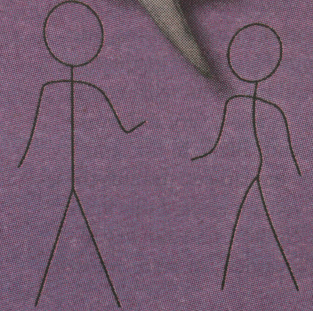
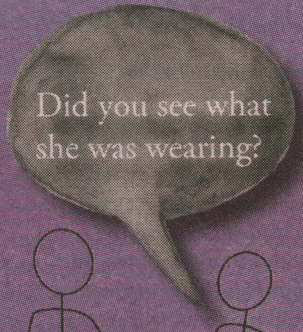
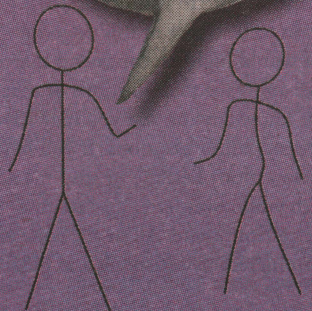
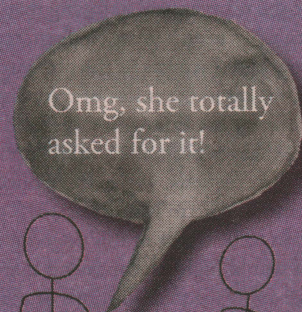
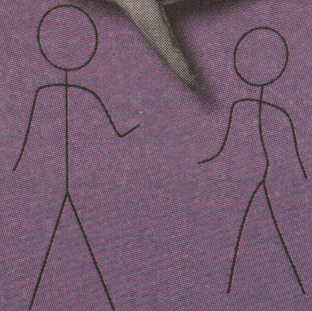
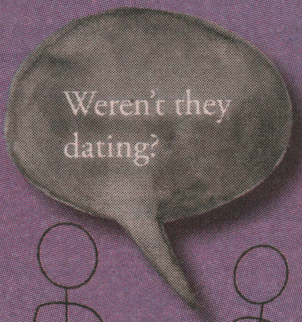
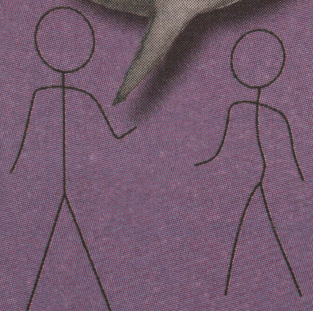
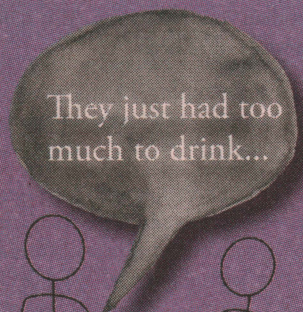
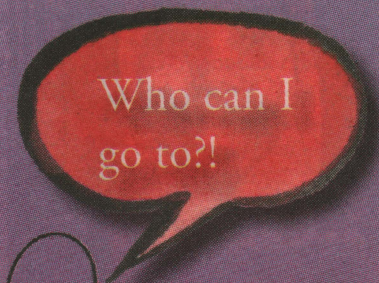


SEXUAL HARASSMENT ON CAMPUS



Letter from the Editor



ZAHRA DHUBOW

Editor-in-Chief

It's the end of the year and an especially exciting moment for students that are expected to graduate this May. There is definitely nothing like knowing that you have finalized your schooling and are on your way to taking on the world of work or more schooling (especially for those on that never-ending education train). Wanting to know students' thoughts and feelings towards graduating we created a poll on our facebook page, and this is what we got:

Excited to be done? - 58%

Or just plain petrified? - 42%

I'm just going to throw this un-factual thought out there and just say that these responses could potentially be a reflection of feelings harboured by the majority of graduating students everywhere. Excitement comes in many forms, one of which definitely includes graduating university. Thinking about what comes after university is also a very real worry for many students. Being in the same boat makes me empathetic towards those feelings, so if you are reading this know that you are definitely on your way to achieve some greatness, so brace yourself

for an incredible journey! For those of you pumped and ready to take on a new chapter, super excited for you and way to go!

Another major theme we wanted to cover for this upcoming publication was sexual assault and harassment. There have been lots of talk surrounding sexual assault on campus and what measures the university has taken to safeguard students. There's definitely a lot of frustration surrounding how universities, nation-wide, are approaching such concerns and I definitely think it's a conversation worth having. More than anything we see the need in creating a more transparent campus that engages students on what gaps need to be filled.

If you or anyone you know has questions or concerns about sexual assault please make use of the resources listed on the smu website at: <http://www.smu.ca/about/sexual-violence-procedures.html>

This is our last publication of the year and we have bittersweet feelings about that. It's somewhat sentimental because we've been on this lengthy expedition, and seeing The Journal blossom has been lovely to be a part of. I'm incredibly overjoyed that I was granted the opportunity to take on this large project and I can definitely speak for the team as well in saying that The Journal has been a great platform to learn, grow and discover. At the present moment, we are in the midst of receiving applications for the Editor-in-Chief and Business Manager positions and in response to a couple of requests, we have extended the application date to May 21st, 2018. If you want to be a part of this ongoing project, I would highly recommend that you either apply for said positions or that you let us know any interest you may have in any section editor positions. If you have any questions don't hesitate to send me an email with your cover letter and resume and we'll go from there. All in all, hope you all have an incredibly satisfying and blissful summer.

Dear Universities,

We need to talk. It is time to have an important conversation about sexual assault on campus. It is time to discuss the lack of concern you have for the students attending your institutions. It is time to discuss how to you, we are nothing more than a dollar sign. It is time for you to start caring about the safety of your students and stop silencing the survivors that are begging for your help. The fact that sexual assaults happen on campus will not "ruin your rep", but you know what will ruin your rep? Purposely doing everything in your power to hide the fact that this is a real issue that many students at your institutions fall victim to. If you want to make yourselves look good, maybe try addressing these issues and actually take actions to reduce the amount of sexual assaults that happen on campus. Maybe, just maybe, try putting the safety of current students first, instead of hiding these incidents as a means to ensure you gain money in tuition/fees from new/returning students each year. We should not have to fear for our lives while walking the pathways on campus. We should not have to call our friends and stay on the phone until we get home safely, in fear that something may happen to us on the way. We should not have to clench our keys tightly in our hands as we walk alone, preparing ourselves for the moment we may have to use them to fight for our lives. Most importantly, we should not have to suffer in silence because we are too afraid to report a sexual assault to an authority figure whose only goal is to silence us for their own benefit. For once I believe it's time to care more about the lives that you profit from every single year. WE are your source of income, WE are the reason that you are so successful, without the students that attend your institutions you would be nothing. It's time to get it together and start doing something about this. It's time to take matters seriously and listen to the individuals that pay your bills. We are sick of feeling scared, and we will not stand for it anymore. Every time you try to silence us, we will only become louder. This isn't an issue that can be swept under the rug, this is happening around us every single day. Get together, start the conversation, host forums and round table discussions, come up with a solid plan to protect and support the students at your school. We are tired of supporting you and getting nothing back in return. As Martin Luther King Jr. once said, "Our lives begin to end the day we become silent about things that matter." Please don't let this be the end. Open your eyes and realize this is more important than your reputation. This is our home and we deserve to feel safe while we're here.

Sincerley,

ASHLEY SCOTT

Assault on campus?

SIMONE MUTABAZI

Section Editor

Recently, The Journal was approached by a SMU student with a harrowing tale of sexual and physical assault. These alleged assaults took place both on and off campus and have been the subject of both police and university investigation. The alleged assaults were perpetrated by two male students, each occurring separately from the other. As the case is still ongoing in the courts, none of the parties involved will be identified.

Since there have been doubts expressed by a few individuals on the exact nature of said incidents, the details concerning the alleged assaults will not be discussed either. In this current environment, wherein more and more men and women have been brave enough to tell their stories of assault and sexual violence, I felt it important to not dismiss the story of the person reporting. However, because so many people have disputed the report of the assaults, I decided it would be irresponsible to run the story as it was relayed to me.

I feel that my job as the writer in this instance is to be responsible with all the information given to me. Firstly, police are involved in the matter and there have been motions to appear in court regarding both assaults. Secondly, the university is fully aware of the issue at hand and has been dealing with the case since February. It is not clear whether the issue has been resolved. Both accused men are currently students at the university and are by law required to avoid direct or indirect contact with the victim unless it is through their attorney.

Sexual violence on campus remains a pressing issue for universities across the country. While I have chosen not to further discuss this case, it has opened the dialogue on the issue of sexual violence

on campus. The statistics on sexual assault on campus paint a grim picture, especially since sexual violence is more prevalent at university and college campuses compared to other crimes. One sexual assault advocacy organization, RAINN, states that sexual violence on campus is pervasive and underreported.

This situation provides an opportunity to discuss the issue of sexual violence on our campus. In this case, what resources does Saint Mary's University offer students who have been victims of assault? For starters, according to the Sexual Assault Policy and Procedures document, Saint Mary's University has a zero-tolerance policy on sexual assault. The university is said to follow a victim-centered approach, whereby the university supports the victim's decisions and wishes regarding the perpetrators if they attend and/or work at the university as well. This can be in the form of removing said perpetrators from the victim's classes, removing them from university residence or banning them from campus altogether.

An important resource available to victims of sexual assault is the presence of a sexual assault nurse examiner. Jane Collins, who works in the student health clinic on the 4th floor of the Student Union Building, has worked with sexual assault victims for over 2 decades. Her information is available on the university website and she can be reached both night and day. As part of her job, she performs medical examinations and interventions as needed—this includes conducting a rape kit. Rape kits can be kept frozen for up to 6 months, giving sexual assault victims the time to decide whether to pursue criminal charges. Should a student decide against pursuing criminal charges, there are counselling and community resources on offer.

Jane Collins also operates as the sexual assault case manager for any students' ongoing assault cases on campus. This is one of the positions on the university's team of individuals that deal with issues of assault. The Sexual Assault Response Team is made up of faculty and administration and their job is to oversee cases of sexual assault and harassment on campus. In addition to Jane Collins, the team consists of Tom Brophy (Director of Student Services), Kim Squires (Senior Director of Human Resources), Bridget Brownlow (Conflict Resolution Advisor), Kevin Trudeau (Manager of Security) and a few other designates. Their job is to develop the most appropriate response based on the needs of the student. There is no one response to reports of sexual assault, but the approaches are survivor-centric and are based in part on the input of the person reporting the assault.



The university also offers counselling services, but they are only available if the student is still enrolled in classes. As for the student association, they follow the university's policy on sexual assault. Beyond the university, there are also several community resources available such as the Avalon Centre and the Halifax Regional Municipality Helpline.

The hardest aspect of this situation has been the contradicting perspectives and narratives regarding the alleged assaults. Victims of assault should be supported in times of distress, but the complicated nature of these incidents make it hard to determine which course of action to take. There is no neat and tidy way to conclude this story, there are more questions than there are answers. Perhaps all that can be said is that sexual violence on campus is a long way from being eradicated, and now more than ever we need our campuses to be a safe space.

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

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Zahra Dhubow
editor.thejournal@smu.ca

Yuri Kumar
business.thejournal@smu.ca

Love me or Hate me

FERDOUS MASHIAT SHARIF

Section Editor

Accept me the way I am
Treat me the way I want
Love me the way I love you
Hate me the way I hate you

I am a girl but not girly
I may be crazy but not mental
I may be rude but not insolent
But I may not intend to hurt you

I might be funny but not a comedian
I might be sweet but not hot
I might not be so friendly but I am not anti-social.

I am not a promising person but I won't ever break your trust

I may not be there with you always but I won't ever leave you.

Now it's you to decide whether to love me or hate me.

How an Unfortunate Situation Chewed Me Up and Spat Out an Unbreakable Woman

ANONYMOUS

I was in my teens, incredibly inexperienced and with a preconceived notion that authority figures were inept of shortcomings. In other words, completely naïve. I was visiting family overseas and I didn't at all suspect him. He was welcomed into our home and I felt completely at ease, because he was someone that was revered by not only the family, but the wider community as well. The first time he laid hands on me I was shaken with discomfort and agitation, but I was also struck by the contradiction of how someone I trusted was even capable of doing something like that. Unfortunately, I was left with him in my living room — as everyone else in my family was out on our front porch taking in the sun — and I felt as though there was nothing that I could do about it. His advances were unwelcomed, but I didn't exert any resistance towards him because I had initially fully trusted him and couldn't comprehend what was happening exactly. As he assaulted me he awkwardly kept talking and jabbering as though his hands weren't on me, but at that point I had toned down his jabbers as background noise. His assault went on for a couple of minutes, and to this day I can't tell you why I let it continue on. For a short while I did beat myself up for it, but in hindsight I can see why in that circumstance I was hesitant to take action. Sadly, after a couple more visits, one afternoon, when everyone as per usual went outside to take in the sun on our front porch, I was left once again to entertain him in our living room. He made his advances and as he began to assault me, my younger cousin popped in the room.

"Once again, he felt me up and I went into shock. My entire body froze and I didn't know what to do."

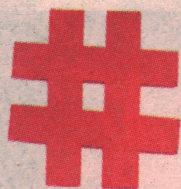
Once again, he felt me up and I went into shock. My entire body froze and I didn't know what to do. My cousin who sensed that something was wrong innocently looked at him directly and asked, "what are you doing?" and in that moment, I fully comprehended the injustice in this vile human's actions. In what felt like I blur, I mustered the courage to get up and walk away. I rushed out to my family, made an excuse as to why I didn't want to go back to the living room and sat down and pondered over the situation.

See, a lot of you might be contemplating over why I was so hesitant to do something, and why I 'allowed' him to harass me twice. I, more than anyone, have been beating myself up for why I didn't take some form of action in that instance. Up until that point I had always prided myself as being this strong and fierce woman, and to think that I had doubted my own immediate gut feelings in that instance made me reflect and ponder over what potentially stemmed any self-doubt. As someone who has been taught her whole life to respect and revere older community members, it was hard for me to fathom the idea that someone of that caliber would be so sick and evil. He contradicted everything I assumed was part and parcel a component of being a respected adult figure and I didn't know how to react to that. It was an out of body experience for me, one in which I couldn't fully comprehend for some time. Throughout the harassment I automatically questioned my own thoughts instead of feeling a sense to do something and see him in the light of what he was. This brings me to another important point of mine, which

is the concept of violating an individual's body. I was brought up my whole life to feel comfort in an adult touching me and holding me, and to never question my own immediate feelings in those circumstances. If a guest were to ever visit or come over, I was always taught to hug and kiss them on the cheek. My culture reared me into thinking that consent wasn't a thing and that I was always conditioned to mirror the wants and needs of respected individuals in the community. Looking back on those spring days, I realize that in those instances I was hesitant to ever prioritize my own gut reaction before his, because my culture and upbringing accompanied me in my subconscious.

In speaking to various other women that have experienced something similar, I've realized that sexual predators tend to prey on women that they've assumed trust them. Those closest to us can sometimes attempt to overpower us and as someone who's experienced sexual assault, I have realized that to counter that, you have to be in control of your space. Unfortunately, as women we are bred to second guess ourselves and to always be in a cloud of doubt. For instance, how we position ourselves in situations are sometimes used as a manipulative way to explain what may have prompted an individual to abuse us. Society in general will tell you that the way you dress, how you carry yourself and the situations you put yourself in may entice a man to assault you, but I 100% disagree with that. That rhetoric not only encourages men to neglect their accountability, but it also heightens the ever-looming anxiety in women. Thinking in those terms, set by society, hijacks the fact that we are victimized and instead paints us as though we're instigators. The amount of contradiction in that alone should cause people to reassess their understandings of sexual assault.

Women are not pieces of flesh, rather we're souls that have boundaries like anyone else. Surpassing those boundaries, whatever your feelings, are a violation, period. Understanding this has been a game changer for me. It has allowed me to always be in control and to never feel compelled in compromising any piece of my security with anyone. Being this way can sometimes make you seem 'closed off' or 'intimidating', but I think that creating boundaries is the healthiest thing a woman can do. It changes her orientation somehow and redirects her thought process. That way of thinking has made me more alert of who I surround myself with and has made me in tune with my feelings and understandings. I hope that if you are reading this and you have encountered any form of physical violation by someone, that you: a) speak up, b) consult with someone you trust, c) get authorities involved (if you feel comfortable doing so) and d) that you never place the blame on yourself. Taking the time to sit in my own thoughts and to reflect on my own struggle has allowed me to envelope myself in strength and realize that my gut feelings are valid. Hope that this was helpful in some way! And thanks for taking the time to read this.



MeToo

Is it a witch hunt or are you just a terrible person?

SIMONE MUTABAZI

Section Editor

Not long after the #MeToo movement became a mainstream talking point did the diatribes about witch hunts, jumping to conclusions and ruining reputations begin. We live in a society where rape culture dominates, therefore it is not surprising (but infuriating) that the backlash to #MeToo has been swift. Additionally, it has been a purposely obtuse mischaracterization of what the movement stands for. The popularity of the movement

has shown how ubiquitous sexual assault and harassment is. For many, #MeToo was the realization that many people we know have experienced some form of assault and/or harassment.

Rape, harassment and assault are crimes. For some reason, we still have to debate this. Not only that, but we debate whether it is wrong to touch, speak to and approach women against their will. It is wrong—and those who perpetrate these crimes against others know of this. There is no feigning ignorance when you purposely hurt another human being. It is not ignorance; it is a lack of concern for another person's humanity and wellbeing. There is no excusing such heinous behaviour.

Unfortunately, basic concepts of consent are

still not understood and practised. We are more likely to apologize for the bad behaviour of men and boys than stand up for the women and girls that are the recipients of said behaviour. We still question victims about what they could have done to prevent their assault versus holding the perpetrators to task. And if at this moment, you the reader make a senseless metaphor about gazelles, lions, and expectations, you are a part of the problem. Women and their choices should not be reduced to asinine metaphors about predator and their prey; we don't exist in a national geographic documentary of the Serengeti. If that is the way we approach assault then why bother teaching children to be responsible for their actions. Why bother to teach about right and wrong, only to change our minds arbitrarily about when and where people can be held responsible for their actions?

Humankind has ventured into space, eradicated diseases, and built a plethora of architectural wonders. One look at my immediate surroundings and I observe the many ways in which human beings have ascended nature. Our function is no longer primarily about mating and survival, our minds allow us to think at the highest levels, engage in challenging debates, and have complicated emotions. With this level of cognitive ability, it seems so backwards to use

arguments of man's nature when it comes to violence against women. These behaviours are not natural, they are a choice. Anyone who feeds into that stream of thinking needs to admit that they not see nor care for the humanity of women and girls. And go.

Society has one standard of policing women and another for men. There should be one standard for all genders whether nonconforming or not. Men are not animals, incapable of not harassing, assaulting women. If we believe that men just can't help themselves, or that they are merely succumbing to their nature anytime they inappropriately interact with women then why even allow them to be in positions of power? After all, if we can't trust men to not harass women, how can we ever trust them with nuclear codes?

The time is up for excusing sexual assault and harassment. Enough is truly enough, men need to stop feigning ignorance about their behaviour. You do not get to absolve yourself of terrible behaviour by shifting the responsibility onto women. It is not a witch hunt by any means, it is addressing the unfair standard that society has placed on women and girls. If you don't know how not to harass or assault people, stay at home. Do us all a favour.



SIMONE MUTABAZI

Section Editor

Sometime in September 2013, Saint Mary's University became the subject of countrywide media scrutiny after an orientation video went viral. The video showed students participating in a rape chant. That video launched a nationwide discussion on the issues of rape

culture, consent and campus sexual violence. In the wake of the rape chant, the university has come a long way to rehabbing its image and addressing the issue of sexual violence on campus. Several changes were made in the arrangement of orientation week and there has been a greater focus since then on the university's policy on sexual assault.

First, there was the rebranding of "Frosh Week" to "Welcome Week". Frosh Week

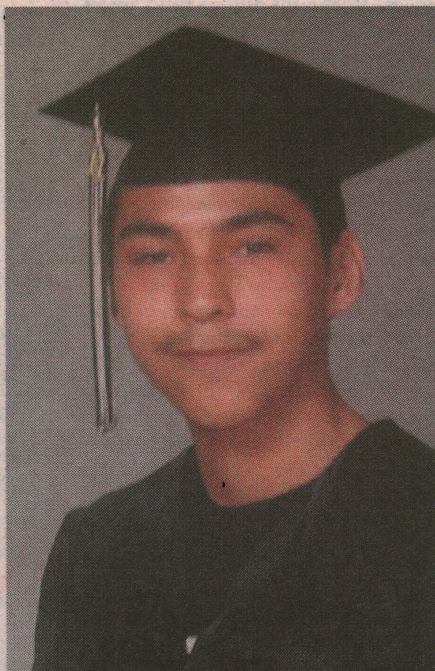
seemed to carry with it connotations of heavy drinking, partying and sexual proclivities. Welcome Week, on the other hand, invokes an image of nice clean fun. The university website refers to the week as "filled with social events and educational activities designed to help you make connections with your fellow students, the residence or off-campus Saint Mary's community, and faculty and professors". Certainly, there has been a distancing from the partying and excess filled images associated with Frosh.

The university's rebranding of orientation week also included more involvement (and supervision) of the activities included in Welcome Week. The events are supposed to be vetted and/or supervised by a university administration official. Prior to the rape chant debacle, orientation events were under the oversight of the student association, SMUSA. Now, the university is much more involved in the orientation process, and either supervise or consult event proceedings. Frosh leaders, now

called Welcome Week leaders are required to undergo a two-day training course that deals with issues of sexual assault and consent before orientation.

Another big change has been the discourse concerning university and campus culture. There was a focus on shifting the 'cultural core values' of the university away from excess drinking and partying. The change focused on eradicating sexualized violence on campus, changing attitudes about sexual assault, and promoting skills for sexual harassment prevention.

The university also has a no tolerance policy when it comes to sexual assault. Furthermore, there is a Sexual Assault Response team, made up of a variety of university staff and administration. Their job is to respond to reports of sexual assault of students, whether it occurs on or off campus. The university's sexual assault policy is victim-centered and focused on creating a safe environment for anyone that has experienced assault and/or harassment.



Ruining Reconciliation: Rulings on the Murders of Tina Fontaine and Colten Boushie Prove Canada's Reconciliation Fallacy

LEAH SCHEITEL

Capilano Courier

(CUP) – Canada has an ugly history when it comes to Indigenous Peoples. Our national shame has been, and likely always will be, the treatment of the Aboriginal people. From ripping families apart to “civilize” them in residential schools to the extinction of many of their native languages.

There have been glimmers of hope in the dark history, such as 2015's Truth and Reconciliation report, which highlighted the ways in which the nation could heal and move on from its dark past. Yet recent events have shown that maybe Canada isn't as ready for reconciliation, as much as we hope to be.

Two criminal cases made national news in the past month for similar reasons – the lack of justice for murdered Indigenous youths.

Colten Boushie was shot by Gerald Stanley, a farmer in Saskatchewan in August 2016. Stanley was acquitted for his actions in the murder in February, and on Mar. 7, CBC reported that the Crown would not appeal the verdict. Just weeks after Stanley's acquittal, a jury found Raymond Cormier not guilty for the 2014 murder of Tina Fontaine in Winnipeg. There are records showing that Cormier was “obsessed with Tina's killing,” according to the CBC.

Undoubtedly, these events shocked the Indigenous community in Canada, including Anna Huard, who works as a mentorship program coordinator at Ongomiizwin Research (formally the Centre of Aboriginal Health Research). Currently based in Winnipeg, Man., Huard works with Indigenous students to help them “navigate an institution that is rigid in its colonial ways.” To Huard, who is Indigenous herself, the

results of these two cases were a complete disappointment. “It was such a shock,” she said. “Everyone around me was so convinced that justice would finally be brought to Tina, especially hearing about how Colten and his family had been let down. It was certainly quiet in the office the next day.”

Huard credits the support systems that have been built up in Winnipeg for being there for Indigenous communities. But even with them, these verdicts made her question her own worth.

“We are so fortunate to have such strong supports here in Winnipeg – most organizations have had debriefs, counselling and ceremonies for those affected,” she said. “I mean, it's hard not to be a little scared as an Indigenous person in Canada – we are hardly considered worth anything right now.”

It's not difficult to empathize with Huard, as these two cases underline the fact that the cards are stacked in the colonialists' favour. It is further emphasized by the high suicide rates in many Aboriginal communities in Northern

Saskatchewan, and the fact that many of these communities can't even get clean drinking water – in Canada. Having a government that continues to fail these communities and their youth, including the numerous missing and murdered Indigenous women, is proof that reconciliation is more than a good intent – it's actions.

“Reconciliation is an ongoing process for Canada and, to be honest, I don't even think it has begun. The judiciary system is so rigid and functions solely on colonial ideologies that it excludes the rights of marginal peoples,” said Huard. “To say that outcome of the Fontaine and Boushie trials is due to systemic racism is a cop out – by not enforcing change, Canadians are just watching the shit hit the fan until it affects their own privilege.”



Truthfulness, Compassion, and Forbearance Banished in China: The Issue of Human Rights in the Practice of Falun Gong

ANONYMOUS

Hello everyone, I am here to talk about an important issue that concerns the abuse of human rights in modern-day China. In China, people who practice the peaceful meditation exercise called Falun Dafa (Falun Gong) are currently being arrested and persecuted for their beliefs. This has been happening for 18 long years, and it should be stopped. Many people inside China right now do not know the truth, and many young Chinese people especially, have been told false stories and lies by the Chinese Communist Party (CCP). I think this is very sad, and that is why I decided to talk about this here.

Falun Gong is a peaceful meditation practice based on three principles: Truthfulness, Compassion, and Forbearance. It was introduced to the public in the 1990's, and since then has

gained widespread attention and influence on China and the world. People loved the exercises for its three principles and positive impact on the mind, body, and soul. There are 5 slow moving exercises - four standing and one sitting. Anyone can learn, young or old, and people have widely enjoyed its health benefits. Practitioners have felt their sense of mind, body, spirit, and faith improve and restore back to their original true selves.

On July 20th 1999, when the CCP discovered that about one hundred million people in China were practicing Falun Gong, they started arresting anyone seen practicing. In prison, some of the practitioners are brutally tortured and persecuted and many have died. The practitioners were suddenly taken away from their homes, and families mourn at the fact of never hearing from loved ones again. The state-controlled media has propagated and told lies about Falun Gong, and has labeled it as an "evil practice", but

the Chinese practitioners are not afraid - they continued their cultivation. They refused to give up the three principles they were taught and give in to the CCP. Here in North America, we have the liberty to have freedom of thought and belief. I feel lucky to be in Canada where I can express myself and talk about Falun Dafa here at The Journal, and tell others, and especially young Chinese people, the truth about Falun Gong.

The persecution in China is still going strong today. In China, you are unable to access information about Falun Gong, leaving Chinese citizens oblivious and unaware of what's really happening inside their country. On the other hand, there are millions of practitioners outside of China freely practicing in countries around the world, while praying for the persecution in China to end one day. This meditation exercise improves your well-being and sense of humanness on this Earth. You can learn about the exercises for free at an instruction

site or you can learn about the exercises and its philosophy on their website <http://falundafa.org>.

I'm a business student going into my last year at SMU, and I want to thank The Journal and SMU for letting me write about this prominent issue happening in China right now. I know that SMU is very international and accepting and is known for having most of its international students from China, so I hope I've removed some societal myths directed towards Falun Gong. I hope anyone reading can tell their friends and family back in China when you see them too. You can read more about the updates and news about the persecution and human rights issues in China on <http://faluninfo.net>. Thank you for reading this far and I hope you guys can live your life in Truthfulness, Compassion, and Forbearance!

BEFORE & AFTER GRADUATION?!? Advice from a potential graduate...



© Photography by Joy

EUNICE YIDANA

Contributor

Hello lovely SMUdents, I know most of you might know me by now, but if this is your first time reading my article, like where have you been all this while though? (lol). Anyway, let me just introduce myself to all the first timers. My name is Eunice Yidana, a final year student majoring in International Development Studies, with a minor in French. I am also a Fashion & Lifestyle Blogger at www.chicbeautyinandout.com as well as a YouTuber at "ChicBeauty In & Out TV".

It has been a lovely academic year and quite a fast year too.... Believe it or not, graduation is just around the corner and I know that most people might be filled up with mixed feelings. Most of you might be tensed up, just thinking about how you will walk on stage to take your certificate or most of you might even be too excited and cannot wait to graduate. Whichever area you fit in, this post is for you, so keep reading to the end.

As an upcoming graduate, I thought it fitting to share some motivation for my MAY 2018 & OCTOBER 2018 graduands to help you before and after graduation. If you are not graduating this year, no worries, you can still read this article and be inspired.

Let's begin...

- In preparation for your graduation, you don't have to buy a \$1000 dress/gown or an expensive tuxedo – for the men (I don't necessarily mean \$1000 dress, but you get what I mean right?). Buy something that you can afford so that you don't go out there and break your bank account. Dress simple yet chic. Graduation day is big, second to planning your wedding day/marriage, so save all that money and use it towards your big day .

- Four years – or how ever many years you have been in university – is not a joke at all, it has definitely been filled with ups and downs, yet you have become victorious all throughout. Do you remember all the sleepless nights you went through, writing countless essays, doing group presentations, buying expensive textbooks, waking up early to go to class, studying at the Atrium/Library, and standing at long queues at Tim Hortons to buy hot chocolate and a sausage biscuit (my favourite)? I can go on and on but I believe you know what I'm referring to right? I just want to encourage you to know that you have become a better person throughout the years and university life has prepared you for the world. With these experiences, you are definitely a conqueror.

- Know the date that you are graduating and write it in your planner, make sure you get your tickets, gowns etc and get prepared for the D-Day!

- As people usually say, that after university you are now going to step into the world. My advice is that go out there and continuously make SMU proud, shine and seize opportunities that come your way, and be yourself because you are unique in your own way.

I love you all and I wish you all the best in your future endeavours after university. If you have any questions, be sure to reach me via chicbeautyinandout@gmail.com and follow me on Instagram (@chicbeauty_inandout & chicbeauty_inandout_tv) and Facebook (ChicBeauty In & Out). Until then, be the change you want to see in the world!

Eunice

Restaurants with Homestyle Meals

Miss mom's cooking? Most of us at SMU come from faraway cities and countries. I know that we can admit that eating cafeteria food all the time does not give us the same happiness as eating our home cooking. Below are some restaurants that I recommend where we can get warm and lovely home-cooked meals that feel as if we are suddenly at our family's table! At the end of the day, simple hearty food can taste the best, and we look for it whenever we want to satisfy our taste buds or for nostalgia's sake.

EMILY CHIAN

Contributor

Cheelin Restaurant

I love ordering takeout from them. The food there is fantastic. My friends have even said it tastes like their mom's cooking. This Chinese restaurant is located in the beautiful Historic Properties by the waterfront. Upon entering, you are greeted with quaint architecture and stone walls from the early 1900's. After turning two corners, you arrive at Cheelin Restaurant. The mapo tofu is warm, silky, and not too spicy for your childhood taste buds. All their chicken dishes have a fresh flavor and texture that could almost melt in your mouth, and it has just the right amount of spices. With a soft piano soundtrack in the background, it is tranquil, and the experience feels almost magical. Make sure you go to this special place to experience authentic Chinese food!

1496 Lower Water Street, Halifax, NS

Nena's Breakfast House

Truly homestyle, without the fancy decorations lined in plates seen in brunch hashtags on Instagram, Nena's cooks a no-frill breakfast the old-fashioned way, just like how your grandma would make it. Pancakes are made with their own special recipe, and the eggs (\$1.00/each) can be customized however you like. The breakfast is simple but delicious, and wonderfully satisfying. But it doesn't stop there, as they usually give you extra sides, sausages and more eggs, free of charge as a surprise. A trip all the way to the North of Dartmouth is worth it on a sunny, lazy Saturday morning. This small restaurant only accepts cash, so don't forget to be ready before you invite your friend or significant other (there's an ATM next door though). Nena's is just what I need during my busy and stressful university life. Unwind, take the time to remember those simpler days, and smile at the sun and pleasant food.

273 Wyse Road, Dartmouth, NS

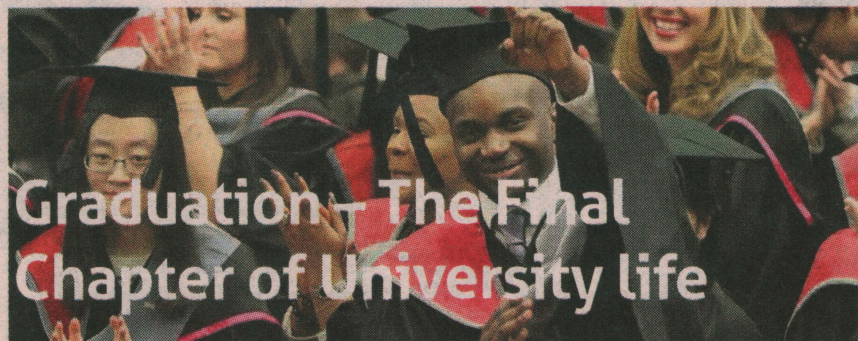
Lemon Tree

This charming spot serves home style lunches and dinner inside a beautiful pink building. Upon entering, you are warmly greeted by hospitable people. The lemonade you are given is cold, sweet, and refreshing. While sipping your beverage, you are given their menu of Turkish food. There are combos you can choose from and it all comes with your choice of meat. Their rice is lightly flavored with lemon. The naan bread is soft and freshly made, and the salad is colourful and tasty. Personally, the carrot salad is my favorite! It's so sweet and creamy. Their meat is flavorful, especially their meatballs! They have an abundance of vegan options so vegetarians and vegans can eat there too. This spot is homey and inviting and I cannot wait to go back there again.

1532 Queen Street, Halifax, NS



Did these meals bring back old memories? Did it feel like your home away from home? I hope you enjoyed reading!



Graduation – The Final Chapter of University life

FERDOUS MASHIAT SHARIF

Section Editor

Life is a novel, which has so many chapters: education, job, family, etc. That being said, the most memorable sections of our book happen to be our elementary, high school and university chapters. Even though we are busy with assignments, exams, presentations, etc, these are the chapters that we will happen to cherish forever. Though we are away from home and struggling emotionally and financially, at the end of the day when we meet our friends, they

are the ones who help us to develop a big smile on our face, either with their bad jokes, comedic gestures, or hilarious sense of humour.

During university life, we have this urge, passion, and drive to do something great. Our adrenaline leads us to do something adventurous. These moments tend to help us explore this exciting journey, but in this small world of ours nothing actually lasts long, which includes our colorful experiences in university. Yes people, everything

has an end but there is also a new beginning, a new chapter. As we signoff from university, we enter into the real world and we start our 'Job' chapter. The roller coaster competition of the corporate sector becomes a part of our life-cycle. Whilst we're in university, the things we tend to cherish are all the mischievous, emotional and adventurous moments. I had the pleasure to speak to some students and through conversation I got the feeling that saying goodbye to their university chapter wasn't easy. Apsara Alim, a graduating Bachelor of Commerce student, shared some of her university experiences. While interviewing her, she became very nostalgic and emotional, she started off by describing her journey to Halifax in 2013. She recalled how hard it was for her, as she was homesick, and how her adaptation to Halifax and university impacted her class results. She faced a lot of struggles and at one point she got her first Canadian job – at Docksider – and gradually began excelling in her life and hasn't turned back since. According to her, the most exciting thing about graduating is that she landed a job at TD insurance and starts in September. Her family is coming to witness her graduation – it's been 4

years since she's seen them. Another graduating student, who wanted to remain anonymous, shared that he had the most incredible experience while at university. Four years of an undergraduate degree in biology has had its challenges and impediments according to him, which in turn has made him more independent and confident. Like Apsara, he also landed an incredible job in Toronto and is set to move there soon after graduation.

Apsara, and these other soon-to-be alumnus are excited about their jobs and graduation. That being said, saying goodbye to university life hasn't been easy. Therefore, I'd like to say: dear class of 2018, congratulations and you guys did it! We all wish you the best and are excited for you to complete the rest of your unwritten chapters.

Money Talks: The Financial Cost of Insecurity

JESSICA LIO

Capilano Courier

(CUP) — The other day, I went to the post office to return some clothes I'd purchased online. Usually, it's as simple as throwing the items back in the box and slapping on a prepaid return label, but this time I had three separate packages and only two of them had return labels ready. When I explained to the clerk that I still needed to pay for shipping on one of them, she was visibly unimpressed, rolling her eyes as she measured and taped the package.

By the time all three packages were ready to go, a lineup of people had formed behind me. Expecting the shipping to cost around \$10, I was eager to pay and get out of there. To my dismay, she measured the box and told me that it would cost \$28. When I asked if I could get a smaller box to put them in, she let out an audible sigh and shrugged. Feeling anxious, I grabbed a small shipping bag from the beside counter and shoved the clothes into it. On the second measure, she told me it would be \$23 plus the cost of the shipping bag.

I knew I could have easily said, "Sorry for the trouble, but I thought the cost would be lower. I'll take them to the store myself instead." But my insecurity told me it would make me look cheap, and that it would be easier to just follow through with the transaction. So, I forced a polite smile and handed over my credit card.

In the end, I paid \$25 to return \$40 worth of

items, just because I was afraid to embarrass myself. When the refund came through on my credit card statement later on, I still couldn't shake the feeling of frustration with myself over the post office interaction. Sure, part of it was that I didn't want to cause more work for the person behind the counter. But what really bugged me was knowing that I cared more about getting out of other people's way and not being a burden than I did about

my money back. All these moments are about taking the comfortable route and avoiding the awkwardness of saying no or feeling left out.

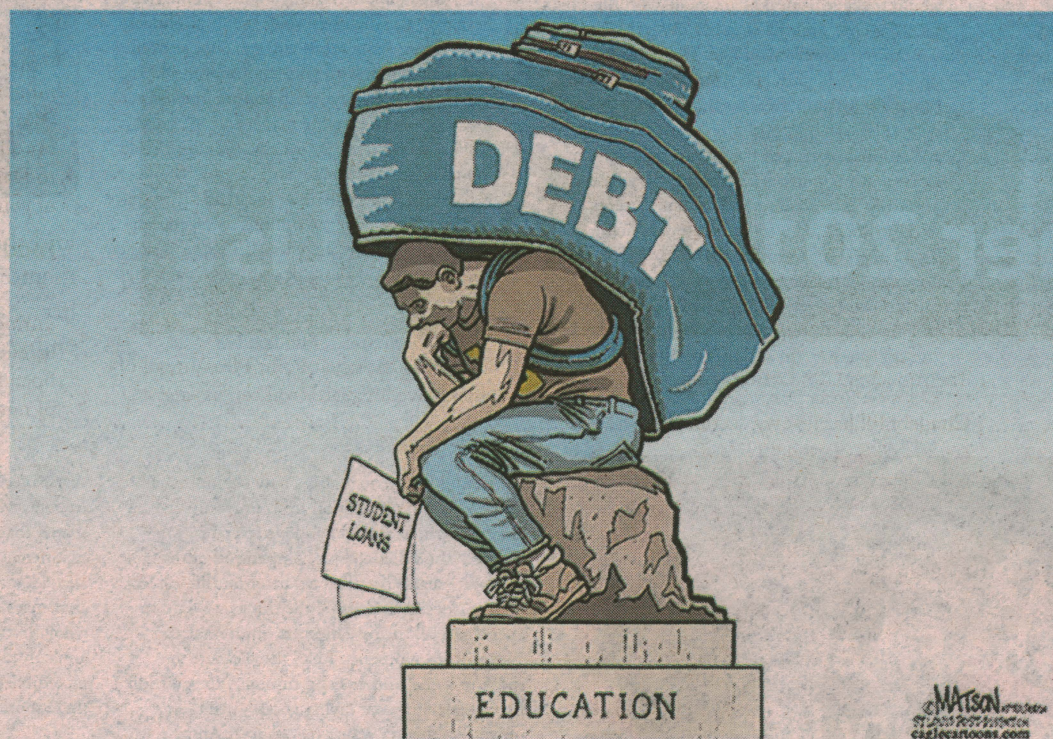
Maybe it sounds trivial, but if small incidents like this happen once a month, then we're talking a few hundred dollars wasted every year that could be much better put to work. Suddenly, that small habit doesn't look so small.

the face of economic problems of such scale, I think the insecurity we feel over our own role in the economy is rooted in the notion that money is a measurement of who we are as people, and the equation of not having money with failure.

During this journey of getting my own personal finances in order, I've really taken to heart the concept that we vote with our money. Along with unlearning our insecurity comes with realizing the self-efficacy we actually have when it comes to spending our money, no matter how small or mindless a purchase may be. When I look at the breakdown of where all of my hard-earned dollars went every year, I want to see that they went towards building an economy that will make life better for the people and communities around me.

It would be foolish to pretend that money doesn't represent power and status in our society. In so many ways, money (and the lack thereof) determines how individuals and societies organize themselves to achieve common goals. Money itself is not the measure of our life's work or the choices we make. None of us will be on our deathbeds smiling because of the time we hit the high score on our bank account balance.

The true financial cost of our insecurity is that we go through our lives thinking that our participation in the economy is passive, that we can't individually affect change. As global income inequality grows and the conversation around affordability in Vancouver intensifies, it's absolutely crucial that we take it into our own hands to unlearn this reality.



giving up my hard-earned cash.

It got me thinking about all the times I've spent money because I was too shy to speak up and didn't want to find myself in an awkward situation.

Whether it was going out for food with colleagues even though I'd brought my own lunch so I didn't feel like I was missing out, buying a new outfit so that I could "fit in" at a party, or picking up the tab for a group meal and then feeling bad about asking for

In the past couple years, I had built the habit of declining offers to sign up for loyalty programs that promise discounts and deals that I don't need. But only recently did I learn to say, "Hey, I brought food, but I'll come for the walk anyway," when invited to get takeout on a lunch break.

Every year we hear about income inequality growing at alarmingly unsustainable rates, and it feels as if there's no way for us to individually change the course of that story. While it's natural to feel a little helpless in

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Summer 2018 Bucket List

BROOKE MCNEIL

Contributor

If this is your first summer in Halifax, you're in for a real good treat, there is always something to do! If you're like me and have spent all of your summers in Halifax, try getting out and acting like a tourist for a day, you'll be surprised by all of the new and exciting things you can find!

With a huge student population in Halifax, the majority of the activities listed below are either low cost or completely free, respecting our "student budget".

Feel free to treat this as your "Summer 2018 Bucket List" and keep The Journal updated on all your adventures. The activities have been placed into categories, so you can skip to things that interest you the most.

The Amazing City Centre, Citadel Hill

Citadel Hill has its own section because it is not only a National Historic site, but a great place for a picnic, for a workout (just ask Sidney Crosby when he's home), to watch one of the many parades, or to simply enjoy the sunshine and views of downtown Halifax. The National Historic site is open for free on Canada Day, July 1, and offers many fun scheduled activities and a great piece of red and white cake.

Getting Out and About

Hiking Trails- Many trails in Halifax are accessible by bus and located within 20 minutes of downtown. Some of my favourites include: Dingle Tower/Frog Pond Trail, Duncan's Cove, Bluff Wilderness Trails and Chain of Lakes Trail/Rails to Trails

Swimming- There are plenty of beautiful spots to swim in Halifax, many of which are watched over by lifeguards. I have been known to frequent: Chocolate Lake, Kearney Lake, William's Lake...and even

Black Rock Beach at Point Pleasant, all of which have lifeguards to keep us safe!

Rentals- If you like canoeing or paddle boarding, or would like to try them, St. Mary's Boat Club does free rentals of each on the weekends. For those who prefer land activities, the Emera Oval has roller blades and bikes (including a couple tandem bikes). All you need to do is take a government issued I.D. with you when you go.

Sports- If you miss playing all of the sports you played as a child, Halifax has several options. For the brave, outgoing type, head on down to The Commons and ask to join one of the many games of baseball, cricket, ultimate Frisbee, or soccer that are happening on almost a nightly basis. If organization is more your thing, have a look at the sports offered through Halifax Recreation or Halifax Sport and Social Club (HSSC). There has also been free yoga offered in Point Pleasant Park and dance classes on the waterfront, these are often announced at the last minute so you should keep an eye on social media.

Entertainment Scene

Movies- Obviously the theatres are open year round, but the outdoor theatres are not! There are often (free or by donation) movie screenings throughout July and August on the Halifax waterfront, in the Public Gardens, and even at The Chicken Burger in Bedford (I cried into my sleeping bag watching "The Notebook" there last year).

Shakespeare by the Sea- An outdoor theatre experience in Point Pleasant Park. This is something I have never done, but have heard is a great experience and I plan to (finally) check it off this summer.

Boat Tours- Murphy's on the Water have a lot of fun boats on the Halifax Harbour: Theodore the Tugboat, the Harbour Hopper, country party cruises, and many more! There are also water taxis that can take you to and from George's Island, and my all-time favourite, the ferry from Halifax to Dartmouth for a whole \$2.50 or a flash of your student Halifax Transit pass.

Food and Drinks

The culinary scene explodes in the city during the summer months. Restaurants extend out onto sideway patios, rooftops open for service, beer gardens pop-up out of nowhere, food trucks drive around, and children still set up lemonade stands on super-hot days. If you can't find it on a "regular" day, wait for one of the many festivals and you will likely find it there.

Festivals and Fireworks

Most festivals in Halifax are accompanied by a firework show (or two) and a parade. Since there are so many, here is a long list of the excitement in the order I think they occur: Canada Day (usually includes a free concert as well), Royal Canadian International Tattoo, Lebanese Festival, Greek Fest, Multicultural Festival, Cedar Fest, Pride Week, Busker Festival, Natal Day, and so many more!

There are so many more amazing things that can be done in Halifax throughout the summer months. A quick search or question posed at a local will give you so many great ideas. Enjoy the warm weather and don't forget your sunscreen!

Jean's CHINESE RESTAURANT
5972 Spring Garden Road www.jeansrestaurant.ca

444-7776

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