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Jyväskylä Etiäinen

ADAM FABER

It is said that every person has a twin somewhere in the world, a doppelgänger. In Finland, this look-alike is called an Etiäinen, and is sent to convey important information. As far as policy is concerned, the city of Jyväskylä itself could be considered Halifax's Etiäinen, with information our newly elected politicians of a possible future.

Jyväskylä, Finland is a university town which wrapped up its municipal election the very same week as Halifax. There are plenty of foreign students and the many post-secondary institutions in the area play a large role in city life, from demographics to city services. The pubs and bars are well frequented and mass transit is criticized as being too expensive and not convenient enough. However, this is where our municipal doppelgänger becomes our exact opposite. For starters, university in Finland is free for all those who attend... Even for foreign masters and PHD students.

Transportation infrastructure is doing quite a bit better throughout our Finnish look-alike. The city boasts bike trails connecting all the major areas, including student housing hubs. There are paved and serviced multi-usage trails shared by cyclists, walkers, and even roller-skiers. The

downtown and high traffic areas all offer numerous bike racks to entice cyclists to stop and shop. As Haligonian bike critics decry city bike trails over potential parking losses, the Finnish city has yet to grind to a halt. Curbing car traffic hasn't ruined the customer base that businesses enjoy. In fact, the downtown centre is a pedestrian only zone, with people and bikes scurrying through the streets with shopping baskets and credit cards in tow.

On the political side of things, Jyväskylä's current mayor Markku Andersson was a politically involved student who cut his teeth participating in student government. He posts his resumé online and is by and large scandal free. No city council time was wasted discussing cat by-laws, and there is no stray problem. This is largely based on the fact that it is required to keep your kitty on a leash, lest a stray be rounded up by animal control. It's not at all uncommon to see someone out walking with fluffy, with a cord attached to make sure they don't disappear into the bushes and run for mayor à la Tuxedo Stan.

The student union of Jyväskylä University owns much of the student housing around the city, as opposed to the university itself. This helps

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No Rest for Wintersleep

CONNOR DONALD

Halifax natives, Wintersleep, are an indie rock band formed in 2001 are back in town to perform at the Halifax Pop Explosion this year. They achieved mainstream success in 2006 when they signed with Labwork Music, their current record label. They continued to find success after winning a Juno Award in 2008 for New Group of the Year. Wintersleep has also opened for Paul McCartney and performed on the Late Show with David Letterman. Tim D'eon, guitar player and keyboardist for the group, took some time to talk to The Journal about their success, meeting

Paul McCartney and what it takes to be a successful musician.

Wintersleep sounds like a very unique and obscure name for a band. How did you guys come up with this name?

Myself and Paul Murphy [lead vocals and guitar] had a band before Wintersleep called Kary. On one of our albums we had a song called Hibernation and Wintersleep is just a loose German translation for Hibernation.

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It's MO time!

JESSICA CASE

In less than one week it all begins, Movember is here and the Mo Bros and Mo Sistas will be in full swing supporting men's health issues, prostate cancer and men's mental health. Here at Saint Mary's we will once again be participating in this festive campaign. The committee is hard at work organizing events and raising awareness throughout the SMU community. Next week we are hosting the Saint Mary's Shave Off for Movember at the Gorsebrook Lounge. There will be live shaving and a barber in from Hair's To Ya! Barber Shop on Quinpool Road doing straight blade razor shaving as well as our very own musicians from Saint Mary's to bolster spirits. At the Shave Off you can learn more about Movember and there will be an opportunity to register so you can start raising money yourself!

Throughout the month, there will be lots of Movember themed stuff going on. During next Tuesday's trivia, members of the committee will be hosting, so put a group together and come out. From what I hear there

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Election Results are In!

Voter turnout poor, but we have HRM Results

JAMES MURCH

Election results across the province are in. Unfortunately in HRM, only 36.93% of eligible voters actually exercised their right to vote in this election. These dismal results were hardly projected, especially in District 7, where 1 in 3 citizens actually voted. District 7 was expected to see higher numbers at polling stations, since it appeared as though students would be a major player in this election. One trend in the polls was the number of votes cast for incumbents. This, combined with low voter turnout, suggests that there was little public interest in this election for whatever reason – I would caution against any hasty dismissals rooted in voter apathy. It is clear that there is a high degree of apathy, but the real question one must ask is, why is there such high apathy in HRM in regards to municipal politics?

Another issue in this municipal election, which seems somewhat troubling, were the lengthy delays in reporting the poll results. The CRO (Chief Returning Officer) in this election admitted to underestimating staffing needs, but with such low

voter turnout, one wonders what could have led to this error. Either the expectation was that voter turnout would be this low, or there was a grievous error in hiring. It seems a much more comfortable conclusion that the error was simply in underestimating staffing needs, but with such low turnout one wonders how that large of an error could occur. The only logical conclusion is that the expectation was for limited turnout, and the next question we arrive at is why more actions were not taken to stimulate voter turnout. As it stands, the elected officials in HRM are representative of a minority of the population, since over 60% of the population did not exercise their vote.

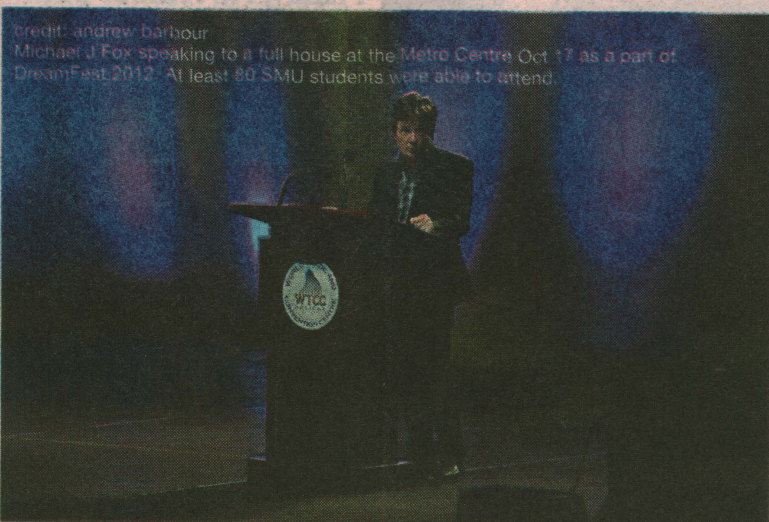
From another perspective, low voter turnout may not be such a huge issue. Outside of the candidates running for mayor, very little diversity existed amongst the candidates. While interesting viewpoints in the race for mayor came from personalities such as Tom Martin and Fred Connors, who likely would have changed things in HRM, the race

amongst councillors was rather dry. Outside of the outlandish viewpoints of the Dawgfather Phd., not many candidates seemed willing to shake things up.




We'd like to give a shout out to Dawn Penney and Mike MacDonell, who are well known within the Saint Mary's community. Dawn was running for the School Board, and received 37.9% of the vote, losing to Cindy Littlefair. Dawn put up a solid fight, and we wish her all the best in the future. Mike MacDonell was also on the ballot for the District 7 councillor seat, and was also unfortunately unsuccessful. On the bright side, we get to keep his full attention here on campus as he is one of the current VP's for SMUSA. You worked hard on your campaign Mike, and we're proud of you!

All in all, it seems the incoming candidates from this municipal election will maintain the status quo. Whether that is desirable or undesirable is up to the reader to decide.

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credit: andrew barbour
Michael J. Fox speaking to a full house at the Metro Centre Oct 17 as a part of DreamFest 2012. At least 80 SMU students were able to attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Legend Presented by SMUSA</p> <ul style="list-style-type: none"> SMU Athletics & Recreation Event Alcohol Available No Entry Fee (for SMU Students) 19+ only, No Minors (get it?) Gorsebrook Lounge Event/Special SMU Event/Announcement Movember Event 					
		<p>Oct 31 PUMPKIN CARVING CONTEST JUDGING 11:30am-2:30pm Gorsebrook Lounge TRICK OR EAT Student Centre Lobby 4:30pm HALLOWEEN PARTY! 8:00pm Gorsebrook Lounge \$2 or food donation to Trick or Eat</p>	<p>MOVEMBER SHAVE-OFF! Nov 1 4:00-6:30pm Gorsebrook Lounge All are welcome WOMEN'S VOLLEYBALL DAL @ SMU HOME OPENER! 7pm Homburg Centre</p>	<p>2 DEADLINE TO APPLY FOR Co-Op 4th floor, Student Centre WOMEN'S HOCKEY SFX @ SMU 7pm Alumni Arena</p>	<p>3/4 FOOTBALL SEMI-FINAL NOV 3: 3rd place @ 2nd place 1pm. If at SMU, the pub will be open before the game BASKETBALL NOV 3: HOME OPENER! Women's: 6pm MUN @ SMU Men's: 8pm MUN @ SMU NOV 4: Women's: 1pm MUN @ SMU Men's: 3pm MUN @ SMU</p>
<p>5 WING NIGHT 6-9pm Gorsebrook Lounge FOOTBALL 9:30pm Gorsebrook Lounge</p>	<p>6 PUB TRIVIA 7pm Gorsebrook Lounge 10% STUDENT DISCOUNT @ SOBEYS Queen St. & North/Gladstone</p>	<p>7 OPEN MIC NIGHT 9:30pm Gorsebrook Lounge</p>	<p>8 DJ BATTLE! 9:00pm Gorsebrook Lounge See ad on this page</p>	<p>9 KARAOKE 8:00pm Gorsebrook Lounge All SMU students welcome MEN'S HOCKEY ACA @ SMU 7pm Halifax Forum</p>	<p>10 11 FOOTBALL AUS FINAL Winner of Semi-Final @ ACA NOV 10 at 1pm BASKETBALL NOV 10: Women's: 6pm SFX @ SMU Men's: 8pm SFX @ SMU NOVEMBER 11: REMEMBRANCE DAY</p>
<p>12 CAMPUS CLOSED FOR REMEMBRANCE DAY</p>	<p>13 PUB TRIVIA 7pm Gorsebrook Lounge 101.3 THE BOUNCE Fun, Games & Prizes for all ages! 11:30am-2:30pm Gorsebrook 10% STUDENT DISCOUNT @ SOBEYS Queen St. & North/Gladstone</p>	<p>14 OPEN MIC NIGHT 9:30pm Gorsebrook Lounge</p>	<p>MOVEMBER SHAVE-OFF NOVEMBER 1 4:00PM-6:30PM IN THE PUB Get your team signed up online and join the SMU network, or join our team. Society execs: Keep an eye on your email!</p> <p>    </p> <p>http://ca.movember.com/mospace/network/SMU</p>		

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No Your Own Way

SMUSA, Gorsebrook lounge logos

the journal

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Letter from the Editor

CYDNEY PROCTOR

I love to travel. In fact, as I write this, I'm sitting in a land that feels so alien from my office at Saint Mary's University; I am unsure what planet I'm even on.

I wish I was on some African Safari or some kind of super fun adventure, but in fact I'm holed up in a corner in the dingy, subway station-like UCU at the University of Ottawa. I'd like to say I am here to present a paper, or something else grand, but in reality, I'm here while I wait to go to Cornwall for meetings, and then onto Toronto for some more meetings. I have friends here (who have abandoned me in an internet-less land for class), and since I accidentally left for meeting-a-thon 2012 a day early, I decided that Ottawa was the place to be.

Now, I can't say enough about our nation's capital, really. It's artsy, dynamic, fun, and things seem to be always happening. Plus, I love museums, galleries and politics so this really is my bread and butter sort of place.

Until I got to U of O campus, which is when I became acutely aware that I'm not in Halifax any more.

I've been to tons on universities across Canada. With work and personal travel, I've seen many large, mid-sized and postage stamped campuses. Before my triumphant (ahem!) return to university this

year, I haven't really thought about my university decision that much – actually, not really until this morning did I think about it that much. But as I sat and sipped a coffee and read their campus paper, The Fulcrum, I was struck by how astoundingly, forbiddingly and confusingly large it is. From my friend, I'm told campus here is about three city blocks deep and a kilometre long, and suddenly I found myself longing for SMU.

After spending the week in Ottawa, I have come to love this city even further, but am still a little SMU-sick. I think it's because SMU is so quaint. I know sometimes it's too small when everyone knows your business, but it's a perfect size when you walk across campus and see students, staff, professors and friends who all know you by name and you can have a chat. You're not a faceless, nameless person who ambles through campus confused and towered over by buildings.

Readers, I know sometimes we all get disillusioned with our university experiences and sometimes wish we'd made other choices, but this week was an awesome chance for me to remember why I chose Saint Mary's, and I urge you all to remember why you did too! And also, welcome me home – it's good to be back.

Obituary of Matthew Peebles, SMU student and friend

It is with great sadness that the Saint Mary's University community announces and mourns the loss of Matthew Peebles, SMU student and friend. Following is Matthew's obituary, which ran in the Globe and Mail on 25 October 2012.

It is with great sadness that the family of Matt announces his passing. Matthew was born in Toronto and attended R.H. King Collegiate. Matthew was enrolled at St. Mary's University in Halifax, completing a Business degree. Matt had worked this past summer at McGovern Hurley and Cunningham and was looking forward to commencing his accounting career next September. Matt spent a great deal of his time on Lake of Bays where he was actively involved in the Lake of Bays Sailing Club as a participant and as an instructor. He loved the cottage on the Lake which was always a sanctuary for him. Sailing, skiing, hockey, golf, Matthew loved all outdoor activities and excelled at anything he tried. Blessed with a joie de vivre, Matt was strong, loyal, admired and deeply loved. Matt's love, light and infectious laugh and huge heart will continue to guide and inspire all those whose lives he touched. His family and the countless lives he touched in Scarborough, Toronto, Lake of Bays and Halifax will forever miss his warmth and



generosity. Matt will always be in our hearts. Beloved son of Bonnie Peebles of Scarborough and Greg and Monique Peebles of Toronto. Much loved brother of Miranda, Claire, Marshall, Connor and Hunter all of Toronto. Cherished grandson of Elaine and Lorne Scott of Listowel. He will be sadly missed by his aunts and uncles Brenda (Stewart) Simpson of Wiarion, Sharon (Paul) Van Veen of Wroxeter, Monica (Brian) McCallum of London and Ivor (Anne) Peebles of London as well as his many cousins and friends. Matthew was predeceased by his grandparents Jack and Marion Peebles. Donations made to The Lake of Bays Sailing Club 'Fund the Fleet' - Matt Peebles, would be appreciated by the family as expressions of sympathy. We would like to acknowledge all the medical staff that assisted Matthew at Queen Elizabeth II Health Sciences Centre in Halifax.

Election Results are In!

Voter turnout poor, but we have HRM Results
JAMES MURCH

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The results in HRM are as follows:

- Mayor: Mike Savage
- District 1: Barry Dalrymple
- District 2: David Hendsbee
- District 3: Bill Karsten
- District 4: Lorelei Nicoll
- District 5: Gloria McCluskey
- District 6: Darren Fisher
- District 7: Wayne Mason
- District 8: Jennifer Watts
- District 9: Linda Mosher
- District 10: Russell Walker
- District 11: Steve Adams
- District 12: Reg Rankin
- District 13: Matt Whitman
- District 14: Brad (BJ) Johns
- District 15: Steve Craig
- District 16: Tim Outhit

Some of the results from the mayoral races in other parts of the province:

- Lunenburg: Don Downe
- Antigonish: Carl Val Chisholm
- Bridgewater: David Walker
- Digby: Ben Cleveland
- Kentville: David Corkum
- Wolfville: Jeff Cantwell
- Truro: W.R. (Bill) Mills
- Yarmouth: Pam Mood
- Pictou: Joseph F. Hawes
- New Glasgow: Barrie MacMillan
- Cape Breton: Cecil Clarke

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Response to 17 October article "The Outlaw Smoker"

FROM MOHAMMED AL-HAMDANI, CO-PRESIDENT OF SAINT MARY'S UNIVERSITY TOBACCO AND ALCOHOL RESEARCH SOCIETY (SMU TARS)

Freedom or slavery: smoking outside employment entrances

It is quite disturbing to be exposed to an article that has no substance and lacks any scientific basis. "The outlaw smoker" serves as a good example of such an article. From the first statement to its body, and all the way to its conclusion the article is full of fallacious statements. In the interest of space and time I will focus on two key issues: the efficacy of smoke-free policies and "freedom" to smoke outside employment entrances. To be clear, I have over three years of experience in tobacco control research, which has been my only research focus in that time.

Efficacy of smoke-free policies

"The outlaw smoker" author asserts that the smoking ban has not yet had any significant effect on the consumption of tobacco products on campus. This statement has many problems. The first is the fact that the smoking ban has only been in effect for less than 2 months. Typically, any program or policy that applies to a vast number of individuals is only evaluated one year after its implementation as it takes time for people to adapt to the new policies. The second problem is the use of the term "significant effect." What evidence is the author relying on? I suggest that the author conduct a study with Saint Mary's University students to prove that the policy has not had any significant effects. The third problem with this statement is that contrary to the author's argument, evidence-based practices suggest that total smoking

bans are effective in reducing smoking rates as well as the exposure of non-smokers to both second and third-hand smoke. Unlike the author, my arguments rely upon evidence from peer-reviewed studies published in reputable journals. I suggest interested readers search for such articles in journals such as "Tobacco control, by BMJ" and "Addiction", or in databases such as "PsycINFO", "PubMed" and "ProQuest." For readers with a grey literature taste, I suggest "Physicians For a smoke-free Canada."

"The outlaw smoker" speaks of the inefficacy of the ban to reduce smoking. As mentioned above, evidence-based practices suggest the contrary; in addition, the true gold standard lies in primary prevention and in this case, the smoking ban hits all of the right notes. A smoking ban will make it far less likely for individuals who do not already smoke to commence smoking. Without the daily smoking-stimuli exposure, non-smokers will be less likely to start smoking. Smokers will be more deterred by the inconvenience of having to walk far away to smoke, and again without exposure to the smoking-stimuli, non-smokers will be far less likely to create new (potentially positive) mental representations of smoking. Imagine this: a student, lacking a peer group, sees a congenial group of "regulars" gathering outdoors together every hour or so. These individuals meet daily and chat while inhaling their cigarette smoke. To a non-smoking individual who may feel socially

isolated, this group of smokers would appear to be a viable opportunity to join a social group. All-in-all, a smoking ban will reduce the likelihood of a non-smoker becoming a smoker.

We should remember that in 2010 a Canadian report showed that 11% of non-smoking Canadians are regularly exposed to second-hand smoke. Regular exposure to second-hand smoke is associated with an increased likelihood of acquiring a myriad of diseases including emphysema and lung cancer. In addition, third-hand smoke is known to amplify the problem by increasing exposure to harmful cigarette pollutants. It is important to note that there is no such a thing as a safe level for either second or third-hand smoke.

Freedom for smoking outside employment entrances

Second and third-hand smoke brings me to my second issue with the article. I am talking about the "freedom" to smoke outside employment entrances. First, freedom is a classic motto of the tobacco industry in efforts to increase their acceptability in society. I suggest avoiding this term when talking about smoking because it reflects an effort to normalize tobacco, which is not something we need or want in Canada. We also don't take pride endorsing the motto of an unethical industry at Saint Mary's University. Secondly, there is no freedom with smoking. This might sound harsh, but it is true. There is no freedom from

smoking for smokers themselves because smoking is like "slavery", as the smoker depends on it for their daily functioning despite its proven detrimental effects on both their physical and psychological well-being. To understand the concept of smoking and slavery in depth there is an elegant must-read book by Dr. Proctor entitled "Golden Holocaust: Origins of the Cigarette Catastrophe and the Case for Abolition." Third, smoking is not like other habits. For instance, when you eat a fat-saturated burger you do not directly or willingly harm others. Contrarily, smoking affects others through second-hand smoke blown into the air, and third-hand smoke that is saturated in the non-smokers clothes, which is later re-emitted into closed environments. This includes children in the daycare at Saint Mary's University. The author cites concerns about security guards, but what about the children in daycare? Should we watch cigarette carcinogens be dispensed into their fragile lungs? If security guards have a problem with approaching smokers outside employment entrances then they can always discuss it with their employer, and I can also provide suggestions to alleviate their concerns, like wearing protective masks. In time the acceptability of the smoke-free policy will increase, and security guards will not have to deal with this issue. Take for example the indoor smoking laws that our government has passed, and organizations enacted. Were they effective? Did they improve our health and well-being? Did they

reduce our exposure to cigarette pollutants? Did smokers accept it? From my experience, I would say yes, but you may do your own research. The same will be true for outdoor smoking policies. They will just take more time because people need to adapt to new policies.

Finally, I would encourage stopping tobacco industry advocacy. Instead, SMU should advocate for public health policy. We do not need more smoking, more second-hand smoke, more third-hand smoke, or even increased healthcare costs. Our healthcare system is suffocating so let's create a cleaner environment for all of us, and relieve the healthcare system. I would also encourage using science, rather than emotions or the proffering of shallow, unfounded statements. Students should be wary of the fact that the industry infests all kinds of venues with agents that deliver messages aligned with their interests. I am not pointing fingers at anyone, but I am stating facts for the general benefit of the entire student body.

If you would like any more information do not hesitate to contact Mohammed Al-hamdani, co-president of the tobacco control division of SMU TARS and a SFNS member. Mohammed can be reached at tars.smu@gmail.com. If the author would like to offer a counter argument, I would be more than happy to converse on the subject. However, I will not respond to arguments that are not based on scientific evidence.

Author response to 17 October article "The Outlaw Smoker"

JAMES MURCH

"Exposure to environmental tobacco smoke is difficult to measure quantitatively and therefore has been approximated by self-reported estimates, primarily smoking history in spouses." I invite the author to cite directly the studies he refers to which somehow have miraculously conducted an experiment in an open air environment with infrequent short bursts of second-hand smoke in very low concentration administered to humans, which would be required to provide evidence of the danger inherent in second-hand smoke in the appropriate context for this ban to be based in evidence. The author speaks of evidence based practice, but I believe that the evidence this author refers to comes from studies on second hand smoke in confined spaces. Smoking in a confined and controlled environment is much different and indeed, actually harmful to those sharing that enclosed space, than smoking outside. I don't think anyone would argue that point. It seems rather ludicrous, however, to argue that second hand smoke in an open environment is capable of

causing asthma or other respiratory issues – at least any more so than other pollutants we are subjected to in the urban environment. I am hardly an advocate for the tobacco industry (or industry in general), or allowing the free consumption of tobacco products in classrooms, offices, or in doorways around campus where the second hand smoke might cause the minimal risks to second hand consumers. Another point worth touching on briefly before I spell out to the readers who failed to capture the main arguments of the original article: there are many other significant sources of environmental hazards which we do not argue for the abolishment of. Take for example, the automobile. We allow many vehicles on to our campus which emit exhaust fumes, and there has been much discussion that there are many potentially significant statistical relationships between the environmental hazards posed by exhaust fumes from vehicles, as well as various respiratory conditions and types of cancer. Should the university ban cars from campus? What about

processed food? There is a wealth of commentary about the dangers to health from consuming processed foods, but no one advocates strongly and has the ear of the administration who argues for the banning of these products.

Now, I shall spell out the real arguments behind the "Outlaw Smoker". Firstly, banning cigarette consumption on campus where it was not previously banned is a silly notion because the policy will be largely ineffectual since it cannot be enforced properly. Proper enforcement of this rule would require increasing the budget of our security services and hiring more security officers to actually enforce the policy. Maybe I've missed something, but so far, I've only seen one security officer standing outside for breaks between classes, and I have witnessed people smoking despite the threat of being asked to butt out. Furthermore, my own stance on this issue has nothing to do with the consumption of tobacco. It is a much bigger issue. It is the issue of institutions attempting to regulate and control members

by taking away their agency to make their own rational decisions (it's ironic that the article criticizing my views is called "Freedom or Slavery"). The bottom line is this: cigarettes are LEGAL. There is no scientific evidence to show that second hand smoke, when delivered in an OPEN SPACE is more dangerous than any other environmental pollutant that you might be exposed to in your day to day life. If people want to smoke, who cares? We have a campus pub, where we allow people to consume alcohol despite the dangers to the individual and the danger that others might get offended when someone has had a few too many. Why do we treat cigarettes any different? We allow people to consume alcohol because adults can make their own decisions about what is best for them. If someone sees a group of their friends smoking and wants to start the habit, that is their own business, and their own choice as an adult—they have that freedom to choose what they want to do with their body. This is not a campus over run with impressionable middle

school children, which your argument around individuals being "bombarded with stimuli" which force them to light up seems to reduce our student body to.

I find it insulting that someone would base an argument around calling my integrity into question and suggesting I am an agent of the tobacco industry. The only thing I find more insulting is that this same individual believes that they know what is best for everyone else who is of legal age to make their own decisions which do not cause any significant harm to others. People don't need more control. In the interest of transparency, I don't smoke and I don't drink. And, in the words of Henry David Thoreau, "I heartily accept the motto, 'that government is best which governs least'; and I should like to see it acted up to more rapidly and systematically." I don't consider myself an advocate for smoking. I do, however, consider myself an advocate for respecting the individual's right to not be subjected to the violence that comes from control.

Lifting the Smokescreen

How a new Saint Mary's group is trying to denormalize the tobacco and alcohol industries

EXTERNAL AFFAIRS, SAINT MARY'S UNIVERSITY

According to two recent studies published by the provincial and federal governments, almost 30% of Nova Scotians between the ages of 20 and 24 smoke and about 51% of university students in the province drink heavily at least once per month.

For Saint Mary's University Tobacco and Alcohol Research Society (SMU TARS), a new student-run organization aimed at improving the health and well-being of Saint Mary's students, these numbers are alarming but not surprising given how normalized the tobacco and alcohol industries have become.

"These industries manipulate," says Mohammed Al-hamdani, one of the founders of the group who is also working towards a Ph.D in Industrial/Organizational Psychology. "We want to expose their unethical behaviours as a way to educate students and deter them from binge drinking and smoking."

To do so, SMU TARS will hold tobacco and alcohol control

workshops in residence buildings and have regular meetings with the society — already twenty-five members strong — to respond to emerging tobacco and alcohol issues. They'll also disseminate educational information and collaborate with community and government bodies, such as the Coalition for a Smoke-Free Nova Scotia and Capital Health's Addiction Prevention & Treatment Services.

But according to Julie McEachern, the other SMU TARS founder and 4th year Psychology major, they won't be taking the classical approach of segregating education from policy. "We know that education alone doesn't work," she says. "It's policy advocacy that will lead to a cultural shift in reducing tobacco and alcohol misuse."

The group will also be tying this policy focus to actual research, and like any research group, they'll get ethics applications approved, study a population (in their case, usually

university students) and try to get their results published.

One research project they'll be working on will study the effectiveness of university smoke-free policies. By September 2013, Saint Mary's will be a tobacco-free campus, so part of SMU TARS research work will compare this initiative to other universities without tobacco policies to see if student smoking habits differ.

Although they know it may take decades to see monumental reductions in the number of students who smoke or abuse alcohol, McEachern believes their work is at least a start in the right direction. "Right now, the alcohol and tobacco industries have the wool pulled over our eyes," she says. "SMU TARS is a good way for us to start looking at the influence these industries have and getting people aware of what can be done to stop them."

For more information about SMU TARS, email tars.smu@gmail.com



A new program to assist green chemists to get their inventions to market was launched at Saint Mary's University recently. Among those in attendance were Chris Mathis, President and CEO, Springboard Atlantic, Saint Mary's Associate Vice-President of Research Kevin Vessey and Lynn Leger, Director of Commercial Development with GreenCentre Canada.

Getting Green Faster

EXTERNAL AFFAIRS, SAINT MARY'S UNIVERSITY

Atlantic Canadian researchers developing green technologies will soon be able to get them to market more easily with the October 19 launch of the Atlantic Green Chemistry Innovation program at Saint Mary's University.

"This program will provide the region's brightest minds with specialized expertise and resources that will accelerate the pace of innovation and ensure more discoveries make it to market," said Dr. Kevin Vessey, Assistant Vice-President, Research at Saint Mary's University.

Every day, researchers across Canada and around the world are discovering chemical products and processes with the potential to address global challenges of sustainability and climate change. At the same time, demand for cleaner, less energy-intensive chemical alternatives has never been greater.

Lynn Leger, Director of Commercial Development with Green Centre Canada, says the new initiative dovetails with her organization's active commercialization of 'smart' chemistry discoveries across Canada for the past four years.

"We have great potential with discoveries from Atlantic Canadian universities and have made a decision to invest in on-the-ground resources as a result of our partnership with Saint Mary's and Springboard Atlantic."

"This is a great example of how

Springboard Atlantic and its members can partner with a national centre to bridge the gap between academic labs and the marketplace," says Chris Mathis, President and CEO, Springboard Atlantic.

"This will accelerate commercialization of post-secondary research in this sector. Thanks to the support from ACOA's Atlantic Innovation Fund, Springboard is helping increase economic outcomes from our research."

The Saint Mary's Atlantic Center for Green Chemistry boasts 23 green chemistry researchers working in nine universities. The Centre's director, Dr. Robert Singer, said his members will take full advantage of the new program by leveraging the strengths of each of the partners.

The Partners: GreenCentre Canada uses its experience in product, application and business development, intellectual property management, and scale-up manufacturing to help advance green chemistry technologies to market.

Springboard is a network of technology transfer professionals with a sustainable mandate to accelerate academic innovation.

Saint Mary's University established the Atlantic Centre for Green Chemistry in 2009 to enable university chemistry researcher from across the region to collaborate on research projects.



Members of the Saint Mary's student yachting team hold the University flag in front of their vessel.



Brad Smith, Parker Deighan (Men's Hockey), and Dave Inglis (Soccer) gave the orphans in Tabiro, Uganda, Saint Mary's soccer jerseys and commissioned them as the Saint Mary's team in training.

Yacht Team Sets Sail

EXTERNAL AFFAIRS, SAINT MARY'S UNIVERSITY

A team from Saint Mary's entered the student yachting qualifying regatta hosted by the Royal Nova Scotia Yacht Squadron recently. The team competed against teams from Montreal and Ottawa in an attempt to qualify for the Canadian place in the student yachting world cup held annually in France.

After a cold, hard fought weekend out on the water, the Saint Mary's team placed second to Dalhousie. This was the first time that the University had an entry in the the intercollegiate sailing circuit event. The Saint Mary's team: Fredric Sweeney, Skipper; Hugh Layton, Trimmer; Brendan Smith, Foredeck; and Valerie Keast, Mast Man/Tactician.

Huskies Help Out in Uganda

EXTERNAL AFFAIRS, SAINT MARY'S UNIVERSITY

This past summer Saint Mary's soccer player Dave Inglis joined Huskies hockey players Brad Smith and Parker Deighan to travel to Uganda. They made the trip with Ron Abarbanel, the hockey team chaplain, and worked together to build a computer lab for an elementary school and offices for microfinance initiatives. "Not only did we help improve the lives of the Ugandans but this was a life changing experience for me as well," said Inglis.

New Officer on the Saint Mary's Beat

EXTERNAL AFFAIRS, SAINT MARY'S UNIVERSITY

Saint Mary's Security is the contact point in most emergency situations, but there are times when off-campus matters involving students require police attention.

Cst. Illya Nielsen has recently taken over the position of South End Halifax Community Response Officer and Saint Mary's contact from Cst. Ian Burke who retired at the end of October.

Cst. Nielsen has been a police officer for almost 11 years and has worked in Halifax, Bedford, Dartmouth and Winnipeg. He worked most recently as the Community Officer in the Uniacke Square/Gottingen area in Halifax's North End.

Dragon to Fire Up University Community

The Commerce Society at Saint Mary's is proud to host W. Brett Wilson, Canadian entrepreneur, philanthropist and a former panelist on CBC's Gemini Award-winning Dragon's Den for a public forum on Monday, November 5.

With his net worth valued at 1.5 billion USD in 2010, Wilson will lead an interactive, Q&A style forum to share his secrets to successful entrepreneurship his experience in the business world.

This is a public event, so bring your friends. Admission is free. November 5: 9 a.m. - 10:00 a.m. Scotiabank Theatre.

Jyväskylä Etiäinen

ADAM FABER
CONTINUED FROM PAGE 1

to keep the market forces from squeezing the cost of student housing ever higher.

Of course there are issues the city is facing. Gambling is a bit too popular for people's good, and there is an alcohol abuse problem that the city is struggling with as well. The same could be said for Halifax. The message being carried by this city that took a very different path is that it is possible to do so without the world crumbling. Becoming bike friendly, coming to grips with a stray cat issue and even student housing costs are

all things that have been dealt with by other cities, much like this opposite twin on Halifax. With the absence of a goatee or sinister background music, it makes one wonder ... Which one is the evil twin?

Interview with mens basketball coach Jonah Taussig

MARK MOFFAT

The Saint Mary's Huskies men's basketball team is entering a new era. Under new head coach Jonah Taussig, himself a former Saint Mary's player, and long time assistant to veteran head coach Ross Quackenbush. Taussig has good feelings about his team going into the start of the regular season, "I am optimistic" said Taussig "We have had highs and lows in the exhibition season. That's expected. We've have got a lot of new guys and loss some guys. We will have our highs and lows throughout the season." "The key is to have a hard working team that competes on a nightly basis. We want to be defensive. We want to be hard working and poised on offence." Taussig believes that the rest of the Atlantic University Conference will be a very good one and will provide a big challenge. "The conference was pretty wide opened last year. Any team can make the playoffs. Acadia's the favourite, they have got everybody back (from last season). St.FX will be good. Cape Breton will be good. We hope to be in the mix at the end of the season." Last year SMU had a so so good season, managing to grab the sixth and final playoff spot in the Conference. They managed to knock off the third seeded UPEI Panthers to the first round of the playoffs but bowed out in the second round to the eventual Atlantic University champion. Quackenbush still has a big influence on the Huskies a season removed from his final game, "For sure he's influenced me, through my 5 years



Head coach Jonah Taussig

playing for him and my 8 years as an assistant coach for him. I still talk to him. We have similar philosophies when it comes to coaching. He has had a strong influence on me personally and my coaching." When asked what he expects for the season Taussig emphasized the Huskies will take a game by game approach to having overall success this season. "We approach every game with expectations. We plan to win every game. I think we have a chance at the AUS title. The goal is to win. Approach every game with the expectation to win... I am excited about the opportunities and I look forward to the challenges." Saint Mary's first two games are at home with the Memorial Seahawks on November 3rd and 4th.

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Mr. W. Brett Wilson

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The Saint Mary's University Commerce Society is proud to host Mr. W. Brett Wilson for a public forum at Saint Mary's University. Mr. Wilson will lead an interactive, Q&A style forum which will share his experience in the business world.

Monday, November 5th

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AUS Cross Country Championships

BRENDON LISI

The Huskies Cross Country team competed in their last race of the season Saturday at the AUS championships. Hosted by the Dalhousie Tigers the races took place in Point Pleasant Park on a course known for its steep hill 1 km into the course and strong head winds along the waterfront. The Men competed in a 10km race consisting of 4 laps of the course. Early on the field was well contested, with a large lead pack making their way from the waterfront uphill into the park. The lead pack however would lessen in size, and by the last lap consisted of just 3 runners; STFX's Connor McGuire, Scott Donald and Dalhousie's Matt Mcneil (McGuire would eventually finish first with a time of 32:22). Saint Mary's runner Alexis Lavoie-Gilbert finished first among the huskies, coming in 17th place overall with a time of 34:45 in a field of 48 runners. Another Husky, Corwin Trotter, was able to pass 6 runners in the 2nd lap alone and finished in 26th place with a time of 36:43. The Men's squad from Saint Mary's finished in 6th place overall on the day, while ST.FX won the AUS banner.

On the Women's side, the Huskies struggled on what is known as a difficult 5km course. Despite the hard course the Women battled hard, and Julie Hopper of the Huskies finished 30th of 52 runners with a time of 21:48. Winning the



race was UNB's Frida Aspnaes with a lightning fast time of 17:56, followed Dalhousie's Van Gestel and Memorial's McIlroy. It would be ST.FX's consistency throughout their team however that would win the

AUS banner, with a total of 37 points. Alexis Lavoie-Gilbert will be representing Saint Mary's at the CIS cross country championships November 10th in London, Ontario.

Huskies couldn't surmount Mount Allison

ADAM FABER

Saturday's latest match-up against the Mount Allison Mounties was a disappointing loss, with a final score of 25-12 for Mount Allison. The game before that had been a 43-7 rout in favor of the Huskies. But despite their recent win, this places Mt.A firmly at the bottom of the current standings, and has Saint Mary's sitting with enough points to keep pace with the rest of the pack. As a matter of fact, it's currently a three way tie for second place / the bottom.

But with a football division with only four teams, someone's going to wind up in the basement. If the teams were evenly matched, they'd take turns at the bottom of the rankings... But that's not the case here in the Atlantic University Sport football division. Mount Allison doesn't just visit the lower rankings, they seem to live there. Since dawn of the new millennium, the Mounties have only won 14 out of their 94 AUS match-ups, and just under half of them were victories against St. FX. What that means is if you want to make sure you see the Huskies win, your best bet would be watching them kick off against the Mounties. It's been almost two years since the Mounties last pulled one over on the Huskies,

squeaking by with a 23-21 victory, and that was their homecoming game in 2010.

But hey, pounding the Mounties might just be good luck. In 2001, we opened the year against them with a soul crushing 105-0 rout, going on to win the Vanier Cup. The team showed some mercy in 2002, blasting by with only a 69-3 win on their way to another Vanier victory. 2003 and 2007's Uteck Bowl victories show the same sort of point spreads in the two teams' match-up history (69-0 and 61-14 victories for SMU).

As a barometer, being able to surpass a 50 point lead over this underperforming team seems to show a possibility of winning some hardware. With the Huskies unable to show consistent dominance over the team who has statistically and consistently held the bottom slot, things might not be looking good. Coming up on the 20th is a match that will be a test of the team against St. FX, giving them the chance to prove to Santamarians that it was just a one-off bad game, instead of an indication that the Huskies are struggling to define themselves as dominant players.

Saint Mary's Hockey Rundown

Both the Women's and Men's hockey teams have begun their seasons. The women are 2-2-1 after five games, but have yet to lose by more than one goal in any of their games, while the men are 3-3. Both teams should be optimistic going forward in the young season, as the expectations of success are a definite reality for St. Mary's hockey teams.

Women's team

On Saturday, October 27th second year goalie Bria Sharkey (Nanaimo BC) was stellar in her first start of the season as the Saint Mary's Huskies just fell short against the St. Thomas Tommies losing 2-1 after overtime. The Huskies got off to an early lead as Haylee Tretiak scored her first career goal in the opening period. Lead by the great goalkeeping of Sharkey the Huskies would protect the lead until the late stages of the 3rd period. STU tied the game with only 1:42 left. Both teams had great chances in overtime but it was St. Thomas that would end the game when their captain snapped a puck behind Sharkey 5:33 into overtime. Sharkey made 27 saves in a losing effort. The Huskies pick up one point in the game and now have a 2-2-1 record and are tied for fourth in the AUS. Saint Mary's will visit Dalhousie and St. FX for their next two games during the first weekend of November.



Lucas Bloodoff screens upei goalie in the Husky's 5-0 victory on Oct. 20

Men's team

The journal caught up with a player on the men's team to get an idea of how they're approaching this season, since they have had trouble in the playoffs since their CIS title run 3 years ago. This year, they're confident they can go deep again. "We've got a good team again this year" Said 3rd year defender Ryan Gottschalk. "We've only got a few new recruits, but they are all going to be able to contribute and play a good number of games for us". In their last game the men beat St. Thomas 5-0, with goaltender Anthony Peters recording his second shutout of the season,

with just 17 saves. However that was only good enough to earn him the second star of the game, as Lucas Bloodoff had a goal and two assists to go along with his usual sound defensive performance. Rounding out the Husky's sweep of the games three stars was Justin Wallingford who had a goal and an assist. The men will take their show on the road for the next three games, before coming home to face Acadia on November 10th. Though technically their game against Dal on the 7th could be considered a home game, as they both share the Halifax Forum as their home rinks.

Huskies Football Rundown

MARK MOFFAT

It was a win or go home game for the Saint Mary's Huskies football team, and they were already playing at home so they really had nothing to lose. And boy did they play like it, trouncing the STFX X-Men for the second time this season, winning 49-3. Before the game Husky's linebacker Kyle Norris mentioned the team would go into their last regular season game with an amped up attitude, "We are considering this a playoff game. This could be the last opportunity for the guys who are in their last year. We're going in with a little extra something. We treat every game as a must win. Obviously, it is do or die but we expect to win 100%. We cannot be thinking anything else. We go into every game confident. We put a beating on X before, we can do it again. We're gonna do the same things we did before against them, but with some changes to get the win. We cannot take any penalties. We have got a good game plan in place. We just have to execute it and we will be good." Norris and the rest of the Husky defense turned in another dominant performance, registering four sacks and forcing one fumble while holding the X-men to 158 yards of total offense. The St. Mary's offense re-emerged, perhaps sparked by the surprise start at quarterback given to Jean Legault, gaining an astounding

473 yards on the ground as a team. Paired with two touchdown passes from Legault to Kevin "Cash" Wuthrich (Legault revealed the nickname in a sideline interview during the game) the Husky's were in control almost from the start. Once again the Husky's offensive line was the unsung heroes, opening holes all game long no matter who the runner was. A testament to just how impressive the offensive line were; the Husky's had five separate runners with carries going for over 20 yards! (Maybe it's time to consider the wishbone offense...) Melvin Abankwah was named player of the game for gaining 296 total yards and scoring a touchdown, while on defense Neil King lead the team in tackles and Linebacker Rob Juvenville forced the fumble that Prince Baffoh recovered early in the second half to clinch the game.

St. Mary's fans are hoping the momentum will carry over as they host the Mount Allison Mounties in the league Semi-Final at Husky Stadium on November 3rd, and the winner of that game will face the Acadia Axemen in the Loney Bowl on November 10th. The Axemen automatically made into the AUS final by finishing in first place overall in the Conference.

Bingo! For MacIvor

Neptune's latest Nostalgic for High School Drama

SAMUEL HAMMOND

Nova Scotian play-write Daniel MacIvor channels his inner stand-up comedian in *Bingo!*, now playing at Halifax's Neptune Theatre. The play, set in a Sydney, Cape Breton, tells the story of five members of the class of 1982 and how little they've changed since their hay-day, when they cross-paths again for their 30 year highschool reunion. Though the play is light-hearted and a well-acted audience favourite, perhaps this reviewer wasn't of the right demographic.

The five characters each represent the adult form of certain clichéd highschool archetypes: Heffer, the fat class clown; Dookie, the successful douchebag; and Nurk the nebbish nerd, among the men. Among the female characters, Boots is the androgynous chick with a leather fetish; and Bitsy, the meek, shrewish one, who didn't have the gumption to leave home like so many of her classmates (maybe embarrassed for only pretending to graduate). While these archetypes carry across generations and the characters have universality to them, nonetheless, MacIvor's intended audience is firmly in Generation X.

Indeed, *Bingo!* is a powerful stimulus for middle-ager nostalgia. The characters frequently break into soliloquys which always manage to evolve into hacky comedic monologues, ripe with references to 80's fashion, the modern rise of planned obsolescence, and other observational exercises in the fallacy of "the Good Old Days". From my balcony seat I could verify that almost every laugh was attended by obnoxious nods of self-recognition. Much like a horoscope, this type of entertainment relies on human powers of self-deception. It felt like I



had watched the audience construct and then reminisce over a collective false memory, in real time. But this is a feature of the play, not a bug. What makes *Bingo!* such a favourite is how MacIvor succeeds in transplanting every Gen-Xer back to their imagined Wonder Years, but with the safety of ironic detachment.

The play opens to Dookie's hotel room, where he is pre-drinking before the reunion with Heffer and Nurk. Dookie's douchebag personality is conveyed early on when he lies to his wife over the phone, drops a seriously out-of-place f-bomb [fag], and pressures Nurk into one too many Jager shots (causing him to throw up, at which point they all yell "Bingo!").

Nurk is an environmental engineer who got cheated on by his wife. After a little prying, it's discovered "environmental engineer" means Nurk builds waste management systems (he's in the shit business), and the social leverage of his engineer moniker is destroyed. He is intelligent but weak. Finally,

there's Heffer. Heffer is a likable but unmemorable third wheel who spends a large fraction of the opening scene browsing on his iPhone.

Down at the bar, Bitsy and Boots have an Abbot and Costello style circular argument over whether it counts as dancing if you don't move your arms. It ends unresolved, as Bitsy feels anxious that they might be confused as lesbians. Then the Three Musketeers make their way down and their nights intersect as Nurk runs past looking for a toilet to vomit in.

At the core of this play is the proverb that "the more things change, the more things stay the same." In the second half of the play there are glimmers of hope that this doesn't have to be the case — that it is never too late to move on. Depending on your age bracket you may find this triumphant, but for me it had the effect of a bromide. Yet while it is not the most original play in the world, the acting was excellent and at least its local talent. It could definitely be much, much worse.

Bone's in the Kitchen

Zimbabwe is home to the great Zimbabwe ruins, the largest waterfall in the world, and a rich culture. Although my passport has been stamped by a plethora of countries over five continents, I have yet to taste the diversity that Africa has to offer.

Any plans to skip town and explore the origins of humans are currently on hold, while I live on a student budget. However, I decided to try my hand at cooking a typical Zimbabwean meal for a good friend Beefy, a native of Zimbabwe.

I was surprised to learn that Zimbabweans don't really drink alcoholic beverages during mealtime. The staple drink during a meal is a Rock Shandy—their version of a soft drink. The recipe is very simple: glass filled with ice, 2-3 dashes of bitters, fresh squeezed lemon and/or lime juice (I added some orange as well), and sparkling water. The acidity of the beverage provides a refreshing quality for the tropical heat, while cutting through some of the richness of the dishes. However, I did pour some glasses of Canadian Riesling from the Niagara region, a little Canadian taste that worked perfectly. The bit of sweetness in the Riesling help to cut down a bit of the heat in the dish while the acidity in the wine enlivened the flavors.

The main course consisted of the staple food: Sadza (corn meal), along with stewed chicken. I started by browning cut up chicken breasts in a

hot pan, added diced tomatoes, salt and pepper, garlic, parsley, and some cayenne pepper. The Sadza was very easy to prepare: 2 cups water, 1 ¼ cup cornmeal, bring water to a bowl, add cornmeal slowly while whisking vigorously until thick and pulling away from the sides of the pot. Normally the two items are accompanied by collared greens, which I unfortunately forgot to prepare. However, the meal was a success!

As we become a more globalized world, I believe it is important to hold on to traditions and heritage. While we sat down to eat, Beefy explained that before a meal, it is customary to place a dish of water on the table for dinners to clean their hands, as it is normal practice to eat this type of dinner with your fingers. This is a procedure that Zimbabweans, and many other cultures, still practice. So forks and knives stayed out of sight, as we feasted.

During dinner, Beefy enlightened me on many customs and differences between our two countries. I really believe that we are so lucky to have the opportunity to learn and taste flavors from around the world from our peers. Saint Mary's is Canada's most culturally diverse University, with over 20% of its students coming from abroad. I hope that everyone creates occasions to expand their palates and share some laughs while staying right here in Halifax.

Santé!

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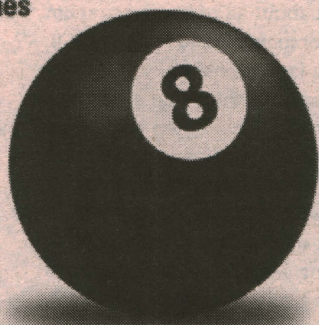
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Halifax Pop Explosion Celebrates 20 Years

CONNOR DONALD

Twenty years later and the Halifax Pop Explosion has grown bigger than ever with popularity coming from all age groups and locations. With all eyes on the artists, from fans to aspiring bands to music industry representatives, the Pop Explosion was an explosive success. With the awesome opportunity to check out some shows I took in both an exciting atmosphere and great shows.

On Thursday night I took in my first hip hop show, at Reflections, which featured Brooklyn producer and hip hop artist El-P. It is a show I will not soon forget. A passionate, packed and exciting show made for an awesome night. El-P came out to a huge ovation from a packed crowd and finished with chants for more after a 40 minute, non-stop performance. The performance featured numerous points where the crowd was singing along, El-P and his hype man interacting with the crowd and keyboard solos. Always skeptical of hip-hop shows I now have a new appreciation for the high energy of both the performers and the packed crowds of passionate hip hop fans.

On Saturday night I had the opportunity to check out of Montreal, one of the headliners. Fresh off an album release they came into the performance full of energy and ready to impress a full house at



the Olympic Community Hall. They played a good mix of new and old music and expressed great happiness to be both in Halifax and performing at such a strongly supported and growing event. The crowd was into the whole performance and made the show both exciting, enjoyable and a true rock performance.

Despite only getting to enjoy a few performances I spent the week hearing talk all around the city about the show they had seen the night before and the shows they were going to see. The Pop Explosion can only grow from here. The only questions are what else can they bring to the already strong musical atmosphere of Halifax? Who else can they bring to keep the interest of music fans of all genres? Only time will tell, but I can guarantee I will definitely be there next year.

No Rest for Wintersleep

CONNOR DONALD

Wintersleep formed in 2001, what led you guys to becoming a band? How long had you guys known each other before you started the band?

Paul and I grew up in the same town, Yarmouth, and were friends for most of our lives. The others were friends and students who went to Dalhousie. We all eventually met up in Halifax.

How did it feel in 2006 when you guys were signed to your first major record label, Labwork music?

It was really cool. We weren't quite sure at that point what our plans were going to be as a band because we all had other jobs and music took more of a backseat. However, once we were signed to the label we took music on as our full-time jobs.

In 2008, you guys won a Juno Award for New Group of the Year. What was the group's reaction? Was this a big push for your group's success?

We were actually really shocked because we didn't even expect to win the award. It did help the band because it got our name out all over Canada which allowed us to grow and expand our tours.

What was it like meeting and performing on the Commons with Paul McCartney in 2009?

We actually found out about this performance a short time in advance, like a month before the show. But it was a great experience and we were very excited. We had to leave soon after to get to another show, but we did get to meet Paul for a short time and he is really nice and cool.

What's it like to tour across Canada and the United States?

It is different everywhere. But it is fun getting to meet all these new people. However, it is a lot more work than what people think! The hardest part is the eight to ten hour bus or van rides between each show.

Any weird things you guys do before performing a concert?

Not really, we usually look through our set list and feedback and comments from our fans. However, recently we have been going on Youtube before concerts and looking up old nu-metal bands that no one remembers and listen to them.

How's it feel when you come back to your roots in Halifax to perform?

It feels great! This is actually our second time performing in the Halifax Pop Explosion. We love coming home and seeing the old city and spending time with our friends and family.

What can fans expect from a Wintersleep show?

They can expect a great show. We always give it our all no matter where or what night. We will play songs from all of our records and this time around they can expect a bit more production.

Do you have any advice for aspiring musicians or artists?

Of course. You have to get out and play as much as possible. Get your name out any where and every where you can. Try your best to do some small local tours and gain a following and make connections where ever you travel.

The screenshot shows the website header with 'the Journal' logo and navigation links: HOME, NEWS, ABOUT, STAFF, ADVERTISING, CONTACT US, CONTRIBUTE. The main article headline is 'Gun Image not welcome on campus' by Adam Faber. A 'READ MORE' button is visible. To the right is a promotional graphic for 'SMU MARI BAR' featuring a drink and the text 'FRI OCTOBER 12'.

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Nightclub 'Poppy Party' draws Facebook ire

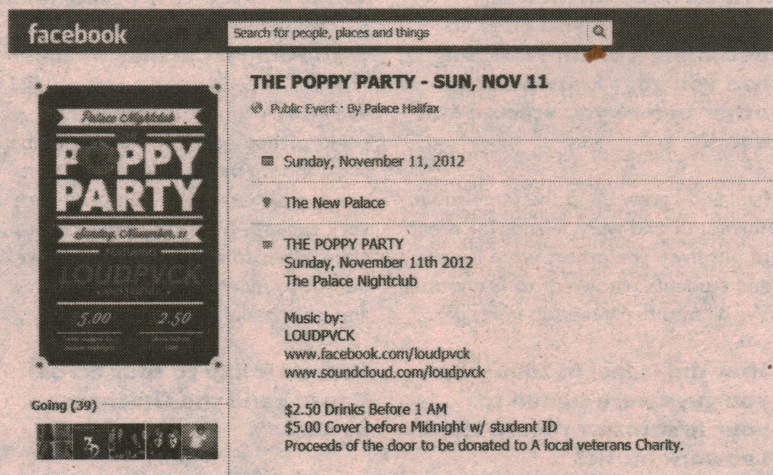
ADAM FABER

A veteran-themed November 11th bar night has some Haligonians seeing red.

The Palace Nightclub's is promoting their 'Poppy Party' on Remembrance Day, and a number of invited Facebook users are voicing their disapproval online. The event, which doesn't vary much from the usual weekend night at the bar, features cheaply priced shots, a cover fee and entertainment from a live DJ.

Shortly after the event's creation, feedback was posted online. The description of the event was then updated to include the line 'Proceeds of the door to be donated to a local veterans (sic) charity'. This didn't seem to allay all concerns, however.

"Even if every dollar IS donated to the unspecified Veterans charity, I think there is a line crossed here," commented Thomas McKay. "There are a million and one ways people can show respect and pay their debt of



gratitude in a dignified way, this is not one of them by a long shot."

"Is everyone here saying that if you go out on the evening of November 11th that you're a bad person who doesn't care about our troops? Because that is just not true," said Caleb Adams on the event

page, "People will do what they will do. If you don't agree with it then don't go, but leave people their own beliefs and let them make their own choices."

Want to join the conversation? Check out our Facebook page, <http://www.facebook.com/SMUJournal>

Student lobby group asks to double down

ADAM FABER

SMU students are being asked to decide this year how much provincial lobbying is worth to them.

Provincial lobby group StudentsNS is asking the SMU Students' Association to become a full member of the group, doubling their fees in order to have more staff representing students. Saint Mary's is a member of StudentsNS, a provincial student lobby group formerly known as ANSSA. While SMU is one of the schools represented, they are only an 'associate'.

"Associate membership offers almost all of the rights and privileges of full member status with two exceptions," explained StudentsNS President Kyle Power, "Associate members cannot vote at board meetings, and they can only hold their status for 2 years, after which they must become full members or leave the organization."

In March last year the StudentsNS chose to double their membership fees. The only school that didn't agree to the rate hike was Saint Mary's, which resulted in their status being reduced. "As SMU's referendum failed, they did not have a mandate to continue to be full members," said Kyle. Full-time SMU students paid \$2.68 each, while the other schools

contributed \$5.59 towards the group. "All changes, including the proposal of moving forward with fee increases without SMU, were supported by SMU's board members."

Previous SMUSA president Alwyn Gomez participated in the StudentsNS votes that saw the fees increase, but it was students themselves who balked at the cost when the question was asked on the election ballot in a referendum. The current academic year is the first of two years in which SMUSA can be represented at the lower cost. Students at Saint Mary's will have the choice of paying an increased fee to StudentsNS of \$5.59, or to let it ride at \$2.68 for another year before they decide to either pay up or pack it in. However, if the decision is delayed for another year StudentsNS will have to make do with \$18,500 less, which will likely result in layoffs.

"We expanded based on the assumption everyone would agree to a fee increase. When that didn't happen at SMU, that cut \$18,000 out of our budget," said Jonathan Williams, executive director of StudentsNS. "If SMUSA doesn't move to full member status this year, then we'll be forced to make some tough decisions in terms of staffing." This

academic year, hiring was delayed 3 months to save funds as a temporary cost-saving measure.

"Personally I hope that students realize the work that (StudentsNS) can do and they decide that it is important to become full members," Past SMUSA President Alwyn Gomez told The Journal in March 2011, "It's probably something we'll have a referendum on next year. Jared's going to have to work with (StudentsNS) and the board as well to see what they're going to do." As per the August SMUSA minutes, Board Chair Gorba Bhandari advised a vote was coming up, and to consider becoming a full member for the next meeting.

The SMUSA constitution mandates their student elections be held no later than March, which is typically when referendum questions are put to the student body. If the board did decide in favour of full membership, the fee increase involved would have to pass a majority vote put to the student body. While student government and various interested groups can explain the benefits versus the costs involved, it will ultimately fall to Santamarians to decide whether or not government lobbying is a good way to spend their money.

The Lounge Lizard

Greetings from the Lounge Lizard... You may have seen a tall brunette running around the Gorsebrook, cracking jokes and taking orders. You may also have noticed that she has a baby bum!

If you don't know who I am referring to by now you'll probably have little interest in this article. This talented server has been working in the Gorsebrook for six years, and if you have ever been inside your own campus pub there is a good chance she has been your server. I am of course referring to, 'THE Jennifer O'Neill'. Jen and I were able to have a nice chat about all of her years spent at the Gorsebrook and I asked Jen if she had a favorite memory in the pub and she said, "nothing that should be written on paper..." then burst into one of her classic laughing fits which I'm sure most of you are imagining right now.

A lot of you are probably wondering what has been going on with Jens bump on her belly! Well, you will be happy to know that she is having a bouncing baby boy that will go by the name of Liam Patrick Thomas Dugas. If there are any due-date pools out there, Jen is expecting



November 28th so divvy up your bets accordingly.

Then we got on the topic of how Jen sees herself and her role in the pub and she quickly replied, "I see myself as being a source of excitement in the pub, I love being able to connect with people and making their experience in the Gorsebrook a positive one." Speaking from personal experience, whenever I'm around Jen in the Pub, I know it will never be boring. Jen is committed to working in the Gorsebrook and says, "I'll only go on maternity leave when I can't fit in between the chairs anymore or my water breaks in the pub..." So the next time you're in the Gorsebrook, before she gives birth on the stage, say hello to Jen and Little Liam... Ssssooooo long for now SsssMUdents....

Society Spotlight

The SMU Human Resources Society (SMUHRS) started operating on campus once again in September 2011. We say once again because the HR Society was a very active entity from the early 80's and onward. Actually, a lot of progress in the field of Human Resource Management started right here at Saint Mary's University, by the power team of Herman Schwind, Hari Das and Terry Wagar, with a supporting student complement. Terry still works at SMU (and is one of our favourite HR professors) and you can see that most Human Resource Management textbooks here at SMU were written by at least one of the three listed above.

Here in SMUHRS today, the focus is entirely on preparing HR students for success in the practical field of HR. They offer networking and social events, frequent workshops/seminars with guest speakers who current work in the field of HR, and study sessions for upcoming CHRP

tests (NKE in particular). Already this year, the HR Society has held a "Best Seat in the House" fundraiser at the Football Home Opener, a corn maze social, a seminar called "Women in the Workplace" with guest speaker Melita Scott, a local HR Practitioner and Entrepreneur.

And, coming up on November 15th, from 6:00pm to 8:00pm at Saint Mary's University Unilever Lounge (4th Floor Sobey) SMUHRS is holding a Wine & Cheese Networking event! The event will include a networking activity facilitated by Equal6, a popular Youth Social Networking service, and of course wine, cheese and hors d'oeuvres. The event is free for SMUHRS members and professionals and \$10 for non-members.

And of course, tapping into the field of HR is a great opportunity for any student as HR is essentially the gateway into any organization (they're the ones that hire you, after all)! To learn more, visit www.smuhrs.ca or email info@smuhrs.ca.

Visit our new website and read The Journal online!
www.smujournal.ca

Cab changes come through city council

ADAM FABER

Some tweaking to taxi services has happened, changing downtown transportation for students.

Halifax city council approved an increase of the meter rate, along with the flat rate charged when a passenger is picked up to \$3.20. That isn't the only change that students might take note of on a weekend downtown.

Drivers have been allowed to enter the city unrestricted Thursday to Saturday, from midnight to 5 AM. Previously taxis had been restricted to certain zones to ensure all areas have a certain level of service, with a small unrestricted window Fridays

and Saturdays. The relaxing of these regulations will allow drivers to come downtown longer to better cover the rush of bar closures, even if that is not their designated zone during the week. In addition to increasing the number of available downtown cabs, there is also now a possible penalty for making a mess on the seat.

"Opponents said the deregulation would be bad for business," A Halifax Taxi Drivers' Association press release stated. "Competition would steal hotel guests travelling to the airport in the early morning while neglecting clients in the outlying areas." The advantage being that hotel

pickups often travel farther than bar patrons, and are typically sober.

Other changes require the roof light of a vehicle to be turned off when not in service, and for an increased level of service for disabled customers. Whether these changes will create noticeable differences downtown remains to be seen, and drivers are divided and frustrated on the issues. "We have not been listened to properly," Terry Morier said, who attended the meeting to represent Dartmouth cab drivers. "We're very upset about it."

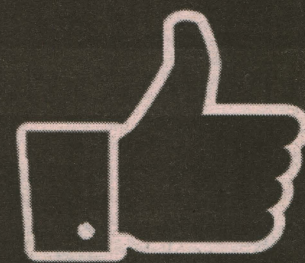
It's MO time!

JESSICA CASE

CONTINUED FROM PAGE 1

may be a bit of mo-themed trivia! November 16th there will be a dodgeball fundraising tournament. Teams of 10 can sign up at the Info Desk on the first floor of the Student Centre; it is \$50.00 to register a team with all funds raised going to Movember.

Please consider putting a team together or joining one yourself! So many people are affected by men's health issues and it truly is a great cause to support. If you see someone wearing one of our Movember t-shirts on campus, stop them and find out when our next event will be. I hope to see you there!



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Canada's Outdated Frontier Attitude

JOCELYN KICKBUSH

Welcome to Canada. The Great New West. The Land of Plenty. The land-to-conquer-and-bend-to-the-will-of-mankind. It started when the first settlers first discovered the "new" world - and what they discovered blew their poor Eurocentric minds. How could the resources of this great land be finite? The herds of buffalo were in the millions and the pounding of their hooves made the earth shake. The fish would turn the black night waters to silver and could be scooped from the sea simply by dropping a pail in the ocean and pulling it back up. The trees never-ending forests brushed the bottom of heaven. The land itself stretched and expanded without a single road, without a single European building. It stretched before these first settlers untouched, unconquered, and inexhaustible. And to these aliens of this New World, such natural magnificence needed to be conquered. That was the purpose of this great frontier, to support the needs of humans and ONLY to support the needs of humans. If nature was not conquered, it was squandered. And so it was that the frontier attitude was brought to Canada by colonization by the first European settlers arrived in the early 1600s.

This massive, boundless, unlimited land of plenty took only two centuries to start manifesting the lines of its boundaries. The 1800s ushered in the severe exploitation of resources. For example, the bison until then herds which were once literally hundreds of thousands strong, were reduced to a few hundreds of individuals, such as the Wood Buffalo, which was reduced to a single population of 250 individuals by the late 1800s. The Great Auk, a type of flightless seabird that inhabited the Atlantic, was officially extinct by 1844. By the turn of the 20th century the supposedly inexhaustible forests were depleted and the exploitation and extraction of natural resources were taken to an industrial level.

It would be thought that the lack of sustainability of this frontier attitude would be apparent to the governing bodies of Canada. Without Canada's natural resources what is left to support the Canadian economy? And yet, the forestry industry, integral to the economy of a number of provinces across Canada, still uses clear cutting despite the many worldwide examples of the devastation it causes and the many other available options of sustainable harvesting techniques. Fishing has

been exploited to such a degree that it has required the establishment of fish farms, something inconceivable by the first settlers. The Great



Plains are no longer dominated by the great herds of buffalo, but by the tar sands that are destruction to everything that it touches. And globally the largest supply of fresh water is located in Canada, and yet groundwater has continued to be removed faster than it is replenished, not to mention the effects that urbanization has on disrupting the hydro-cycle which only further exacerbates the issue.

But, it has to be acknowledged that these natural resources bountiful in this great country must be harvested to sustain its people. As mentioned before, because without Canada's natural resources, what is left to support the Canadian economy? It is, however, time for Canada to drop the frontier attitude. These resources are not limitless.

This great land is not here only to support the needs of humans. Humans are not the only species that inhabits Canada. And as much as humans do not like to admit it, we're part of nature too. However, environmental laws and funding continue to be slashed while these invaluable resources are sold to foreign companies. Sound a bit conspiracy theory-ish? Well just take a look at Bill C-38 and the shift to the industrialization of fisheries on the West Coast, unlike the more sustainable small-scale fisheries that are found here on the East Coast. The West Coast has seen a rise in large foreign vessels owned by foreign companies and manned by non-Canadian citizens. This has resulted in the monopolization of the resource, the depletion of fish, and a loss of subsistence for many fishing communities along British Columbia's coast. To see the destination of this trend, one only needs to examine the hot mess that is New Zealand's fishing industry. It is time that Canada fully acknowledges this crash course of unsustainability we're heading down and acknowledges it before it is too late. While trade offs sometimes must be made, it should not be the future that is sacrificed for the present.

Five study apps you'll actually use

DANIELLE PIPER — THE UBYSSEY (UNIVERSITY OF BRITISH COLUMBIA)

VANCOUVER (CUP) — By the onset of fall, many students find that the academic enthusiasm they felt at the start of the year has dissipated. Menacing midterms and tiresome term papers are looming closer and it seems that all those handouts and homework assignments are blending into one giant mess. For those of you who are constantly on the go, we've compiled a list of five study apps under \$5 to help you get on track, as dissipated. Menacing midterms and tiresome term papers are looming closer and it seems that all those handouts and homework assignments are blending into one giant mess. For

those of you who are constantly on the go, we've compiled a list of five study apps under \$5 to help you get on track.

Evernote
Student Type: Dude ... Where's my notebook?

Instead of endlessly flipping through your folders while the paper you're searching for stares you right in the face, sync the notes and documents from your computer to your phone. Then access and share all your notes with one simple click. Platforms: All, Cost: Free

Dropbox
Student Type: Dazed and Confused

"Why won't my PowerPoint open? Oh no ... no, no, no, no." If you've ever said those words before, then you know they're not good. Dropbox specializes in storing extremely large files. Save your notes, group projects, presentations, music, videos and PDF documents here. Best of all, if you mess up, you can revert back to any previous version of the file. Platforms: All, Cost: Free

iTunes U
Student Type: The Overachiever

Need more university-level reading

material? Or another opinion on a topic? Maybe you need a better source for that term paper of yours? Welcome to iTunes U, which provides you with access to the New York Public Library and 500,000 lectures on a variety of topics from several other universities. Platforms: iPhone and iPad only. Cost: Free

iStudiez Pro
Student Type: The Young and the Organized

Ever wonder what it would be like to be perfectly organized? This app tracks your homework, class schedule and grades. It then presents

a complete portrait of all the things you have to do today, tomorrow and in the upcoming weeks. Platforms: Mac, iPhone, and iPad, Cost: \$0.99

Flashcards Deluxe
Student Type: The Professional

You have less than 24 hours to memorize a semester's worth of information. Challenge accepted. Whether it's multiple choice options or open-ended questions, this app automatically turns off a card when you get it right. This way, you have more time to revise the stuff you don't know. Platforms: iPhone, iPad, Cost: \$3.99

Take your Dreams and Run.

Learn how to start
your own business
from local
entrepreneurs like
yourself.

Learn from a
Panel of
Experts!



Thursday, November 8th
2:30pm—4:00pm
Burke B221

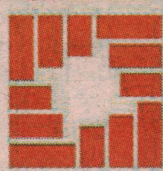


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