim to keep yourself healthy by getting a good night's sleep every night, eating healthy, and finding some time for your favourite forms of exercise as well. Don't leave out time to yourself and time to relax. Self-care is important! On a similar note, you don't have to skimp on time with, and support from, family and friends. Stick together, and you can often gain relevant information that you might have missed on your own, as well as fresh perspectives from different people. Studying with your friends can be extremely helpful, and also often a lot more fun than studying alone! Even simply working side by side with a friend can help with motivation and boredom.

Finally, there are lots of amazing resources on campus which can help you with a variety of concerns. The Writing Centre can help you perfect your language, writing, editing, and citation skills. Meanwhile, academic peer mentors such as myself are always happy to meet with you one on one, along with tutors that can be matched with you through SMUSA. Don't be afraid to visit your TA or professor during office hours. While they might seem intimidating, they want you to succeed, and are often very pleased to see students take the initiative. If you find yourself feeling overwhelmed or down, and need somebody to talk to, peer supporters on campus are also always happy to chat with you, or you can schedule an appointment with the Counselling Centre.

Though making it through the toughest parts of the semester can seem like a huge challenge, you will figure out what works best faster than you think! I hope that some of my tips

and tricks can be helpful to you along the way, and best of luck with your studies, and your careers at SMU!

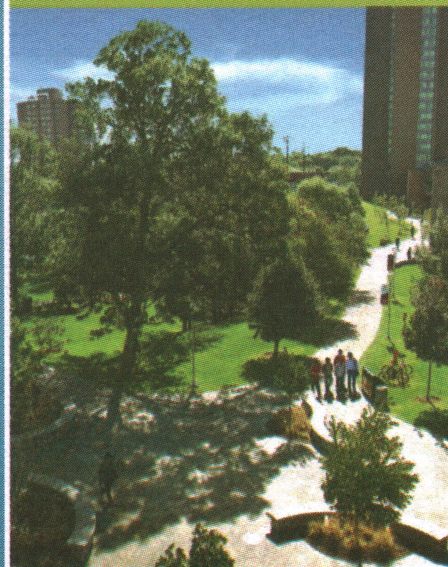
## Peer Support



### Winter 2017 Drop-In Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	12:00 - 2:00 PM with Megan		12:00 - 2:00 PM with Megan
3:00 - 5:00 PM with Nik	2:00 - 4:00 PM with Collette	3:00 - 5:00 PM with Nik	2:00 - 4:00 PM with Collette

## Safe Walk on Campus



Saint Mary's University Security will be happy to escort you anywhere on campus to ensure you feel safe.

Contact Security at 902-420-5577.

**This is a 24-hour, 7-day-a-week service.**

# SMU Women's Hockey Capture AUS Title, AGAIN

**Lauren Perry**  
Contributor

After the second-longest game in AUS women's hockey history (97:17 of playing time), the Huskies women's hockey team has won their second consecutive championship. Third-year forward Gemma MacDonald scored the winner in triple overtime to put the Huskies up 3-2. Winning the series after three one-goal games against St. Francis Xavier, the Huskies demonstrated what exceptional hockey looks like.

All six of the #3-nationally-ranked Huskies playoff games were one-goal games, in fact. The Huskies were challenged in the semifinals by Moncton, who came fifth in the regular season. However, they prevailed to face upset winners St. FX for a physical, high-shooting final series. Opening the series at home on March 3rd 2017, the Huskies claimed a 3-2 win, with one goal from Laura Polak and two from rookie and eventual playoff MVP Siobhan Birch. Up by three goals until halfway through the third period, St. FX nearly started a comeback, scoring one after the ten-minute mark. With less than five to play, St. FX's Daley Oddy instigated a near-brawl with a hit to the head on Siobhan Birch. SMU's Caitlyn Manning and the X-Women's Heather Tillsley traded punches before being called on roughing. Oddy received a double minor for her hit, but SMU gave up a goal on

the power play to make it a 3-2 game. However, the Huskies held on for the win.

The Huskies lost 2-1 in Antigonish on March 5th 2017, with Nicole Blanche scoring the lone goal and Rebecca Clark making 35 saves in the loss. Returning home for the do-or-die game, the Huskies wowed the home crowd with their intensity and tenacity. Caitlyn Manning scored under five minutes into the game, but St. FX responded by the end of the first. Oddy put X up 2-1 early in the 3rd, but Nicole Blanche responded minutes later with an assist from Hannah Askin. The teams traded shots and chances for over fifty more minutes before MacDonald, from Askin and Polak, ended the game in triple overtime.

The Huskies swarmed the ice, celebrating the win. But the celebration won't last long – the team travels to Napanee, Ontario, along with St. FX, next week to compete at the U Sports championship starting March 16th.



## The right course, right when you want it.

**Make the most out of your summer by taking an online course with Acadia University.** With over 100 undergraduate courses to choose from, you can pick up credits you want for your degree program or take courses that may not be available online at your home institution.

- Our courses are continuous intake, not term-based: begin studying anywhere, anytime.
- Easily transfer the credits you've earned back to your institution by studying with a Letter of Permission.
- Work around your summer plans: vacation, travel, or work. You set your study schedule.
- Also available: enhance your degree and open a world of possibilities with our online TESOL certificate.



(902) 585-1222  
online.acadiau.ca

**ACADIA**  
UNIVERSITY

Do you like to write poems or short stories?

Take pictures?

Draw people, places, or things?

Write emotional rants that everyone needs to read?

Submit them to the Journal!

We are always looking for new contributors

Send your submissions to:  
[editor.thejournal@smu.ca](mailto:editor.thejournal@smu.ca)