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George Habchi's mission to give back

The story of what motivated one SMU student to succeed

SAMUEL HAMMOND—EDITOR

When George Habchi does anything, he does it in style. As I sit down to interview him he's wearing an Egyptian cotton cardigan over a double Windsor knot tie, hair styled and trim. It's a refreshing change from SMU-Casual, the laid back non-efforts from students in Residence hitting class in their pajamas.

"We live in a visual society. You've got to act the part and dress the part," he says "I trust to the lion, not to my arrows." In the Latin: *Leoni non sagittis fido*. Roughly translated, George has faith in his own strength, so he's not afraid to show it in the clothes he wears.

While he always dressed well, he tells me he wasn't always matching in confidence. Today George is a fifth year, straight-A Poli-sci major, graduating at the end of the year to then go to law school, but not long ago in highschool he was barely passing. When he graduated from CPA Bedford high guidance counsellors told him

university was not for him and that he should accept it and take up a trade. "My principal once told me I couldn't get into Sesame Street if I tried."

Yet that was not the route he was resigned to take, and his motivation flipped. After graduating he worked three jobs in the day to put money aside for school and suits. And in the night, three correspondence courses at to lift his grades. "When I wasn't working I was in my room doing assignments and doing them awesomely. I went from a 50s student to ending my three correspondences courses with an 86, 87 and 90."

That was enough of a boost to get him accepted to Saint Mary's University, where he enrolled in the history and poli-sci courses he found most interesting. "I was taking this history course, and when I checked my final marks and saw it was an A- it showed me I could do well if I told myself it wasn't a fluke. Since then I've busted

my ass and the A's haven't stopped."

"It wasn't that I was an inferior student, I just wasn't in an environment I could grow in. I like adversity. It motivates me to rise to the occasion." But university is more about good grades for George. "People come to university and they don't know what to expect. They go to class, they keep their head down, and when they leave and enter the real world they don't know where to start."

Wanting to be engaged has led him to be a society leader, helping organize events for the poli-sci society. "University is more than the education you acquire. It teaches you to manage your stress and network as well." His search for community involvement led him to Sigma Chi, a SMU-Dal fraternity and leadership organization located just off campus. "The movies make you think fraternities are all about partying and wasting time," he says. "But I went and met some of the guys from Sigma

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High turnout for SMUSA elections, but criticism of organization abounds

SAMUEL HAMMOND—EDITOR

The SMUSA elections are finished, and the results have been announced. Jared Perry won in a landslide victory that took nearly all the increase in voter turnout, landing him the position of SMUSA President and CEO. Perry is a man of many hats, however, previously sitting on SMUSA's highest governing body, Board of Directors, before resigning in order to run. Past SMUSA governance and employees have come forward with criticism of the Board of Directors and the processes involved.

"I feel like (the election) was a success because we implemented social media and reached out to campus population. It was a great turnout," Said Chief Returning Officer (CRO) Dawn Penney. It was when she was asked about Jared Perry's involvement with the hiring process when her tone changed slightly. "How I've described it the whole time is sketchy... But the procedure he took to get on there was okay with the board, so there was nothing I could do." Penney was hired by the elections committee, and interviews had multiple people involved. "It was Gorba (Bhandari), Jared (Perry) and Abdul (Al Mansoob) and Grant (MacNeil)." Said Penney. The elections committee, who were in charge of hiring the rulekeepers

of the SMUSA vote, was chaired by Jared Perry who only resigned a couple months ago without notice in order to campaign.

“ Any member of the Elections Committee must remove themselves from the interview process if there is a perceived conflict of interest. ”

Having taken off the hat of elections committee member, Perry then donned a new one, in the race for SMUSA President. The Board of Directors found no conflict of interest and allowed Perry to run. With the support of 48% of voters (the other 52% split between the losers Adam Faber and Aayoosh Sapra), Perry has gained the top student spot at SMUSA. Michael Mercer, 2009-2011 SMUSA VP University Affairs, had problems with the BOD before Perry dropped

out but he doesn't point fingers at any one individual. Rather, it is part of a larger pattern of not following the rules. "The Board of Directors was established to lead and inspire the organization to greatness. The current crop of BOD members has shown little passion for their jobs outside of having filler for their resumes. They have neglected their responsibilities and duties, which has placed the organization in a terrible position of ignorance that is the least transparent in its history."

Specifically Mercer notes that the Board routinely fails to follow basic procedure. Minutes aren't kept or posted. The meetings, which are supposed to be open to students, aren't announced nor are they regular (which even causes problems even for Board members, when they themselves are prohibited from missing more than 3 meetings). And in camera meetings take place when they're not allowed without a two thirds majority sign-off vote. "The students of Saint Mary's deserve better and the current BOD should, to a person, be ashamed of their performance this year. The students

continued on page 3

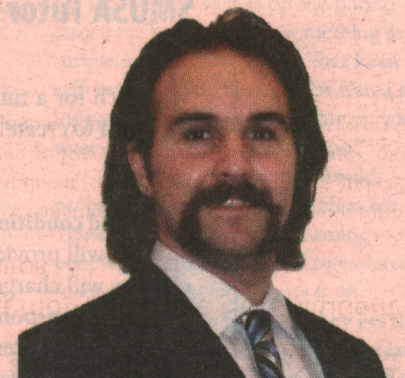
A message from SMUSA President Jared Perry

I'd like to start off by thanking everyone who came out to vote, this year we had a 21.6% voter turnout compared to a 12.8% from last year, very impressive guys. Now that elections are over I'd like to turn my focus over to examining the past SMUSA budget and developing ours for the following year. As of May 1st, 2012 I take over all Presidential responsibilities but before I can dive right in there are a few things I need from you!

Although I have my own ideas of where I envision SMUSA in the future I am not foolish enough to believe I am right all of the time, I want your input folks. In hopes of reaching my outlined goal of a more transparent, accessible and inclusive SMUSA I need your input and support in structuring many aspects of the office.

On the athletic side of things, assembling a "Spirit Squad" (Working on the Name) of sorts will be essential for creating and maintaining a high level of student pride here at SMU, with the promotion of athletic events and a raise in current attendance at the very top of the list.

As previously stated, not only is this our school but more importantly this is our students association, I want your



input on how we should shape it. If you have any questions, concerns or ideas you can email me currently at jared.perry@hotmail.com and after May 1st, 2012 at president@smusa.ca

If you happen to see me around campus and have any questions or concerns do not hesitate to stop me to talk, I'm always listening. Remember folks, this is your student association and your input is paramount to our success.

To those of you with us next year I can't tell you how excited I am and to those not returning, a victory lap is always an option.

Cheers.
Jared Perry

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
CAMPUS CALENDAR LEGEND Presented by SMUSA Sporting Event / SMU Athletics Academic Event or Presented by SMU Alcohol Available No Entry Fee for SMU Students No Minors (19 years+ only) Gorsebrook Special <small>To get your event added to the Campus Calendar, send an email to marketing.manager@smusa.ca</small>		February 29 OPEN MIC NIGHT The Gorsebrook Lounge 9:30 pm 	March 1 LIVE MUSIC The Gorsebrook Lounge 7:00 pm Featuring Six River City 	2 Basketball (W): Dal @ SMU - 8pm Volleyball: McGill @ SMU - 6pm ALL DAY BRAKFAST The Gorsebrook Lounge	3/4 Saturday: Writing Centre Scrabble Smackdown 10:00am - 4:00pm Student Centre Cafeteria Teams are up to 3 members. Registration open until March 2 at 5:00pm at Burke 115. \$5.00 per team member
	5 Men's Hockey: UdeM @ SMU - 7pm Tentative 	6 TRIVIA TUESDAY The Gorsebrook Lounge 7:00 pm 	7 OPEN MIC NIGHT The Gorsebrook Lounge 9:30 pm 	8 COUNTRY NIGHT The Gorsebrook Lounge 9:00 pm. \$3 Cover Presented by Grad Class Committee WING NIGHT \$15 for 20 wings + Thundermug The Gorsebrook Lounge 6pm-9pm (all-ages until 7pm) 	9 ALL DAY BRAKFAST The Gorsebrook Lounge

SOBEY COMMERCE SOCIETY
at Saint Mary's University

Business Dinner
with
Irwin Simon
CEO of the Hain Celestial Group



Monday, March 5th at 5:30 pm
World Trade and Convention Centre
Contact the Commerce Society Office in the BMO Lounge for more information

Commercesociety.smu@gmail.com

SMUSA Tutor Database is back and we need tutors!

To search for a tutor or apply to be a tutor, visit www.smusa.ca/tdb. You will need to create an account with us to access the database or apply to be a tutor.

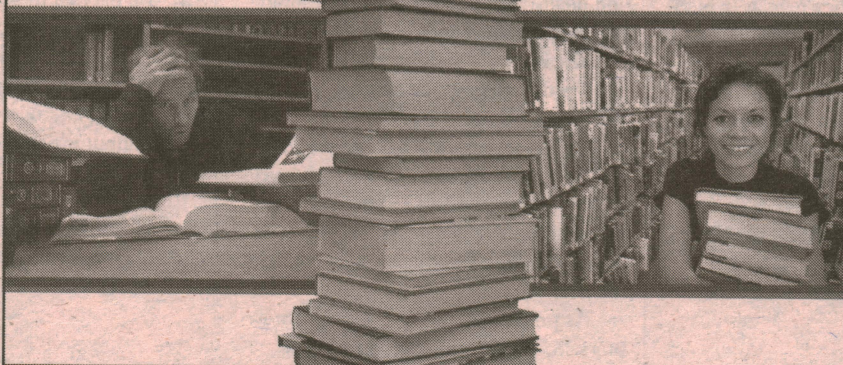
Terms and conditions for becoming a tutor:

- Tutors will provide a free 20 minute consultation with the student.
- Tutors will charge no more than \$15.00 an hour for their services.
- Tutors are responsible for arranging for payment with their student.
- SMUSA is not responsible for any transactions.
- You need to have an A- in the class you wish to tutor.

WWW.SMUSA.CA/TDB

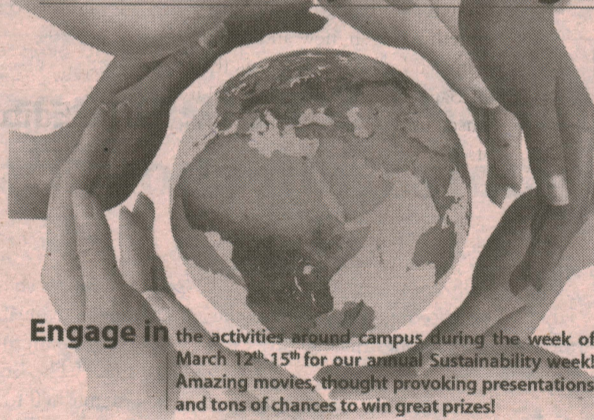
SEARCH FOR A TUTOR

APPLY TO BE A TUTOR



SUSTAINABILITY WEEK 2012
March 12 - 15

Are YOU up for the SMU Sustainability Challenge?



Engage in the activities around campus during the week of March 12th - 15th for our annual Sustainability week! Amazing movies, thought provoking presentations and tons of chances to win great prizes!

An Engaged Community

SUSTAINABILITY WEEK 2012

MONDAY, MARCH 12
SMU'S Movie Night:
"Carbon Nation"
Scotiabank Theatre @ 7:00pm
carbonationmovie.com

TUESDAY, MARCH 13
Good News on the Environment
11:30am-12:30pm
Conference Hall LA290
Trivia Night
Gorsebrook Lounge @ 7pm

WEDNESDAY, MARCH 14
Freaking Debate
(All Week mini)
Scotiabank Theatre @ 7:00pm

THURSDAY, MARCH 15
Photo Scavenger Hunt
10:45am - 3:00pm
Loyola PDR
Information Kiosks
12:30pm - 3:00pm
Tim Hortons' coke made



Learn about our efforts and a full listings of events by visiting:
www.smu.ca/sustainability



S, C, R, A, B, B, L, E.

SMACKDOWN

tournament

The 2nd Annual Writing Centre Scrabble Smackdown
Saturday, March 3rd, 2012, 10:00am to 4:00pm in the SMU Student Centre Cafeteria

the journal

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Samuel Hammond
EDITOR



Kaylyn Jeffrey
EDITOR

Letter from the Editors

With reading week coming to an end, we are thrust back into the university cycle of scrambling to complete assignments, studying all night for exams while balancing the social aspect. This issue of your student newspaper will focus on bringing you up to date on your newly elected SMUSA members, current happenings and help you cope with the integration back into the academic swing of things.

Reflecting on the previous history of the Journal, as stated in the last letter from the editors, we have revived this student newspaper that had previously crumbled to the ground. We started from scratch to provide the students with something fresh, new and reliable. That being said, the newspaper is the voice of Saint Mary's University and it was resuscitated for you and by you, the students. We encourage you to write to

us and contribute!

The second half of the second semester, though hectic, is an exciting time and deserves the celebration of the coming end of the year. It is a time to cherish the friends you've made and enjoy all the simple pleasures of living in such a great city and attending an incredible university. Now is the time that great things are being discovered in our lives and we ought to enjoy them while their happening. The Journal encourages all students to live life to the fullest and experience as much as possible socially and academically. Keep in mind: we're here for a good time, not a long time so have a good time.

Sincerely,
The Editors

George Habchi's mission to give back

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Chi. They were all successful, all heavily involved in the community, and they all looked out for each other. It was all things I was looking for provided under one roof."

He joined and was given charge of philanthropy. "I was never the kind of guy to just look for ads in the paper about volunteering at the food bank or whatever. I wanted to create my own event." And he did. Last December he organized an awareness week for victims of domestic abuse, culminating in a Pacifico Purple Party. All funds were donated to the Victims Services Volunteer Association. "No one had ever approached them before. They didn't have the funding to do their job, so I said lets change that."

His new project is called Tramp-a-thon. On March 2nd and 3rd in the Halifax Shopping Centre, George along with a big group of volunteers will jump a continuous 36 hours on a trampoline to raise money for the

Children's Wish Foundation. The event, a Halifax Sigma Chi tradition, is over three decades old, but using his skills George is taking it to another level. "Last year we raised \$7000 in two days. This year I want to make at least \$10000, enough to grant a full wish to a sick child."

The quest sent him in a panic as he ran around the city meeting with radio stations and press. Last Friday the CTV Morning Live team came by his fraternity's house with funny man Cy, broadcasting George and his brothers bouncing on a trampoline set up in their living room to all of Atlantic Canada.

It is a long way from the Sesame Street. And a long way from the educators that doubted him. "Before no one would let me run a bake sale. But the programs and student organizations provided at Saint Mary's have helped with my personal development so much. Now I'm giving back."

Send a Letter to the Editors!

Have a comment about one of our articles? Send your opinions to submittosmujournal@gmail.com and you might see it published in our "Letters" section. Letters should be 300 words or less and be persuasive but well-written. In order to publish your letters, we require your full name, but will never publish or distribute your email address to anyone. Let us know what you think!

High turnout for SMUSA elections, but criticism of organization abounds

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of SMU can only hope for a better board for next year; one that listens to students, inspires and leads, as it was meant to."

Take what the BOD's governing policy says about conflicts of interest among election committee members (remember, the committee Perry chaired): "Any member of the Elections Committee must remove themselves from the interview process if there is a perceived conflict of interest with any candidate for the positions of the Chief Returning Officer or the Deputy Returning Officer."

When Mercer discovered that one of the CRO interviewers had dropped out to run, he immediately contacted the acting President of SMUSA and the rest of the BOD. Their response was that they perceived no conflict and thus approved Perry's eligibility.

Dawn Penney is more optimistic, however. "I think a little bit of controversy or an issue to talk about makes politics interesting. As long as we can keep people talking we can make sure students are as involved going forward as they were this year."



Being GREEK

BELLA RAE MCMILLIN

Whenever I tell someone that I'm "Greek" they usually have to stop and think about it for a minute. No, I don't mean I'm from Greece. I mean I'm part of a Greek Letter Organization [GLO], which we refer to as all being a part of the "Greek Community". Or better known to the general public as being in a Sorority or a Fraternity, with Greek letters.

Sororities and Fraternities don't seem to have the best reputation on campus, but there is a lot more to our organizations than meets the eyes. So I'll start by clearing up the most common of rumours.

1. Hazing: None of the Greek Letter Organizations in Halifax haze, in fact all of us have a strict no hazing policy. 2. Living in the same house: While none of the female Greek organizations in Halifax have houses at this point, the three male Greek organizations do. However, it



is at the houses. 3. Partying: While we do have social events with other Greek organizations, in most cases, alcohol is typically not involved. Most organizations focus on doing more with their connections in the community. We actually spend a lot of time doing fundraisers and organizing charity events, and for some their pledge events are required to be dry.

In Halifax there are six established and active Greek letter organizations. Iota Beta Chi (IBX) sorority, Alpha Gamma Delta sorority and Omega Pi

sorority are all female organizations that recruit from all three universities. Sigma Chi fraternity, Phi Kappa Pi fraternity and Phi Delta Theta fraternity are all male organizations with various recruitment rules. Phi Delta Theta is a Dalhousie only organization, and Phi Kappa Pi is the only male Greek letter organization that recruits from the mount, but Sigma Chi has a pretty well known presence on the SMU and Dal campus.

There are amazing opportunities to help out on campus and within the community. My sorority focuses a lot of time and effort into our charity events. Iota Beta Chi is the missing link between me as a student and charitable organizations around Halifax that I'd love to help out with. Being a part of something bigger than myself, I am able to work with those organizations without any questions.

The most upcoming philanthropy event is the annual Sigma Chi Fraternity's Tramp-a-thon, taking place at Halifax Shopping Centre on Friday March 2nd and Saturday March 3rd. It is where the brothers of Sigma Chi

jump on a trampoline for 36 hours non-stop. Last year they raised over \$7000 in just two days! It's been an ongoing Sigma Chi tradition for 33 years straight. All proceeds raised go to the children's wish foundation. If you wish to support them, it is as easy as showing

“**Being a part of that community is the difference between a normal university experience, and one that will stay with you for the rest of your life.**”

up at the mall on either day to make a donation.

Being Greek opens up so many doors as a university student. It's like being part of a family, and that family is connected to a bunch of other families around Halifax's three universities, to

form one big community. Being a part of that community is the difference between a normal university experience, and one that will stay with you for the rest of your life. You'll always remember the friendships you make in university, and who knows, some of you might actually keep them throughout the rest of your lives. But we find brothers and sisters, not just friends. They'll always be there for us now, and always be there for us in the future. These organizations are more than just parties, roommates, leadership and rituals to us: they're about finding the right group of people who you know will be there for you whenever you need them, for the rest of your life.

Bella Rae McMillin is a student at Saint Mary's who, when not extolling the virtues of Greek life, bakes a prodigious amount of cupcakes from scratch. Seriously, never ending cupcakes.

Joining Greek Life

There's no one process to join a Greek organization. As independent fraternities and sororities we have unique bylaws, traditions, rituals and requirements. Still, there are a few things almost all of us have in common. The four main categories of people affiliated with Greek life are Rush, Pledge, Active and Alumni.

Rush are simply students who've expressed interest in joining. Typically, rush season is at the beginning of the semesters and involves parties and other get-togethers that give you a chance to get introduced.

Pledge are rush who have shown enough interest that he or she has been extended an invitation to join. Typically there are events specifically for pledge, and often a set of classes where you get a full chance to learn more about what you're getting yourself into.

Actives are initiated members of the fraternity or sorority that are still in school. They might be obliged to pay member fees and help organize events related to their group.

Finally, Alumni are actives that have graduated. They often form Alumni organizations of their own to support the active Chapter.

Waye Mason for District 7? The student's could decide

SAMUEL HAMMOND—EDITOR

Politicians aren't supposed to be this cool. Until February of last year Waye Mason was executive director of the Halifax Pop Explosion, a position he had held since 2001. His passion for local music began as a passion for local music while in university. "I like to say I majored in CKDU and minored in student government," he laughs.

In his third of university he even founded his own record label, and today in-between running for District 7 council (representing the whole peninsula of the south end) and completing the MBA program here at SMU he teaches courses on the audio business at the NSCC.

“**There are enough people living in residence at SMU to pick who the next councillor is.**”

Waye got involved in city politics in 2006 when the school board was fighting to close down Inglis, St. Mary's, LeMarchant and Tupper Elementary and consolidate them into one major elementary school. "The schools are still open. The school board was fire. We won, and I got to know the people in the community."

The theme of strengthened communities before centralization comes up a lot in our discussion. "Are we going to have four recreation centres that are within walking distance, or are we going to keep building 30 million dollar megaplexes that everyone has to drive to and that low income families

and the vulnerable won't be able to access?" The fundamental problem, Waye says, is that the City government is broken. "The megaplexes are more cost effective, but is it meeting the social goals of the government to have these single units. We measure the wrong things. We look at the short term budgetary cost and not the social costs to communities."

"As a business guy, I often feel like we're building new buildings because that's what is good for a bureaucrat's resume. Why renovate a school for 2 million when we can build one for 15?" Even when the city has a sensible plan, Waye goes on to point out, it cannot effectively institute them. "90% of the time we make these plans, and then we ignore them for five years, and then we review them to see if we just accidentally moved in the right direction."

A city run in this way – focused on the short run, lackadaisical with outcomes – is destined to create scandal. "St. Pat's-Alexandra, Washmill overpass, the concert scandal. It goes on and on." Take the sale of St. Patrick's Alexandra elementary school to condo developers without any ex-ante consultation with the community, bypassing the municipalities own processes. Now the city is hesitating, opening tax payers up to a major lawsuit. Waye recalls a time when Gottingen St., located near St. Pat's, was a "mecca" for shopping and culture until it was incrementally undermined by council decisions and indecisions, this one included.

Waye believes a similar alienation is in the cards for District 7 – home to Dalhousie and St. Mary's – if the large student community doesn't demand representation. "The municipality



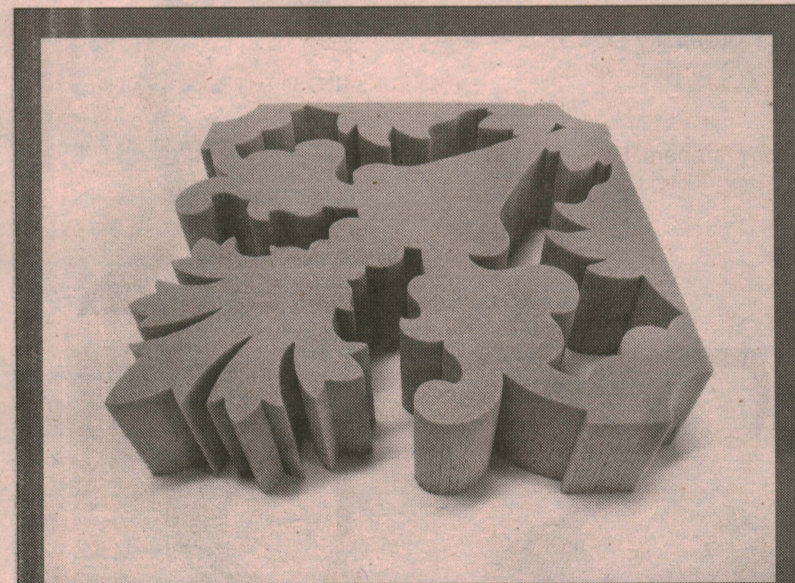
PHOTO CREDIT: CHRIS SMITH

has a role in being a funding partner in rebuilding Oland Husky Stadium. There's a huge potential for it to be used by the university and community." Even the district quasi-incumbent, Sue Uteck is mostly board (though she has repeatedly put off the issue).

"Now the council is contemplating building a stadium on the very loose premise that students are going to go watch games in Dartmouth Crossing. Saint Mary's students should be sending the message loud and clear that that's just stupid. If it is north of Chebucto Rd. it might as well be on Mars for most students living in the South End."

Then there is the problem of affordable student housing. "The prices have gone up astronomically for off campus housing. It's killer for students. Your choice is live over in Dartmouth and be forced to commute, or live in the South End and get gouged." There's no reason, according to Waye, that council can't encourage partnerships with private developers to build more affordable student housing.

The only issue is that students don't vote. The council elections are far off, but even if politicians had the expectation of a student vote they would begin giving more concessions today. "The incumbent in the old downtown district only won with 1400 votes, the incumbent in the old south end district only won with 2600 votes. That means there are enough people living in residence at SMU to pick who the next councillor is. Students have a tremendous amount of power that isn't being exercised and it's too bad."



Column (detail), 2011, polystyrene, 72" h x 18.5" w x 18.3" d

JEANNIE THIB

Hyperflat

Curator: Tila Kellman

17 March - 13 May 2012

Curator's Talk, in conversation with the artist

Friday, 16 March, 7pm

followed by the Opening Reception at 8pm

SAINT MARY'S UNIVERSITY ART GALLERY
Loyola Building, First Floor 902-420-5445 gallery@smu.ca smuartgallery.ca
11-5 Tuesday-Friday 12-5 Saturday-Sunday FREE ADMISSION



Allison Prosser was happy to see a great turnout at the Vagina Monologues, and hopes to carry that momentum forward to other events. Photo Credit: Adam Faber

The Vagina Monologues

The Vagina Monologues raised over \$3000 this year, something that Allison Prosser is proud of. "Not over three thousand," said Prosser when asked, "We have exact numbers." \$2925 was raised for Stepping Stone, a charitable not for profit organization that offers supportive programs to workers and former sex workers. On top of that, \$325 was raised for The V-Day Fund, to be donated to another non-profit.

The event, which took place February 9th, 10th and 11th, showcased the well-known annual theatrical

celebration of women, but Prosser was impressed at how well word-of-mouth worked. "We try to get the word out as much as we can, it's really great that we did so well."

This isn't the only thing the centre is up to, of course. March 6th, in celebration of International Women's Day, the SMU Women's Centre will be hosting a film screening of Jennifer Siebel Newsom's new documentary film Miss Representation. The event takes place 6pm in Sobeys 265.

Scrabble Smackdown

Laying down the law with letters

ADAM FABER—WRITER

The Writing Centre's 2nd annual Scrabble Smackdown takes place Saturday, March 3rd. Brian Hotson, director of the writing centre, is the man behind the massacre. This being his second turn at the turnbuckle he's continuing to expand the event, and already things are looking bigger than before. "Being new to the university I didn't know what to expect. Last year we had 30 participants. The best turnout was from security, of all groups. No faculty signed up, which was too

bad... Considering my wife is faculty." Said Hotson. More than just SMU will be participating, with challengers from Dalhousie, Cape Breton University and UPEI confirming attendance. "I've got a five year plan, next year I'm going to make it a fundraising event for community literacy."

The fighting words fly 4:00 pm in the Student Centre Café. "Everybody gets props for participating, but this is a Smackdown." Said Hotson. "The bragging rights are where it's at."



Write for The Journal

SubmitToSmuJournal@gmail.com

Das the Spring Garden Monk

SARAH BEATTY

Amid the bustle of pedestrians and the strumming of Wild Horses on an acoustic guitar a man in a long layered robe and painted face stands out from the crowd. His name is Das and he stands on the corner of Spring Garden with a mission to spread knowledge. "We just want to promote happiness," says Das.

Standing on the busy sidewalk Das smiles as he hands out small printed books about yoga, karma and meditation. Das is a monk of the Gaudiya-Vaishnava movement, which asks for nothing more than an open mind. "We just want to give people knowledge about spirituality," says Das. As listed on the Gaudiya-Vaishnava website, their mission is to systematically propagate spiritual knowledge to society for educative purposes. The distribution of the small books is non-obligatory. The not-for-profit organization requires that all donations go towards paying for the production of the books.

"I was beaten up by the material world, it didn't suit my personality" says Das. Discontent with his life, Das found out about the movement and spiritual aspect of yoga through Youtube. "I feel like I have only really become alive now, through this."

The no-strings-attached policy of the movement took pedestrian, Jennifer Bedard by surprise. "I was expecting to get preached to about religion, but instead he just talked about yoga," says Bedard. Receiving a free book while walking along Spring Garden Road caught her off guard. "I was wondering what the catch must be," says Bedard, "They always want something-but he didn't."

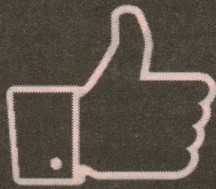
The approach of the Gaudiya-Vaishnava movement that focuses on the yoga practice as a religion was a foreign tactic for Bedard. "I have always seen yoga as cleansing, physically and mentally," says Bedard, "But never really spiritually."

Das stands patiently on the corner,

beckoning to the pedestrians to take one of his books. "People are a lot more friendly here than in Toronto," says Das. Both the movement and Das have only been in Halifax for a week. The reception, however, has been positive so far. "We've been receiving more guests at our practices," Das says with a smile, "I really feel that because it's yoga, something so many people are already comfortable with, they are more willing to open themselves up to it."

Bedard is evidence of this willingness. "I have my own religious beliefs, but I see yoga as a cleanse." Holding the small book in her hands, Bedard says, "I will definitely keep an open mind."

For Das and the other monks, the cold, February day spent on Spring Garden Road is merely an attempt to give nothing more than knowledge, and take nothing but time. As Das says, "If I can only help one person, that will be enough."



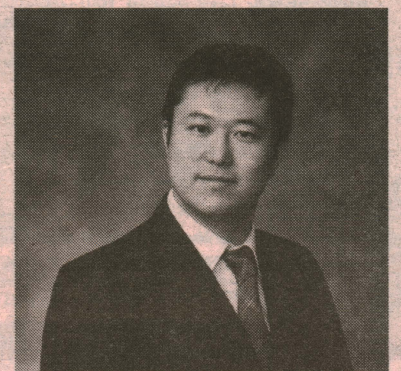
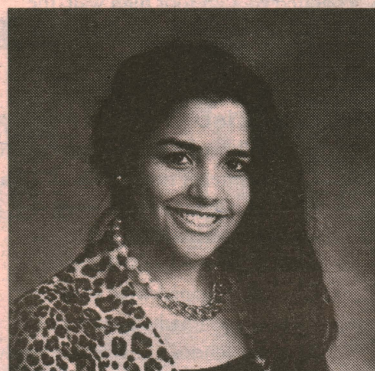
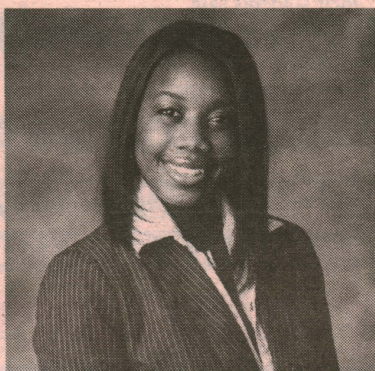
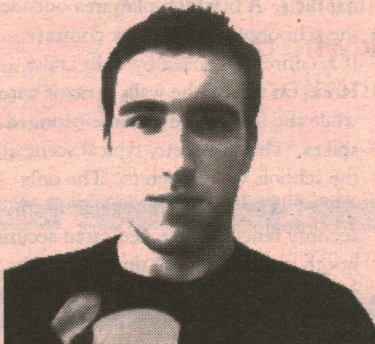
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Official Election Results

A big congratulations to our new Saint Mary's University Student Association President, Jared Perry. He won by a landslide receiving 48% of the vote.

Another big congratulations to our new board members, Sylvia Abdel-Gawad, Rumbi Chimhanda, Michael Coady, Beth Cole, Leo Yijun Li, and Alex MacLeod.





Saint Mary's throws a wrench in ANSSA's gears

ADAM FABER—WRITER

Saint Mary's students are the only ones not on board with their provincial lobby group. In an effort to have more than one staff member, the Alliance of Nova Scotia Student Association (ANSSA) asked for a fee increase to their membership, from \$2.68 per full-time student to \$5.59, and from \$1.58 per part-time student to \$3.33. All of the other member universities agreed to the increase; Dalhousie University voted in favour of it, and Students at Acadia, St. F.X. and Cape Breton University have already approved the increase through their councils. The only dissenting voice was at Saint Mary's. "All the members need to be on the same page, we're just not sure what that page is yet," said Kyle Power, ANSSA Chair.

Just shy of half (49.7%) of Saint Mary's students voted against the increase, with 14.1% abstaining. For

the fee increase to pass it would have needed 2/3 support from SMU voters. Without the support of all member universities, increasing the fee for the other universities who approved it faces an unknown future. "I'm not sure what the results of that will be, we will be having further discussions in March," said Power.

Student representatives were more supportive at the ANSSA meeting, however. "It was a unanimous decision at the executive level to go forward with the idea," said Power. Alwyn Gomez, for example, the current SMUSA President is one of Saint Mary's representatives on ANSSA's executive committee. While Gomez voted in favour of the new ANSSA budget at their executive meeting, SMUSA policy ironically kept ANSSA from campaigning for the rate increase on campus.



Taryn Hines, previous Fete winner.

Fete de la Francophonie comes to SMU

Saint Mary's University is hosting the city's Fête de la Francophonie, with a hope for SMU students to dominate once again. Fête de la Francophonie is a gathering across several universities, to celebrate and spotlight french culture and learning. As a part of the festivities Dalhousie, Mount Saint Vincent, Sainte-Anne and Saint Mary's each select a student to compete in an essay-writing contest, the winner is awarded a two-week trip to France. In the past four years, Saint Mary's has received the top spot three times; Taryn Hines in 2011, Justin Bonin in 2010, and Laura Connors in 2008.

The kickoff event will take place on campus 5:15PM March 20th, in the Loyola conference hall. The event features presentation from Journalist, novelist, and professor Mihali Felicia as well as Saint Mary's professor Cristian Suteanu. The event is open to students and the community.

New academic plan receives only lukewarm support from professors

Saint Mary's has supported their new academic plan after more than a year of consultation, but teaching staff at the university gave it the least amount of support.

The Academic Senate is a group of 30 made of administrators, teaching staff and five SMUSA representatives. They voted in favour of the plan February 17th, approving the broad document's strategy for the university moving forward until 2017.

The plan was approved with seven of twelve professors voting in favor of it. Of the five who did not support the plan (three nays and two abstentions) all

were professor faculty.

The new academic plan deals with numerous strengths and challenges the university faces, such as a statistical preference by local high school graduates to go to SMU, and a drop in local high school graduates. In addition to identifying these strengths and weaknesses, it lays out a broad strategy on how to capitalize on advantages, and how to deal with shortcomings.

Now that the plan is approved, a committee is to be formed to bring into effect the particular ideas the academic plan proposes.



Following SMU Students in Belfast

Jeff Cusack and Everett Stone are currently shooting a documentary in Belfast, Ireland while following a group of Saint Mary's students doing peace workshops in area schools. Following Jeff via his blog at belfasthalifax.com showcases the sights and experiences of the SMU students as he follows them.

February 20th:

Today was the first day that the students from Saint Mary's University began to work in Belfast schools. Everett and I had a great time filming the activities at St. Kevin's, a Catholic primary school. It's fantastic to watch the students respond positively to the workshops that the SMU students have worked so hard to develop. The St. Kevin's students were extremely engaged, and seemed to be learning a great deal.

After the Saint Mary's students finished working at their schools, they took a iBlack Taxi tour of Belfast's political areas, particularly the Falls Road and Shankill areas. These areas are Catholic and Protestant neighbourhoods (respectively) which are adjacent to each other. They were among the earliest neighbourhoods to be engulfed in the violence of The Troubles, and have seen a great deal of violence since The Troubles first began in the 1960s (and some before). Both areas have a great deal of poverty.

The tours cover the stark imagery

that permeates this area. Wall murals celebrate the history of each neighbourhood, mark the victims of The Troubles, and sometimes celebrate paramilitaries such as the Catholic IRA and the Protestant Ulster Freedom Fighters. On the Catholic Falls Road, homage is paid on a number of murals to ten individuals who died in a hunger strike while in a Northern Irish jail. A short distance away, fallen Protestants are memorialized.

There have been some changes in the art adorning these neighbourhoods since I have last visited. A mural of Oliver Cromwell quoting him as advocating the extermination of Catholicism (a quote which I am unable to verify as legitimate) has been replaced with a triptych of sculptures reading iRememberi, iRespecti, and iResolution.i A small sign of progress amid two neighbourhoods which are separated by a 25 foot high wall, the gates of which are always closed at night.

February 21st:

Today we followed a group that went to Saint Bernadette's Primary School. An all girls' Catholic school, the students at Saint Bernadette's were amazingly enthusiastic and probably the most energetic and engaged we'd seen so far. Everett and I had a great time filming at the school. It is immediately

apparent that Saint Bernadette's has a great school culture and a wonderfully dedicated staff of teachers.

The exterior of Saint Bernadette's is dramatically different from the school's interior. The inside of the school is fantastic, bright, and covered in colourful pictures. The school has a dedicated ipeace roomi it uses in order to do workshops and resolve its conflicts. A blacktop play area outside the school provides a stark contrast: It is entirely enclosed by walls and a fence, on top of the walls is razor wire, while the fences end in three-pronged spikes. This is a pretty typical scene at the schools we've been to. The only school we've seen without significant security fencing had a dedicated security booth staffed by a full time guard. It's a shame that great schools like Saint Bernadette's need to put up so many barriers for protection in order to keep their students safe.

I imagine that fencing companies in Belfast receive much more business than fencing companies in other cities do.

Jeff and Everett will be back on Saint Patrick's day at Durty Nelly's Irish Pub to celebrate the end of the shoot as well as to raise funds for post-production.

Quackenbush's Last Game at Home

ADAM FABER—WRITER

While the Huskies pulled hard for Ross's last home game, the men's basketball team couldn't hang onto their first-quarter lead against the Acadia Axemen, losing 73-65.

Forward Iain Robertson wanted to give the iconic coach a proper send off, and he wasn't alone. "We didn't have a great game, offensively. The fact it was his last home game was on everybody's mind, and we all wanted to win the game for him. What happened is we all tried to do little too much." After

23 seasons as coach, Quackenbush is retiring at the end of the season.

"Coach is a legend, he's the only guy to have won national championships as a player and a coach." Robertson said, "He's had really long time with the same team." Quackenbush won back-to-back National Championships playing for the Huskies in 1978 and 1979, and in 1999 he pushed his team to champion the 1999 Nationals.

"I want to bring it for the AUS and CIS," said Robertson.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	1 Wing night at the Gorsebrook	2 Seafood Theme @ Dockside	3 Gourmet brunch @ dockside
4 Watch the LCD screens for info about food on campus	5 MEATless MONDAYS @Pan Geos	6 50s Theme for Dinner @ Dockside!	7 Check out Nutrition Event @ Student Centre 0:30am	8 Wing night at the Gorsebrook	9 Seafood Theme @ Dockside	10 Gourmet brunch @ dockside
11 Check out LOCAL options on campus this week!	12 MEATless MONDAYS @Pan Geos Sustainability Week @SMU	13 Farm to Table Event @ the Dockside for Lunch	14 Guest Chef Night @ the Dockside: Asian Cuisine!	15 Wing night at the Gorsebrook	16 Seafood Theme @ Dockside	17 ST. PATRICK'S DAY
18 Get your Thermal Mug @ Just us!	19 MEATless MONDAYS @Pan Geos	20 Nutrition Month Theme Meal in Dockside!	21 Look for Nutrition info on Campus!	22 Wing night at the Gorsebrook	23 Seafood Theme @ Dockside	24 CHECK OUT THE MENU www.smu.ca/campusfish.com
25 MARCH IS NUTRITION MONTH www.dietitians.ca	26 MEATless MONDAYS @Pan Geos	27 Check out the Mug Shot @ Atrium	28 Greek Theme @ Dinner in Dockside	29 Wing night at the Gorsebrook	30 Seafood Theme @ Dockside	31 Celebrate March B-days @ Dockside!

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In our next issue:

Sustainability Week!

- We review SMU's new Nissan Leaf and the ShareReady program SMU is taking part in
- Explore eco-friendly luxury as we review a 2012 Lincoln MKZ hybrid
- Learn about events on and off campus throughout the week (and month)

Coming March 14th!

Are YOU up for the SMU Sustainability Challenge?



Engage in the activities around campus during the week of March 12th-15th for our annual Sustainability week! Amazing movies, thought provoking presentations and tons of chances to win great prizes!

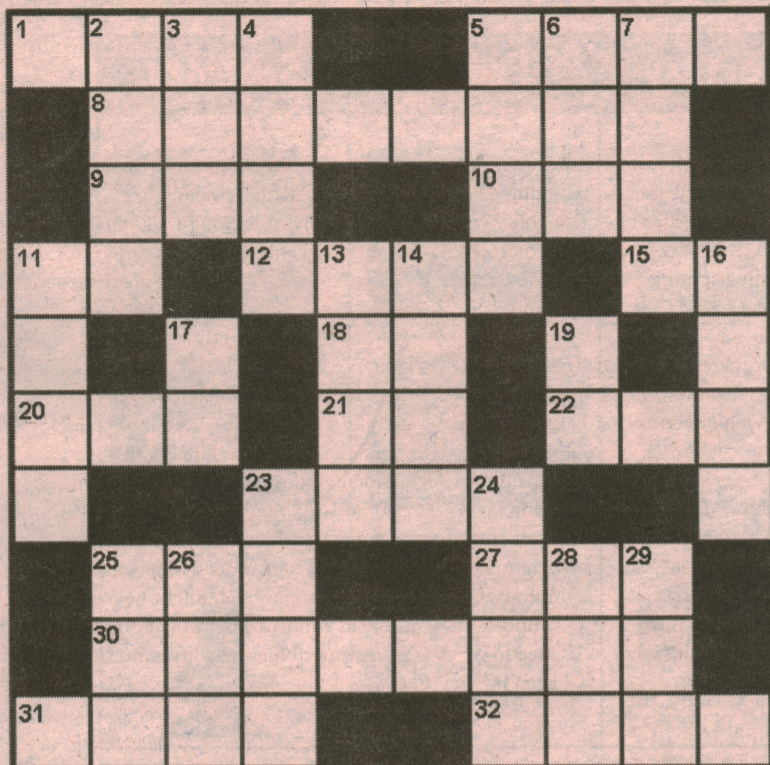
An Engaged Community
SUSTAINABILITY WEEK 2012

MONDAY, MARCH 12
SMU'S Movie Night: "Carbon Nation"
Scottsbank Theatre @ 7:00pm
carbonnationmovie.com

TUESDAY, MARCH 13
Good News on the Environment
11:30am - 12:30pm
Conference Room LA250
Trivia Night
Gorsebrook Lounge @ 7pm

WEDNESDAY, MARCH 14
Fracking Debate
(All Welcome)
Scottsbank Theatre @ 7:00pm

THURSDAY, MARCH 15
Photo Scavenger Hunt
10:00am - 3:00pm
Loyola Park
Information Kiosk
12:30pm - 1:00pm
Tim Hortons' Robinsons



Across

1. Charge
5. Has in one's hands
8. Wanders slowly
9. Super funtime Japanese dance-along game!
10. Lawyer's association
11. est, en Anglais
12. Raunchy
15. Often coupled with and behold
18. Kung-Fu uniform
20. Depressed
21. A when next to a vowel
22. Buddy
23. Klutz
25. Exclamation of surprise
27. Anti-electronic weapon
30. Coats
31. Bambi, for one
32. Students of the 1800's party beverage

Down

2. Processors used by DreamWorks's computers, and many Students
3. Commie nickname
4. Nobody can stop this Duke
5. Hopefully a good one is on your shoulders
6. Globe
7. University pro-reading group
11. Land surrounded by water
13. Equal, in French
14. Drunken fan of vin
16. Nocturnal birds
17. Exclamation of pain
19. Pixar movie starring octogenarian
23. Mark with fire
24. Judge
25. Primate
26. Olden booze
28. Field ration acronym
29. Goodwill message to the masses

PechaKucha Night in Halifax

ANDREW BARBOUR

You know what I hate about presentations and lectures? Whether they're presented in class by the professor or students, they tend to drone on and on with a billion slides and tangential conjecture that muddy the concept. Why do we have to add flourish and qualifiers to simple, logic communication? PechaKucha Night allows presenters just six minutes and forty seconds to present an idea. That number is based on showing 20 slides (rarely with more than 3 words per slide, if any) for 20 seconds each. And it's amazing!

PechaKucha draws its name from the Japanese term for "chit chat" and the PechaKucha Night began in Tokyo in 2003 as an event for young designers to meet and show their work. Since then, it's turned into a massive celebration recognized in almost 500 cities around the World. PechaKucha's been celebrating annual get-together globally for three years; first to drum up support and awareness for Haiti in 2010, then for Japan in 2011, and in 2012 the theme was celebrating your city. This was a perfect opportunity for Haligonians to share their ideas and ideals with one another. The event was held at the Seahorse Tavern on Feb 22nd and the bar was filled with capacity with the young and old. Fourteen presenters were featured and represented a wide swath of backgrounds and opinions. Hosted by Bill Wood of Picnicface fame, the event was casual, comedic, and relaxed. Bill opened with a few funny, if not slightly awkward, stories/jokes and segued smoothly, if not awkwardly, to the presenters. The first few presenters should give an idea of the variety of ideas and perspectives on display.

Waye Mason, Opinionated Impresario (Those titles accompanied the presenter list, by the way). Waye's been deeply engrained in the Halifax culture for a while. He was once the Executive Director of the Halifax Pop Explosion, he owned and operated a small record label and ran a local business downtown. He's recently announced a campaign to run for council in Halifax's South End. Naturally, his discussion then, was about... public transit?! Yep. Waye spent his 6:40 speaking to Halifax's transit issues. Not the strike or management of services, but about developing and growing a light rail system to facilitate our growing population and sprawling suburban residential zones. He was well researched and prepared, each photo showing plans, maps, or historic images, all perfectly synced with what he was speaking on. It was thoughtful, insightful, optimistic, and scalable. It was a wonderful way to kick off a night of idea-sharing.

The night would not be all about civic responsibilities and government's responsibilities though. The very next presenter had a less actionable, but equally powerful presence.

Tanya Davis, Civil Poet

For those that don't know, Tanya is a local poet and singer/songwriter. If you watched the opening ceremonies to the 2010 Canada Winter Games, you have seen and heard her. She holds the title of Poet Laureate for Halifax, a title which she jokingly questions but whole-heartedly appreciates in her presentation to those in attendance. Her presentation is, of course, a poem, not only about Halifax, but about how she sees it and how others can see it.

It was an eloquent, rhymes-at-times piece delivered with the intonation and pacing of an expert. There were jokes so subtle included just for the purest of Haligonians, references to topical issues, as well as character-affirming hardships (and stereotypes) that drew applause from the room multiple times as the recitation went on. By the end, everyone cheered, and even the seemingly least emotional people in the room acknowledged the beauty of what they had just heard.

Awesome Halifax, Foundation

Yep, the third presenters represented Awesome Halifax, a group of like-minded thinkers focused on making Halifax "awesomer." There are 25 Awesome foundation chapters around the world now, and each one gives away one, \$1,000 grant every month to someone (or a group of someones) who have an awesome idea. The Halifax group is comprised of thirty members who contribute money and take turns sitting on a ten-person review board that judges finalists (Dragon's Den style) on a monthly basis at the Garrison Brewery. There are no strings attached and no fights over ownership, if you win, you get an envelope with \$1,000 cash on the spot to make your awesome idea happen. There's a list of criteria to help you determine if your idea is truly awesome: memorable, random/unexpected, will it have a positive impact (this doesn't necessarily mean altruistic), is it smile worthy? Their website has the full seven-point list. The first give away in Halifax happens Wednesday, February 29th at 7pm! Got an awesome idea? They want to hear about it at www.awesomehalifax.com.



SIFE's growth leads to Regional's and expanded projects

AMANDA RAINVILLE

The SIFE team is growing, with new faces joining at every weekly meeting. March 9th are the SIFE regional exhibitions where SIFESMU will face off against other SIFE teams in Atlantic Canada to determine which teams are the strongest at empowering their communities in three different areas: financial literacy, environmental sustainability, and entrepreneurship. For each topic, teams give a 10-minute presentation on their projects and initiatives that empower people in need with regard to that topic, and the presentations are judged by a panel of local business executives.

The team has six projects in total but one project that has experienced significant changes and growth this year is Ryan's Project, our flagship environmental project. The idea for Ryan's project came from an elementary school boy and came to fruition last year with the help of Heidi Landry and Kyle Rogers, two of SIFESMU's executive members in their 1st year at SMU. Ryan noticed that the kids at his school didn't really care about or actively recycle or talk about the

environment. With a team of SIFE members, Heidi and Kyle educated the kids about recycling every Friday with a series of activities, arts and crafts, songs, lessons, an even a school-wide assembly where Ryan was given a standing ovation from his whole school.

This year the project steamrolled ahead: the school now has a team of students called 'the Green Team' monitoring sustainability activities and keeping other students engaged through a variety of initiatives. With the help of Clean Nova Scotia, SIFE helped equip the school with an energy monitor to watch their consumption. Two weeks ago during the school's monthly assembly, the students watched in amazement as their energy meter reading dropped by 40% when the green team went around turning the lights off at school! The kids were so excited about the change they made and were inspired to go home and tell their parents. They learned about how to properly sort recycle and organics, and since the Green Team's inception this year, the school's amount of recycle increased by over 300% - all items

diverted from our landfills!

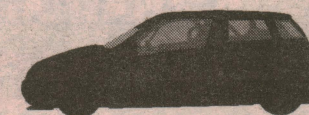
Ryan's project is but one of our six projects. Other projects help different groups such as aboriginal at-risk youth, entrepreneurs with disabilities, unemployed youth looking to find work in the food industry, girls in junior high, and many more. Our team's mandate is essentially to empower groups of people in need with the positive power of business. The easiest way to describe what SIFE is all about would be students engaged in social entrepreneurship while using the knowledge and skills we learn in the classroom to help the HRM community.

Amanda Rainville is a Saint Mary's University Student and Vice President of Communications for SIFESMU.

Next Issue: We run some "student-minded" tests on entry-level cars in our first

STUDENT CAR REVIEW feature! Coming March 14th

We'll help you pick a new car (or whittle down the options) depending on your needs!



The Season of Feeling SAD

JAMES MURCH

Working your way through the winter months is generally a drag as a student in Halifax. Colder, shorter, and messier days coupled with what I always considered the worst of the two semesters (partially the result of putting off prerequisite courses as much as possible every year) leaves little for enjoyment, and feeling overwhelmed seems natural this time of year. However, that feeling could actually be the result of Seasonal Affective Disorder (SAD), an extremely common and easily treated mood disorder.

SAD is best understood as an extreme end on a continuum of normal seasonal variation in behaviour and mood. All species go through changes in patterns of behaviour in reaction to stress caused by a changing environment. These shifts are not as extreme in humans compared to

some species because of the variety of modern disruptions to the natural environment – artificial light, ability to regulate temperatures, shift work, etc. – but it is clear that we are still affected by seasonal changes. Prevalence rates generally indicate that 2.4% of the population suffer from SAD, however the prevalence is generally higher in younger groups, as well as in locales of higher latitude as they receive less exposure to natural light throughout the year. These risk factors make students in the upper regions of the Northern Hemisphere especially vulnerable.

Things you should be watching for that might indicate you are experiencing this particular disorder are typical symptoms associated with depression such as social withdrawal, decreased activity levels, and impaired social functioning coupled with symptoms

which are specific to Seasonal Affective Disorder – fatigue, increased sleep, cravings for carbohydrates, and weight gain. Also, keep in mind that not every instance of the “winter blues” is an indication that you may have this particular disorder.

The disorder stems from two distinct vulnerabilities – firstly, the physiological vulnerability to experience fluctuations in sleep, appetite and energy in response to a seasonal change particularly harshly, and secondly, a psychological vulnerability to develop symptoms of depression in response to experiencing the previously mentioned physiological shift. In other words, individuals react differently to the stress your body is experiencing as the seasons change, and some individuals are just simply better equipped (as a result of a variety of factors – genetic,

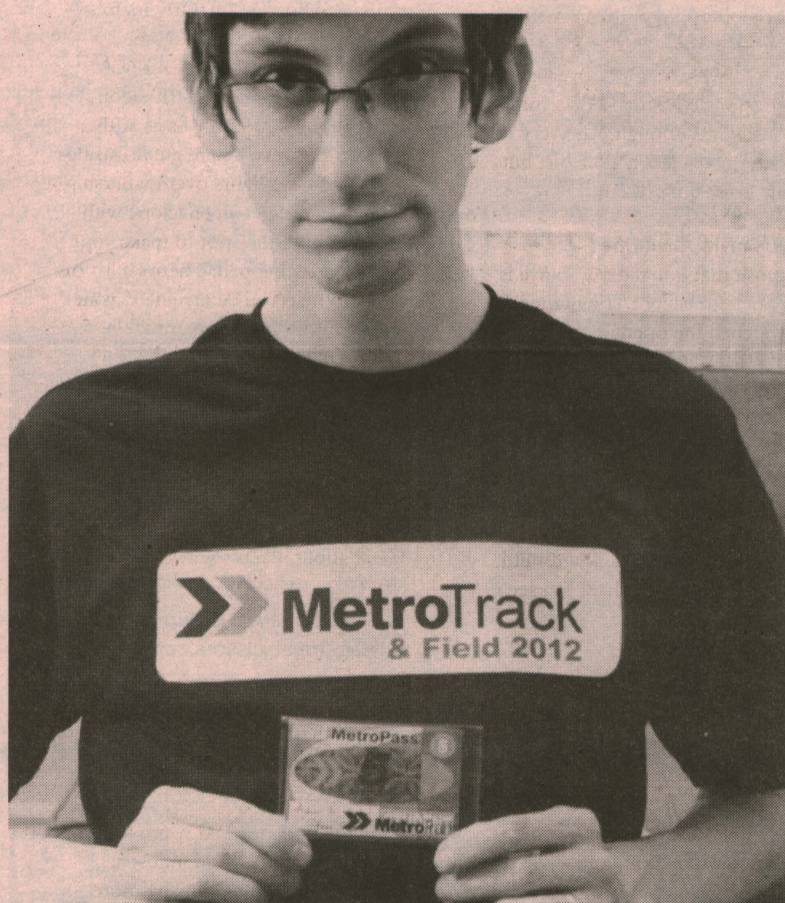
biological and social) to cope.

If you think you are suffering from any type of depression you should consult your physician or a psychologist immediately. If you believe you are experiencing SAD, keep in mind it is commonly misdiagnosed as hypothyroidism, hypoglycaemia, infectious mononucleosis (mono), and other viral infections. SAD can also be confused with more serious conditions, often times severe depression or bipolar disorder – keep a log of anything you experience that seems out of the ordinary – oftentimes, a misdiagnosis stems from leaving out a symptom which you did not think was important, or forgot about during your meeting with a clinician. You should keep in mind that SAD is triggered by a lack of light, and many studies indicate that the human species has a biological

requirement for a minimum of one hour of daylight each day.

Try going for a long walk outside on nice days, or do your readings next to a window. A tanning bed is not an alternative for this advice – you will want to get prolonged exposure to light at a non-toxic level – amplifying the strength and reducing the length of time will not be beneficial to your overall health and well-being. Also, try supplementing your diet with fish oils, vitamin D, B vitamins (especially B12), selenium, chromium, and amino acids to make up for nutrient deficiencies in your food supply that might be playing a role in abnormalities in your mood. Your winter blues may lift in no time.

James Murch is a recent Saint Mary's graduate doing his Masters in counselling psychology.



SMUdent, Adam Faber joined a team! We're sure many of you out there have joined it also.

Say Goodbye to Stress

KAYLYN JEFFREY—EDITOR

It's the hectic time in the semester when assignments are due, midterms are being written, and everything feels like a jumbled mess of to-do lists and squeezed-in binge drinking sessions. Luckily, there are a few suggestions that may help you cope.

Take control. It's easy to feel a loss of control when you have so many things to do. This loss of control typically leads to avoidance and procrastination. Instead of dealing with the loss of control with social media, comedy websites, or pictures of kittens, make an in-depth list of what you have to do. Instead of just writing down tasks, write down the steps required in order to complete the task. For example, instead of writing, “Do history assignment,” write, “Jog Metro Track & Field style to the library – research Spartan culture and make notes – finish assignment.” Envisioning the steps required to complete a task makes it seem less threatening and relieves some of the stress of the looming to-do task.

Hit the gym. Exercise is a natural stress-reliever so use it during exam

time! Not only that, but exercising gives you more energy and keeps your brain more aware. Go to the Tower

“**Envisioning the steps required to complete a task makes it seem less threatening and relieves some of the stress of the looming to-do task.**”

for an hour a day and you'll have more endurance while studying and less anxiety while doing so. Going to the gym in the day will also help you sleep better at night and you'll be less likely to keep awake stressing about “future you” problems.

Reward yourself. When you complete an assignment or goal, reinforce your own positive behavior by rewarding yourself. Do you deserve

a new pair of earrings because you finished an assignment? Of course you do. Do you deserve a new hat with your favorite sports team logo on it because you studied for two days straight for a midterm? Of course you do. Do you deserve a bubble bath for working out so hard at the gym? Absolutely. Positive reinforcement after positive behavior is necessary for a positive pattern to continue.

Eat stress-fighting foods. Bananas increase your blood sugar levels and regulate blood pressure. Salmon has fatty acids that aid in brain function. Black tea limits cortisol production in the body, which is linked to human stress. According to the March 2012 issue of Fitness Magazine, eating cottage cheese and blackberries lead to a “sharper mind”.

Take the initiative of getting organized, include fitness in your study schedule, stay positive by rewarding your positive behavior, consume healthy stress-busting foods and say goodbye to stress.

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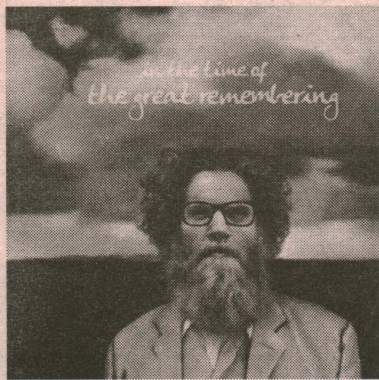
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Ben Caplan & the Casual Smokers: In the Time of the Great Remembering

ANDREW BARBOUR

Genre/style: folk, indie
Based out of: Halifax
Check it out if you like: Tom Waits, anything local/Maritime-y

Ben Caplan is one of my favourite local artists. Actually, you can take “local” out of that statement; his location has nothing to do with my appreciation of his music. Ben is a true gem of a performer. Throughout the album, his voice ranges from gruff and strong to smooth and soothing. The album does an excellent job of conveying the passion Caplan puts into his live shows.

Ben’s music is difficult to categorize; the album opens with “Southbound,” an acoustic, almost Maritime-sounding song with a blend of clarinet and violin. Much of the album has a Maritime feel, actually. The second track, “Beautiful,” continues as a kitchen-party-esque take on a pick-up song. That is followed up with “Seed of Love,” one of my favourite songs, is a bluesy, harmony-filled take on starting

a new relationship. You may think it’s originally about getting a number with less-than-genuine intentions, but it actually attempts to promote true romance. “Conduit” is a guttural sing-along song you may have seen Ben perform at the 2011 TEDxHalifax event at NSCC (It’s on YouTube). It begs for comparison to Tom Waits (and there it is). While the whole album is remarkable, the last song I’ll comment on is “Stranger,” where Ben channels an Eastern European man reflecting on his life. Caplan sings largely in a ferocious and wise voice, recanting the upbringing of a young man in hard times.

Catch Ben Caplan & the Casual Smokers live at The Seahorse Tavern on Friday, March 9th at 10pm (\$10, 19+).

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The Wooden Sky’s new tour hits the Seahorse March 3rd

SAMMUEL HAMMOND—EDITOR

In 2003 Gavin Gardiner was a Teacher’s Assistant at Ryserson University, writing and playing music on the side with his buddy Andrew Wyatt. Jump to now, in 2012 he is kicking off his second North American tour with his acclaimed indie-folk-rock band The Wooden Sky, set to perform The Seahorse Tavern March 3rd. The new found popularity was a sudden for Gavin, but it isn’t holding him back.

“We really started growing our audience after our last Canadian tour... When I first realized that the stuff I was writing went out to such a huge audience I got nervous. But I don’t want to be guarded. I want my lyrics to be sincere and with emotion.”

In a way that sincerity is the defining feature of The Wooden Sky’s work -- gentle folk ballads that

occasionally erupt into all-out indie rock and roll, underlain with heart-felt and poetic lyrics. Since their 2007 debut *When Lost at Sea* they’ve gone on to release two more albums and two EPs. The latest album, *Every Child a Daughter, Every Moon a Sun* comes out today (February 28th).

“The name, *Every Child a Daughter, Every Moon a Sun* just sort of popped into my head while we were driving to a show and got stuck in my head for weeks.” It refers to the uniqueness and inner importance of every life, he told me -- the lives of people we drive by seem peripheral as if they orbit by us in the corner of our eye like the moon. Yet to the person living the life their experience is central, like the sun, with everything orbiting them instead. It is a message against

ego more than anything. “I realized how valid other people’s lives are, we shouldn’t be so self-centered.”

The band is known for its eccentric touring style. Past tours focused on home shows with a focus on rural Quebec and other unconventional places. They’ve even performed in a moving gondola, which can be seen in a free mini-documentary on their website. While tour takes a more conventional turn, the unconventional is never too far, and it continues to be documented.

Gavin tells me about a day The Wooden Sky were recording and filming in a church. Smoke machine exuberance got out of control, setting off fire alarms. “It eventually took 7 hours just to air out,” he says with a laugh.

The Vow —Movie Review

KAYLYN JEFFREY—EDITOR

SPOILER ALERT

The Vow is a romantic comedy about a young married couple that get into a dangerous car crash leaving the female lead, Paige (Rachel McAdams) with amnesia that causes her to forget a couple years of her life. Leo (Channing Yum Tatum), having been forgotten by his wife, Paige, struggles during the movie to win her love once again.

The moral of the story was not as romance-related as expected, but was more related to finding oneself and the role that fate plays in one’s life. The entire movie, you just end up feeling worse and worse for poor Leo. She ends up toying with him a lot through the movie. One minute she’s sleeping with him, the next minute she’s into her ex-boyfriend. Also, she woke up a vegetarian artist (her true dream) with

a smoking hot musical husband who pays the bills. This was contrary to her former life years of studying law (that she got bored of) engaged to her significantly less good looking snob ex-boyfriend. It’s really hard to feel bad for her. Most people would be confused, but also thrilled.

It is a movie about general love: love for one’s family and love of oneself. It makes your heart ache, but not necessarily in a good way most of the time. Don’t expect to get the same out of it as *The Notebook*. The lack of mutuality of the love on her end doesn’t make for an extremely convincing love story. There is a recurrent theme in the movie of gain and loss which was enjoyable. Overall, *The Vow* was worth seeing. Maybe more than once, but only for Channing Tatum’s shirtless scenes.

Cousins: The Palm at the End of the Mind

ANDREW BARBOUR

Genre/style: indie, driving rock, bare-bones rock
Based out of: Halifax
Check it out if you like: The Pixies, The Ramones, The Pack A.D.

This album by The Cousins’ is driving, unfiltered rock and roll. It’s very much a denim and leather album. The lead-off track, “Jules” is pure rock, similar to “Debaser” by The Pixies, great lyrics, some anger/angst, and a driving beat. Other tracks include some acoustic piano, which lends to the classically pure roots of rock. Nothing sounds out of place, nor does it sound massaged to fit. This is an album that presents itself and doesn’t ask to be accepted, nor does it ask for forgiveness.

The Palm at the End of the Mind is a tribute to timeless rock; chord progressions are based on blues and rock standards, the production quality has a very “live” sound to it, a subtle echo accompanies the drums and vocals, giving the group plenty of rocker cred. There’s nothing worse than a rock band’s record that only sounds good thanks to overproducing the soul out of it. Cousins have no fear of crossing that line, this album is raw and real. No sign of auto-tune or post-production shenanigans here, just pure music presented by the band members themselves.

Saved by Vinyl
Available Tuesday, March 20

Paper Beat Scissors: Paper Beat Scissors

ANDREW BARBOUR

Genre/style: indie, folk, progressive, largely acoustic
Based out of: Halifax
Check it out if you like: Death Cab for Cutie, Radiohead, The Ryeostatics

Paper Beat Scissors’ self-titled debut is a musical treat to listen to. It features a who’s who of Halifax and Nova Scotia talent that can only be described as magical. Each song is intricate and complex, but genuine and familiar at the same time. Instrumentation is nothing short of robust, the standard guitar, bass, drums and vocals meet trombone, French horn, violin and cello are all brought introduced along with some beautiful soundscaping. The track “Rest Your Bones” is a perfect combination of Radiohead and Canadian indie rockers The Ryeostatics, both in production quality and vocals. Vocalist (and writer) Tim Crabtree sounds like a perfect mesh of Thom Yorke and Martin Tielli, which probably contributes to the familiarity mentioned earlier.

The track “Keening” is also notable, not only because support vocals are supplied by Halifax’s poet laureate Tanya Davis, but the escalation throughout the song, Crabtree’s vocals being soft and benign, but end passionate an confident, almost angry. This song is a true journey.

The album is full of acoustic and progressive tracks, easy to listen through from start to finish. It would make particularly good driving music.

Forward Music Group
Paperbeatsscissors.com

Crossword Answers

D	A	E	M		R	E	E	D
	S	R	E	T	S	A	L	P
	P	M	E		H	A	A	
S			D	O	L	C		E
L	A	P		N	A		W	O
W		U		I	G		O	S
O	L		D	W	E	L		S
		F	B	A		R	D	D
		S	R	E	D	N	A	E
D	L		H	O		E	A	R

The Cranky Professor: Agrippa's trilemma

MARK MERCER

Most of us are pleased to think we know a thing or two. A few of us, though, are not so sure, and we have what seem to be some pretty good arguments on our side.

We're called "sceptics"—or, better, "philosophical sceptics," since it's not just knowledge of Bigfoot or UFOs we deny. Philosophical sceptics hold that no one knows anything at all about anything. No one knows, for instance, that penguins eat fish, or that oak trees lose their leaves in the late fall, or that bus strikes make life even more difficult for students than it usually is.

Consider young Sally. If Sally has real knowledge that penguins eat fish, then not only is Sally's belief that penguins eat fish true, but Sally has good reason for thinking that it is true. This good reason she has would seem to be an argument. Sally can express her reason by arguing that, say, since she has seen penguins eating fish, penguins eat fish. She might add that since the Great Book of Flightless Seabirds she has been studying all term lists "fish" as one of the things penguins eat, again, penguins eat fish.

Notice that Sally's reasons only support the view that Sally knows that penguins eat fish if Sally knows that her reasons are also true. After all, if Sally's reason that penguins eat fish was that a penguin walked up and told her so in a dream, then Sally doesn't know that penguins eat fish, even if they do, for her support for her belief is a false belief.

This means, then, that if Sally knows that penguins eat fish, Sally has an argument that penguins eat fish and Sally knows of the premises in that argument that they, too, are true. But then, of course, if Sally knows that her premises are true, Sally must have other premises that support them and she must know that they are true as well.

You're now getting a glimpse at Agrippa's trilemma, named in honour of the ancient philosophical sceptic.

Agrippa's observation is this: Any line of argument from a target belief,

a belief someone claims to know is true, will do one (and only one) of three things: 1) it will regress from argument to argument to infinity; 2) it will circle back on itself, such that one of its conclusion will appear earlier as a premise; or 3) it will simply come to a halt.

But if a line of argument regresses forever your belief will never find warrant. If a line of argument circles back on itself it is a piece of circular reasoning, and we cannot know something new on the basis of circular reasoning. And if a line of argument simply halts, its end point must be arbitrary from the point of view of warrant. (Insisting "Dammit, I just know that this is true" doesn't make halting there any less arbitrary.)

In short, to know that penguins eat fish, one must have an argument that penguins eat fish, and one must know that the premises of that argument are true. To know that the premises of that argument are true, one must have an argument for each of them that it is true. And so on and on (option one), or around in a circle (option two), or I give up (option three).

Thus, no one knows anything about anything. Knowledge requires justification or warrant, and we can never have justification or warrant.

Some philosophers are not convinced by this argument. The argument presupposes that the justification or warrant we could have for believing something will always be other beliefs. Sally's belief that penguins eat fish is supported by her belief that she's seen penguins eating fish, and that belief is supported by her belief that her eyes and the lighting were good when she saw what she believed to be penguins eating what she believed to be fish. This presupposition is false, these philosophers say: sometimes our warrant for believing a statement comes from something other than a belief.

One view here is that what supports

our belief and renders us justified in holding it is that we acquired it through a sensory-psychological mechanism that tends to produce true beliefs. It's the reliability of the mechanism by which we acquired the belief that warrants our holding it, and the reliability of the mechanism isn't a belief—it's a state of our physiological machine.

On this view, we don't have to have reasons for a belief to be a piece of knowledge.

Another view is that sometimes when a line of argument simply halts it doesn't halt at an arbitrary point. Sometimes it halts at the initial justified belief, a belief justified (not by another belief) but by the fact the belief reports. Sally's belief that she seems to see a penguin is warranted simply by the fact that she seems to see a penguin. That belief, because it is warranted (though not by an inference from other beliefs), can confer warrant on beliefs inferred from it.

Let me end with an observation of my own. Scepticism about knowledge is much more popular in the academy than many of us think. But while the ancient sceptics were explicit and bold about their scepticism, scepticism in the contemporary world is subterranean, often unconscious of itself.

I have in mind phrases like "tentative knowledge" or "provisional knowledge." Now knowledge, if we understand the concept correctly, cannot be tentative or provisional. The ancient sceptics, for their part, thought that all our understandings were ungrounded and could never be otherwise. Thus, they concluded, no one knows anything. Contemporary academics, on the other hand, proclaim, "Of course people know things! (Not really, though)."

Mark Mercer is a philosophy professor at Saint Mary's University, at least provisionally. He can be reached at mark.mercer@smu.ca

G-Spot

WITH
Amanda
Dickie



Halifax Sexual Health Centre: let people know about self-swab STI tests

Ok Saint Mary's, listen I know we just covered this whole safe sex thing, however a kick ass dude over from Dal's Women and Gender Studies Program sent me this here bulletin which I feel is pretty important information to pass along. And since our health care professionals seem to have dropped the ball, your old pal G-Spot is here for the touchdown (that's how sports metaphors work right?).

It turns out there is this new possibility for self-swabs for both Gonorrhoea and Chlamydia. Now, maybe this doesn't seem like big news but let me break it down for you. Self-Swabbing means that it is possible for all you lovely people to get tested for STIs without having a pap smear. Now, obviously the self-swabs will not help screen for cervical cancer so if that's a concern keep it in your yearly rotation. The Self-Swab means you can handle your own business in without having to undress or deal with the doctors all up in your junk.

This news comes second hand from the coordinator of Pride Health after they spoke with ED of Halifax Sexual Health Centre and with the Infectious Disease Manager from Public Health:

Any doctor can provide a patient with the self-swab test. You have to do it at a doctor's office (in private) so that it can be sent directly to the lab from the doctor's office. Any doctor in the district can provide the self-swab kit, including the Halifax Sexual Health Center. It is designed so that more people will get tested. It has not been advertised because it is still a doctor administered test though you do it yourself. Instead, public health has advertised "new, simpler test".

So there is the new test, made available to potentially get more people tested while avoiding some of the stigma and awkward junk diving. Offices and health centres haven't been advertising the procedure but it seems that all offices should be equipped to administer the tests. The Halifax Sexual Health Centre has not advertised it on their website because it requires seeing the doctor and may not be the best option for all. So, it may not be the best option for someone who has never had a pelvic exam or who has

never had a pap. However, being tested for Chlamydia and Gonorrhoea only is much better than not being tested for anything at all. Essentially they do not want to set up false expectation that anyone who comes in can just ask for the test, do it, and leave. Anyone coming in still needs to see the doctor and at the very least have a conversation with the Doctor.

Yet, not advertising this as an option means that there are potentially people, Trans, Intersexed and otherwise, who are not getting tested anywhere for anything. Due to stigma, discomfort, harassment and other issues relating to dealing with the health care community.

So, here we have a great service available that no one knows exists, and that is not being advertised. So in the interest of making this service more public knowledge I'd like to pass on the information and perhaps suggest some interested people call or e-mail the Halifax Sexual Health Centre to tell them about the importance of letting people know that they can self-swab providing they have a conversation with a doctor. On their website, under the staff directory, there is a place for feedback as well as on the phone directory. You could say something as simple as: "If I had known that I can self-swab I would have gotten tested a lot sooner. Please advertise this on your website so that others know too."

Advertising this service would probably not only increase access for Trans and gender nonconforming people, but also for many Cisgendered folks as well. So please pass it on because the more feedback they get the better! It is an easy way to help increase access to sexual healthcare. Informing people on their options, especially relating to health and reproduction continues to be a major struggle in our society. Information is power, so pass it on.

And remember to get tested.

If enough people contact public health and demand they advertise self-swabs they may change their tone. The best people to contact are: Carmen McKenzie, Senior communications: carmen.mackenzie@cdba.nshealth.ca Or, Caryll Tawse, Infectious disease manager: caryll.tawse@cdba.nshealth.ca

Student X Solves Your University Quandaries

Dear Student X: I need to brush up on hat history. — Chris

Hats are a funny thing, Chris. One might think that they're completely irrelevant to the seemingly pressing issues such as crushing student debt loads, lack of public transportation, continued accrual of generational debt and crumbling infrastructure. And one might be right. In fact, one might even wonder why you would be so concerned with headgear with the world seemingly heading to hell in a handbasket everywhere you look. The answer, however, is clear:

Real men wear hats.

And I'm not just talking about your standard pre-pubescent trucker hat-wearing permabuzzed student, or some chain-smoking French wino sporting a toque. Ever since the first hunter-gatherer lopped off a sabretooth's

head and wore it as a mask to freak out his buddy at night, gentlemen of mark have distinguished themselves from the masses with elaborate headdress designed to convey their station. Whether beaver, balmoral or bearskin, fedora, fez or forage cap, each clearly denoted rank and position. It's no coincidence that the modern-day salute evolved from tipping one's hat to a superior or a lady. Do you think Horatio Nelson would have gone into battle at Trafalgar wearing a baseball cap? Hell no! He donned his bicorne like a pro and kept it on the whole damn time, cannonballs or not. The pope wouldn't dream of leaving home without his mitre. Even Indiana Jones keeps his trademark fedora on whether being chased by giant boulders or crashing through walls! When I put on my trusty Yukon cap, I suddenly feel like I should be wrestling a bear while staking out a claim deep in the middle

of nowhere. With a sombrero, I could retreat into the desert with a trusty band of assassin-mariachis à la Robert Rodriguez. Lord knows if I had a pith helmet, Kipling himself couldn't stop me.

Perhaps you're right, Chris. Maybe we're focusing too much on our problems, and not the solutions. Can it be that we've become so caught up in whining about our plight that we've forgotten how to bullwhip our issues into submission? Even the lovable, top hat-sporting Monopoly Man would be bitterly disappointed at our angst-ridden paralysis. It's time to put on our big boy and girl hats and stand tall amidst the fray.

Student X answers your questions every two weeks at submittojournal@gmail.com. He is an assassin-mariachi turned advice columnist.



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