

the journal

Saint Mary's University's Independent Student Newspaper

Ailing Medical School
New prescription for U of S
NEWS—Page 4

Bottom of the 9th
Huskies baseball go to Nationals
SPORTS—Page 6

Check Check 1-2 1-2
Pop Explosion set to rock Halifax
ARTS & ENTERTAINMENT—Page 8-9

Dream Operator
The stuff they're made of
FEATURE—Page 10



Photo: Jane Lytvynenko/Canadian University Press

Young Liberals campaign nationwide for marijuana legalization

Jane Lytvynenko
CUP Ottawa Bureau Chief

Over 35 campuses across the country are seeing posters promoting legalization of marijuana as a part of a Young Liberals campaign. Tied to the Liberal party's own agenda to legalize weed, the campaign seeks to educate and promote the policy.

Despite widespread criticism from both the NDP and the Conservative parties, David Valentin, vice-president of communications for the Young Liberals, said legalizing weed is "a conversation in which everyone need to be involved."

Young Liberals have over 35 chapters on campuses across the country, which have all signed on to the campaign of promoting weed legalization. Posters have been put up, pins handed out and fliers with information have been made available.

"We're working hard to have presence everywhere in preparation for 2015," said Valentin, alluding to the next federal election. He said since the legalization policy was passed at the Liberal Convention by the membership,

Young Liberals have been working hard to promote "a conversation about legalization of marijuana."

He said while there are a lot of issues out there, the Young Liberals are focusing the conversation on this one because of how important it is to both

the young people in Canada and the leader of the Liberal party Justin Trudeau. Valentin said current policies on weed possession are not working and desperately need reform.

"Real lives are impacted as a result of this [current policy]," he said. "Young people are getting criminal records and their entire lives are being impacted as a result."

Another issue according to Valentin is the content of pot currently being sold on the streets. While legal substances are subject to regulations, marijuana sold on the streets could contain other potentially harmful chemicals. Valentin also said the current system is expensive and unnecessary — a sentiment MP Francoise Boivin, NDP justice critic, echoes.

The NDP's own policy advocated decriminalization, not legalization of pot. In a phone interview with CUP,

Boivin said the Liberals need to think of the specifics of legalization policy before pushing it to the public.

"It sounds good in theory but the devil's always in the details," said Boivin. "I think it's an easy catch phrase but it's not going to be realistic."

Boivin said throughout the years the Liberals have been supporting the Conservatives on pot policies. As recently as 2009 Trudeau voted in agreement with the Conservative Party of Canada for tougher sentences when it comes to possession of marijuana. Despite Trudeau changing his mind, the Tories continue to oppose legalization of weed.

"We have been clear on our opposition to illegal drugs because of the harmful effects they have on users and society," said Paloma Aguilar, Peter MacKay's press secretary, in an email to CUP. "While the Liberal party is encouraging the use of drugs on campuses across our country, our government is focused on job creation and standing up for victims of crime."

Despite criticism, Valentin said the campuses he visited are welcoming the pot legalization conversation.

"People are happy we're being honest and talking about this," he said. "Promoting a conversation about legalization is not the same as promoting marijuana consumption."

StudentsNS hopes to build relationship with new provincial government

Cherise Letson — CUP Atlantic Bureau Chief in Atlantic, News

StudentsNS is looking forward to working with the province's new Liberal government says executive director Jonathan Williams.

On Wednesday the Liberals ousted the NDP government in the provincial election. Winning 33 of 51 seats in the legislature, Stephen McNeil is the new premier of the province.

"We're looking forward to working with the new government," said Jonathan Williams, executive director of the student advocacy group. "There were a couple commitments that they made in the context of the election that are going to have a significant value for students."

These commitments include investing \$3.7 million in graduate scholarships and eliminating interest on

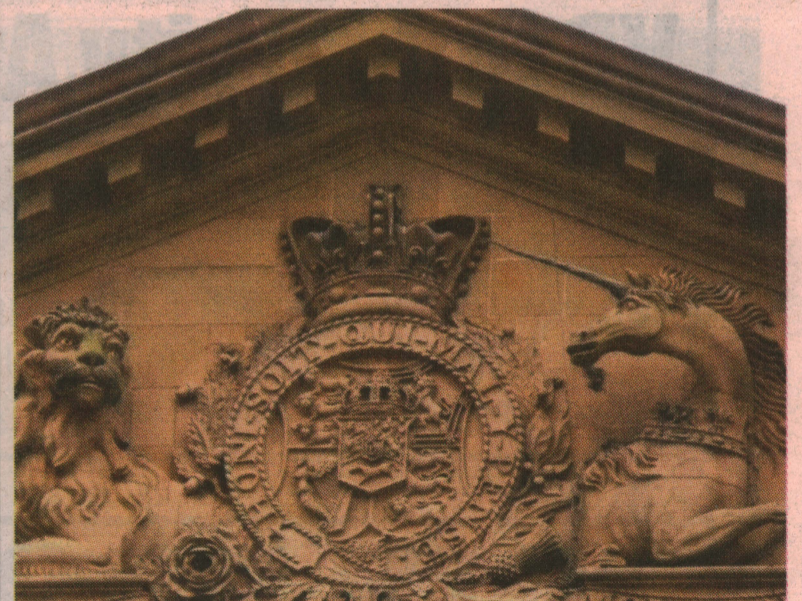
student loans.

"Those two policies, if they're done this year, will be a really good start to our relationship with the new government," Williams said.

StudentsNS did an evaluation of the party platforms before the election and gave the NDP the edge over the Liberals. Williams said the organization had a good working relationship with the previous government.

"We had built a really strong relationship by the end in terms of collaboration with, in particular, improving the student assistance program," he said. "They almost doubled the funding to the Nova Scotia student assistance program in three years in ways that would have impacted the student debt levels in Nova Scotia."

Continued on Page 4



Eight Saint Mary's alumni headed to Province House

External Affairs

Eight Saint Mary's grads and one current student will be heading to Province House following the recent provincial election, with some pundits suggesting more than one could end up in Cabinet.

Saint Mary's grads in the next sitting of the legislature include Zach Churchill (BA'07), Karen Casey (BA'75, BEd'76, MA'88), Tim Houston (BComm'92), Kevin Murphy (BComm'92), Lena Diab (BA'85) who just completed a term on the Saint Mary's Alumni Council, Joachim Stroink (BA'99), Labi Kousoulis

(BComm'96) who will represent the riding in which the University is located, and Bill Horne (BSc'72). Randy Delorey, a PhD (Management) candidate was also elected.

Margaret Murphy, the University's Associate Vice-President External Affairs, said it is not surprising the strong leadership skills and focus on civic responsibility that are part of the Saint Mary's experience lead many graduates into civic life.

"We wish them all the best," she said, "and invite them to return to campus frequently to check the pulse of the next generation of leaders."

TUESDAY	WEDNESDAY	THURSDAY
<p>Gorsebrook lounge <small>since 1974</small> 15th</p> <p>Trivia Night 7pm @ Gorsebrook</p> <p>?</p>	<p>Gorsebrook lounge <small>since 1974</small> 16th</p> <p>OPEN MIC</p>	<p>Gorsebrook lounge <small>since 1974</small> 17th</p> <p>WINGS/WINGO 6pm @ Gorsebrook</p> <p>UGLY PROM PARTY 9pm @ Gorsebrook</p>
<p>Gorsebrook lounge <small>since 1974</small> 22nd</p> <p>Trivia Night 7pm @ Gorsebrook</p> <p>?</p>	<p>Gorsebrook lounge <small>since 1974</small> 23rd</p> <p>OPEN MIC</p>	<p>Gorsebrook lounge <small>since 1974</small> 24th</p> <p>WINGS/WINGO 6pm @ Gorsebrook</p>

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Letter from the Editor: What's next for Husky Stadium?

CYDNEY PROCTOR
Editor-in-Chief

Saint Mary's University has chosen a firm to deal with the eyesore on campus that is Husky Stadium. The firm that designed and build the new TESL Centre and the Sobeys Business Development Centre building, 960 Robie, Barrie & Langille Architects Inc. were selected to work on the stadium.

As soon as the fall athletics season for 2013 comes to a close, the decommissioning of the stadium and tearing down the corroded, asbestos covered and as-good-as-condemned roof. The turf is also being replaced in July.

This is all great – there's nothing but a little bit of sentiment that's holding up Husky Stadium right now, so a new project is what's needed. Plus, the university isn't building anything right now – heaven forbid!

SMU has told the designers that they want “a stadium that will include 3500 seats, field change rooms and public washrooms, a press box and a concessions area,” according to

allNovaScotia.com. In addition, they want it to “have the potential to expand seating capacity in the north and south to 6000 seats, and add a two storey stadium annex building for academic, commercial, and conference space. “The university, in its tender, was asking for the complex to be “the campus focal point,” while being cohesive enough to not “dominate the campus setting.”

But, you know, students were never consulted on this. Do you really want the focal point of campus to be an athletic venue? Maybe you do, maybe you don't but you weren't asked. As tuition paying students with opinions, we should be consulted – and since the university didn't give you a chance, The Journal will.

What do you want to happen with Husky Stadium? Do you think we need a 3500 seat arena? Bigger? What about as a venue for the whole city, not just university athletics? Or smaller – why are athletics so important anyway?

Email editor.thejournal@smu.ca with your opinions and we'll publish them in our Oct 29 issue. Speak up, students, now that you have the chance.

How to watch TV and still have friends: a guide to spoiler etiquette

Kyle Darbyson — The Fulcrum

Now that the fall television season is in full swing, it's probably a good time to talk about a distasteful social phenomenon sweeping through university campuses everywhere: spoilers.

Many have fallen victim to whispers of unwanted plot information regarding their favourite TV shows. Luckily, these kinds of spoilers are easily avoided if you remain cautious and vigilant. Here are five tips on how to establish clear-cut spoiler etiquette for the fall TV season.

1) Establish spoiler quarantine zones

If you are forced to talk about highly sensitive plot information in a public forum, it's probably a good idea to quarantine your friends and yourself in a designated spoiler zone. These spoiler zones can be small rooms or other self-contained areas that have relatively impenetrable, soundproof walls. Ideally, these areas should only be accessible to those who are up to date on the topic of discussion and should exclude those who have fallen behind. The study rooms available in the library are good examples of effective spoiler zones.

2) Speak in ambiguous terms

If you feel compelled to talk about your favourite TV shows outside of these spoiler zones, it's probably a good idea to try to mask specific plot details using precise language. Speaking in general or ambiguous terms is key to creating a spoiler-free environment. For example, a statement of general enthusiasm like, “The third season of *The Wire* is amazing!” is perfectly acceptable. However, something along the lines of, “You won't believe what (character A) does to (character B) at the end of season three of *The Wire*!” contains way too many plot details for the uninitiated viewer.

3) Be conscious of what you share via

social media

There's nothing wrong with passing around funny memes or GIFs through social media sites, but before you post these humorous images, make sure to select your audience carefully. These fun distractions usually rely on vital plot information and character development as the meat of their humour, and this can easily constitute a spoiler for specific recipients. In any event, please be cautious of what you post and who is receiving it. At the very least, please issue some bright red “spoiler alert” text on your post if it's going to be sent to the masses.

4) Beware of the Internet

To expand on the last point, you should probably avoid the Internet altogether since it's basically the Wild West in terms of unfiltered plot information. This is especially true for shows like *Game of Thrones* and *The Walking Dead*, which have been building up spoiler-y discussions online for several years because of their origins as a book and graphic novel. So, if you're behind on your favourite show, the bottom line is this: stay the hell away from Google.

5) Make sure you know the language of spoilers

Unfortunately, not everybody chooses to adhere to this kind of spoiler etiquette. Thankfully, there are ways to intercept a potential spoiler in everyday conversation if you know how to anticipate specific trigger words or phrases. For example, when a careless friend says something like, “This detail isn't important, so...” or, “This really isn't a spoiler, but...” be sure to expect an incoming spoiler.

To successfully defuse this situation, be sure to give your friend a good slap and then calmly escort them to the nearest designated spoiler quarantine zone.

Voting gets a failing grade from students

ADAM FABER
Contributor

“Students aren't engaged” is said a lot, particularly around elections. It's an easy answer when looking at voter turnout, or student involvement, or even just extracurricular activities. That being said, labeling students as not engaged is quite simply a load of crap.

“1393 votes cast in the SMUSA election - not even 20% of the student body,” a critic might say. “That means less than one in five voted?” As if we were simply lazing about between beers and bong hits, refusing to make our voices heard.

For twelve or more years of schooling we have been taught time management and getting results - staggering homework due dates, completing timed tests, even scheduling a three minute book report in front of the class. Now that those years are over, we have even more heaped on to our timetable. In addition to a heavier academic workload, there's actual work - to pay for the increasing cost of education, and for many the added responsibilities of the new world that is living away from home... At Saint Mary's this often means it's a new country. Bills, buses, bunkmates, baking, the list goes on.

“Five minutes left on the test,” blasts through a student's mind like a shot, “then pencils down.” Time management skills go into survival mode: Do the true/false, short answer questions next, and then any high value questions you easily know the answer to. In terms of school life that's get money, attend class, do homework/study, and then do anything else that needs doing. So, sorry to say, things get chopped off that list... Sometimes important things, like a group project, but if that sort of thing is getting axed, popping onto your website to read your electoral platform doesn't even come close. Neither does your pro/anti abortion cause, this/that/none religious stance, or your petition and/or business boycott. Nothing personal.

First off, a student needs to make sure they have the funds to attend, which means either securing it from student

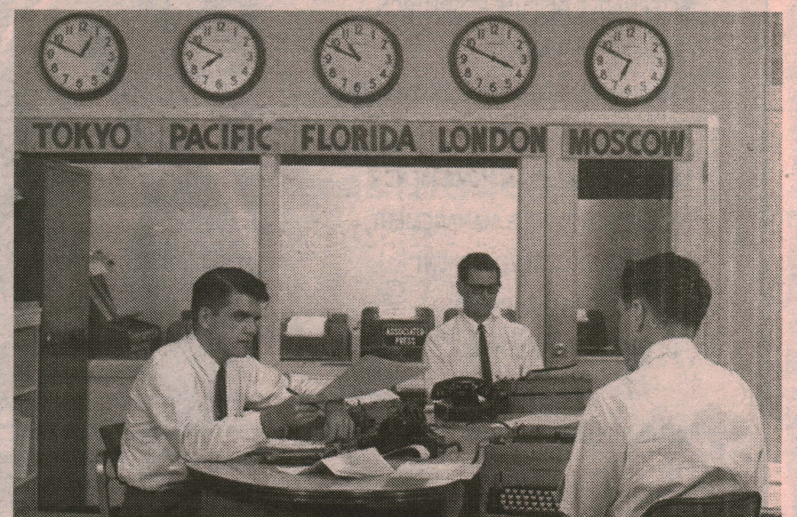
loans, family, or work. All of these options require a time commitment, and with the case of student loans it's typically not enough. Secondly, keeping house means more than passing a broom and doing the dishes. Many students at Saint Mary's have a family, if not kids then a significant other.

Thirdly, students generally come to school to get a job or an education - campus life is just a bonus. When things start piling up, something's got to give - I call it ‘test math’. How much does this help me minus how long does it take to do.

Many clever student services and activities play into this need to be useful. The Random Acts of Kindness (RAK) squad offers a boost to your resume if you volunteer in the community, many student societies are used as networking opportunities, even the local fraternity boasts high-profile members that could be useful friends.

Those things could be worthwhile, but voter turnout shows that test math shows flunked voting among students - even with only 1400 votes the chance of making a difference versus the effort needed to make an informed decision is like putting a one word answer down for an essay question. One vote among 1400 isn't even 1 per cent. People complain that elections are a popularity contest, and that's simply due to the fact students are too overloaded to take the time to get to know every candidate personally... Just vote for a friend of a friend.

Everyone gets a guilt trip on election days, or even a bit of a vote. “It's your duty,” or “If you don't vote you can't complain.” Well, I'm telling you it's not your duty, and you sure as heck can continue to complain. You pay your student fees, do you not? After someone is hired they're still given feedback for job improvement, often by co-workers who had no choice in the hiring process. That's what the other 80 per cent of the student body can still be: involved colleagues with feedback and a stake in what is done on their shared space. It doesn't take a lot of time for a busy student to tell SMUSA what they did and didn't like, and as far as student representation is concerned, it's a better use of their limited time.



Send a Letter to the Editor!

Have a comment about one of our articles? Send your opinions to editor.thejournal@smu.ca 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!

StudentsNS hopes...

However, Williams said StudentsNS wasn't with the NDP allowing tuition to continue to increase faster than inflation. That aside, he said he hopes the organization can build that collaborative relationship with the new Liberal government, including working towards raising minimum wage.

"We are very hopeful that with the new government, we'll be able to build that collaboration quickly and basically pick-up where we left off with the previous government in terms of designing programs and policies to improve the situations for students and young people in Nova Scotia together," he said.

While students in Nova Scotia just finished a provincial election, New Brunswick students are preparing for one. The province will have its 38th general election next fall, and the New Brunswick Student Alliance (NBSA) is already planning on how to make post-secondary education a priority.

"Everything is still in the works and being debated by our board," said Pat Joyce, executive director of the NBSA. "But we're looking at directing a lot of our efforts towards making sure that students are out there to vote, making sure students are participating in events throughout the campus campaign and making sure post-secondary become a broad topic of discussion."

Joyce said the NBSA plans to speak with Nova Scotia student leaders for suggestions and ideas and plans to focus on getting students engaged in the election.

"When it comes to an election, parties are watching closely and looking at who is going to be showing up to the polls and who's support is going to be crucial for winning the election," Joyce said. "We want to be communicating the value that students have when it comes to winning an election. Showing that this is a significant block of voters that if you're make commitments that are beneficial and benefit their post-secondary education then you have an opportunity to win based on the student vote."

He said one of the challenges they face when trying to bring post-secondary to the forefront is showing how it's an issue that affects everyone.

"Students understand very intrinsically the value of post-secondary and the value of making post-secondary affordable and accessible because they are going through the system," Joyce said.

"But it also requires making sure that folks understand that post-secondary also saves costs on health care and also reduces crime rate and engages citizens more and that post-secondary stimulates a more productive economy."



The doors remain open to the Health Sciences building of the University of Saskatchewan while the school's College of Medicine is under probation. Photo: courtesy Daryl_Mitchell/Flickr Creative Commons

University of Saskatchewan medical school put on probation

Anna-Lilja Dawson — CUP
Prairies and Northern Bureau
Chief in Health, News, Prairies & Northern

The University of Saskatchewan's College of Medicine has been put on probation for a second time, as anticipated by the university's president.

U of S President Ilene Busch-Vishniac said the implementation plan the university has come up with to remedy its issues with accreditation fully took into account what the accrediting committees have been discussing.

"The reality is that we were well aware that there were issues that were problematic for accreditation. We are not surprised by the decision that has come down," Busch-Vishniac said.

On Oct. 4, the Committee on Accreditation of Canadian Medical Schools/Liaison Committee on Medical Education (CACMS/LCME) informed the college that the Undergraduate Medical Education program will be placed on "Accreditation with Probation."

The College of Medicine is Saskatchewan's only medical school and is the first in Canada to be put on probation twice.

Busch-Vishniac assured the campus community in an Oct. 4 press release that despite the status of probation, the college is still accredited.

"Our College of Medicine remains fully accredited," Busch-Vishniac

wrote. "Restructuring the medical college has been my top priority since arriving, and this latest development makes it even clearer that restructuring of the College of Medicine remains a most critical priority."

A medical school or program that has its accreditation withdrawn or is put on probation by the LCME must inform all students that are seeking enrolment, have accepted enrolment and are currently enrolled. While on probation, programs are subject to withdrawal of their accreditation if the issues of noncompliance are not addressed within a period of 24 months.

Dan Hunt, co-secretary and senior director of accreditation services for the Association of American Medical Colleges, said that probation will not have any direct negative effects on students or graduates.

Students "will be graduating from a fully accredited medical school that happens to be on probation. They have every other right that every other Canadian and U.S. student has that has LCME accreditation. They'll be recognized as coming from an LCME-accredited school, albeit one on probation, but a fully accredited status so they have all the rights and privileges."

However, Hunt said withdrawal of a school's accreditation is an extremely negative and rare event.

"It is probably reasonable to note that in the 75-year existence of

the LCME there has never been a withdrawal of accreditation from an existing-school," Hunt said.

The College of Medicine has been dealing with issues of accreditation since 2002 when it was put on probation until 2006 for reasons such as outdated curriculum and lack of student diversity.

Since March of 2011, the college has been working on correcting 10 shortcomings that the CACMS said would need to be rectified if the college wished to maintain its accreditation.

Of the 10 issues, the arrangement of teaching duties, clinical rotations, inadequate study space at the satellite campus in Regina and the timeframe in which students received their final grades were all major concerns.

At that time, the college was given until early 2013 to rectify all of the outstanding issues or it would have been put on probation.

In March of this year, accreditors returned to the U of S to re-evaluate the College of Medicine's progress.

The college has been dealing with a great imbalance between clinical work and research. In March, U of S's student newspaper The Sheaf reported that Busch-Vishniac said of the college's 250 faculty members, nearly 100 are working solely on their clinical practice. These faculty members are not teaching or doing research.

Continued on Page 5

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Canadians released from Egyptian jail

Anqi Shen
Cup Ontario Bureau Chief

After being held captive for seven weeks in Egypt under no formal charges, Canadians Tarek Loubani and John Greyson were released on Saturday, Oct. 5. However, when they tried to board a plane to Frankfurt, Germany on Sunday, Oct. 6, the two were told they could not fly out because they were on a “stop-list” issued by Egyptian prosecutors.

The stop-list is yet another roadblock in the Canadians’ two-month struggle to get home safely.

Loubani is an emergency doctor at Western University in London, Ont. and Greyson is a filmmaker and professor at York University in Toronto. Both were on their way to a Gaza hospital in mid-August when they were detained by Cairo officials.

Egyptian officials arrested them, along with other perceived protestors at the site, for threatening national security. No charges were ever laid.

In Canada, news of their captivity prompted nearly 150,000 people to sign a petition for their release. Their plight was also a popular topic at the Toronto International Film Festival, where Canadian filmmakers held a press conference. Friends and family told the media the men were simply “in the wrong place at the wrong time.”

After 31 days in detention, Loubani and Greyson resolved to go on a hunger strike. On Sept. 28, their twelfth day on hunger strike, the two released a statement confirming that they had been living in dire conditions: “no phone calls, little to no exercise, sharing a 3m x 10m cell with 36 other political prisoners, sleeping

like sardines on concrete with the cockroaches; sharing a single tap of earthy Nile water.”

Despite the public outcry against their detainment, the Canadians’ were told by Egyptian officials on Sept. 29 that their detainment would be extended by 45 days.

On Sept. 29, Prime Minister Harper issued a statement calling for their immediate release. The two men were officially released on Oct. 5. Three days prior to their release, Loubani and Greyson had begun eating again and saw a doctor.

Canadian Minister of State Lynne Yelich released a statement on Oct. 5 saying, “We are facilitating Dr. Loubani and Mr. Greyson’s departure from Egypt, and Canadian officials will continue to offer consular services to them and their families as needed.”

Post-concussion research unveils solutions

Daniel Leroy — The Fulcrum

University of Ottawa professor of medicine Shawn Marshall along with the Ontario Neurotrauma Foundation (ONF) recently released a set of guidelines that aim to help alleviate symptoms of concussions.

Typically, the majority of concussion symptoms subside after three weeks. The ONF’s guidelines are novel in the field of post-concussion research and will provide suggested methods of treatment if symptoms last more than that time.

Marshall, the lead author on the project, said it’s important to be aware

that, in some cases, post-concussion symptoms will persist for months, but there are ways to treat them.

“Our research is focused for those people who don’t get better,” he said. “Most people are advised to rest until the symptoms have resolved themselves, which usually occurs. However, for a number of people you will have symptoms that will endure. This includes headaches, balance, vision problems, complaints about problems of focus, concentration, and memory, and they even will notice problems with sleep and irritability.”

Marshall said the guidelines would provide physicians with direction

on how to better manage patients if symptoms persist.

“If you are not better within two or three weeks, you can imagine how that would affect your semester,” he said. “This gives some guidelines to physicians on how they might approach that, such as contacting the school about what may help the affected student, and explain how the symptoms may progress.”

The ONF guidelines include advisements on new medications that are effective in reducing symptoms and things to do and others to avoid, among other recommendations.

President steps down from Fédération Étudiante Universitaire Du Québec

Kalina Laframboise — Cup Quebec Bureau Chief

President Antoine Genest-Grégoire of the Fédération étudiante universitaire du Québec (FEUQ) announced his resignation on Friday, Oct. 4, following the exodus of three student unions from the largest student organization of the province in the last month.

Genest-Grégoire wrote a public letter in French to his colleagues and student members of the association making a vague reference to mistakes since the beginning of his mandate that he was responsible for as part of his reason for leaving.

“Various errors have been made since the first of May,” wrote Genest-Grégoire. “Some due to bad luck, others from a lack of vision. I’ve signed off on all the decisions taken by the FEUQ since the beginning of my mandate.”

Genest-Grégoire explained that the

organization is undergoing a transition due to “tumultuous events” over the last few years that former President Martine Desjardins led the FEUQ through.

He refers to the 2012 student protests that lasted months against a tuition increase of 75 per cent over five years by the former provincial government led by Jean Charest. The immediate backlash from post-secondary students fuelled the call for an election on Sept. 4, 2012 that the Charest Liberals subsequently lost, after nearly a decade in power, to the Parti Québécois. Premier Pauline Marois cancelled the increase immediately but chose to index the tuition by \$70 per year at the highly-anticipated Higher Education Summit in February 2013.

Genest-Grégoire wrote that these events resulted in heavy critiques — “some wrong or some with reason” — that put into question the fundamental

principles of the FEUQ that guide the organization and how to serve its student population.

The FEUQ is at a crossroads with its member associations in universities across the province since three associations located in regional areas in Quebec recently voted to leave.

On Friday, the Association générale des étudiants du Campus à Rimouski (AGECAR) at the Université du Québec à Rimouski (UQÀR) ended its three-week referendum period where a majority of students voted to leave the FEUQ. In September, UQÀR’s other student union, the Association générale des étudiants du campus à Lévis (AGECALE) and the Mouvement des Associations Générales Étudiante (MAGE) at the Université du Québec à Chicoutimi (UQÀC) also voted to leave the organization. These departures bring the FEUQ down to 11 member associations as long as the latest referenda are accepted.

Astronaut Chris Hadfield lands job at University of Waterloo

H. G. Watson — The Cord

Famed Canadian astronaut Commander Chris Hadfield gets to add a new line to his already extensive resume this fall: professor.

The University of Waterloo (U of W) confirmed today that Hadfield has joined the faculty as an adjunct professor of aviation, cross-appointed to the faculties of environment, science and applied health sciences, through August 2016.

“This is an amazing opportunity for students to have access to his career experience and knowledge,” said Ian McKenzie, director of aviation programs at U of W. “He has tremendous enthusiasm for engaging students in learning.”

Commander Hadfield has become an international celebrity after tweets and videos taken during his 5 month long stint on the International Space Station (ISS) went viral. Since returning to Earth he has embarked on several educational tours and has a book, *An Astronauts Guide to Life on Earth*, coming out this fall.

The deal to bring U of W alumni Hadfield to the aviation department took shape after Hadfield announced his retirement from the Canadian Space Agency (CSA) earlier this year. McKenzie explained that Hadfield’s

long standing relationship with the university and the surrounding community were driving forces in bringing him to the school.

“He was actually here in 1982 as a NSERC post-graduate in mechanical engineering,” McKenzie said.

Hadfield was also married in Waterloo and his first son was born here in 1983. Over the years he has given several lectures on campus, including a downlink from the ISS in February of this year. Because of his current schedule, U of W officials expect that Hadfield will only have limited time on campus until the fall 2014 semester. Once here, his role will be a mix of research, advising and teaching within the university’s Bachelor of Environmental Studies and Bachelor of Science programs in aviation. Aviation students at the university also take practical flight lessons at the Waterloo Wellington Flight Centre as part of their degree requirements.

“[He] has flown over 70 aircraft,” said McKenzie. “With Chris’s practical experience with flight and as a pilot this will be a great asset for our students.”

Prior to joining the CSA, Hadfield was a Royal Canadian Air Force pilot and test piloted several experimental aircraft in both Canada and the US.

Medical school...

Continued from Page 4

As a result, the College of Medicine is averaging only eight per cent of the university’s total research — other Canadian medical colleges average 50 per cent of their institution’s total research.

“Over the last year it has become abundantly clear to us that the problems we face in the college are structural, not a result of insufficient funding,” Busch-Vishniac said. “The College of Medicine was founded 60 years ago on a model that simply does not work for our medical school today.”

As for the near future of the college, Busch-Vishniac said that additional efforts will be put into maintaining the College of Medicine’s accreditation.

“What we can do is do everything in our power to act upon what we know have been raised as issues in the recent past, and that is what we’re doing with the implementation plan,” Busch-Vishniac said.

“It is important for the students to hear that we are absolutely committed to turning this situation around and that we remain accredited. We will not be losing our accreditation. We can not let that happen.”

The status of “Accreditation with Probation” will not affect the day-to-day operations of the college, nor will students graduating this year need to worry about graduating from an unaccredited institution.

A finalized implementation plan for College of Medicine will be presented to University Council on Oct. 24 where

Busch-Vishniac said there will be full discussion about the college’s current probationary status.

The Student Medical Society of Saskatchewan — the representative body for students in the College of Medicine — issued a press release on Oct. 7 in which it stated that it will continue its heavy involvement in addressing the issues that led to the college’s probationary status. However, the SMSS will not take the status of probation lightly.

“As the representative body for medical students, the SMSS is taking the status of probation very seriously,” the SMSS stated. “We recognize the impact that this has on the community, the university and the province as a whole. However, we hope the probation will not be viewed solely as a negative outcome, but rather as a catalyst for positive change.”

A third-year nursing student at the U of S who has applied for the College of Medicine said that the status of probation with accreditation is a definite deterrent to re-applying.

“I’ve always wanted to go to the U of S and it has actually turned me off of it quite a bit,” the student said, who wished to stay anonymous as to not affect the application process. “I have a few friends who are in first, second and third year and they are telling me to apply elsewhere around Canada or even in Europe.”

The student cites complaints of lack of direction from professors and a shortage of faculty members as two reasons why friends “haven’t had a great med school experience.”

ATTENTION ASPIRING JOURNALISTS

We’re Hiring!

The Journal is hiring a News Editor and a Business Editor. Interested candidates should submit a résumé, cover letter and a writing sample to: editor.thejournal@smu.ca.



Shortstop Alex Ostrov finished 2nd on the team with a .370 batting average

Baseball Huskies heading to Nationals

The Saint Mary's Men's Baseball Team is off to the 2013 National Championships for Canadian University Baseball following two recent victories at Beazley Field in Dartmouth against Cape Breton University.

In the first game of a best of three series against Cape Breton, Jake Pelham drove in five runs for the Huskies, with Greg Gott recording the win and Alex Ostrov picking up the save. Joey Cavadini threw a no hitter in the second game, with strong play by Tyler Fancey, Mitchell Donnelly, and Evan Williams for a 10-0 win over the Capers in six innings of play.

Team President Mitchell Donnelly said the University has been involved in baseball league play for 20 years and this year's roster is comprised of players from all around the nation, many of whom have played baseball at an elite level. He said the team has been

in the building phase for the past four years, accumulating experience and talent to put a championship worthy team on the field.

"We truly believe that this is our chance to bring a National Title home to Saint Mary's University," says Donnelly.

The team is led by long-time volunteer and baseball ambassador Paul Arseneault.

Prior to seeing national action in Windsor, Ontario from October 18th to 20th the Huskies faced the UNB Cougars in the Atlantic Conference Final in Fredericton this past weekend. In a close but thrilling game the team fell short in extra innings with a 3-2 loss. The top two teams in the division advance, so the Huskies had already secured their spot. A victory in Windsor would earn the Huskies their first national title in Saint Mary's Baseball history.



Goaltenders Anthony Peters and Sienna Cooke will be key to the Huskies success this season. Photos: Wes Wilcox

Hockey Sneak Peek

MARK MOFFAT
Sports Contributor

The Saint Mary's University Men's hockey team definitely have the tools needed to recapture the glory of their 2010 Canadian University Championship in the upcoming 2013-14 season.

The Huskies have the reigning Canadian Interuniversity Sports Player of the Year and Atlantic University leading scorer Lucas Bloodoff returning to the fold. He should have a huge impact on this team coming off his tremendous season last year. Another key player coming back this season is Defenceman Michael D'Orazio. He finished fourth in league scoring last year with 30 points and, like Bloodoff, brings much needed experience from last year squad. Anthony Peters is also back in goal to provide some stability in the crease this year. Peters finished with a 17-9 record last season, with a 2.44 goals against

average and .909 save percentage. In addition to the veterans on this team, several rookies will look to earn their stripes this season.

One of these players is former Halifax Mooseheads defenceman Steve Gillard. Gillard spent time with the Woodstock Slammers of the Maritime Junior A League last season after being let go by Halifax. He should be an excellent addition to the Saint Mary's lineup. Another newcomer to the Huskies is forward Steven Beyers. Beyers has spent the past three seasons with the Barrie Colts of the Ontario Hockey League, where he amassed 185 points. Veteran Head Coach Trevor Stienburg will be back behind the bench for his 17th season after being named AUS and CIS Coach of the Year in 2013. The Huskies will be in tough in the traditionally strong Atlantic University Conference. The UNB Varsity Reds are the defending CIS champions who beat Saint Mary's to win that title last year. Saint Mary's,

UNB, and UPEI are all ranked in the CIS top 10 this season, which starts for the Huskies on October 18th against the Moncton. As far as the Saint Mary's Womens hockey team goes, they will be looking to avenge a loss to the Saint Francis Xavier University X-Women in last year's Atlantic University Championship Final. One returning player sure to help Saint Mary's cause this season is Brianna Soper, who led her team with 10 points last year and will most likely be key to another run at an Atlantic University Championship.

Another key piece this year will be goaltender Sienna Cooke. Last year, she had a record of 10-9, with an unbelievable 1.86 goals against average and a .934 save percentage. The Huskies biggest competition will surely be the X-Women who finished 3rd in the CIS last season. The Huskies open their season on October 18th against the UPEI Panthers, kicking off what should be a successful year for Saint Mary's Hockey.

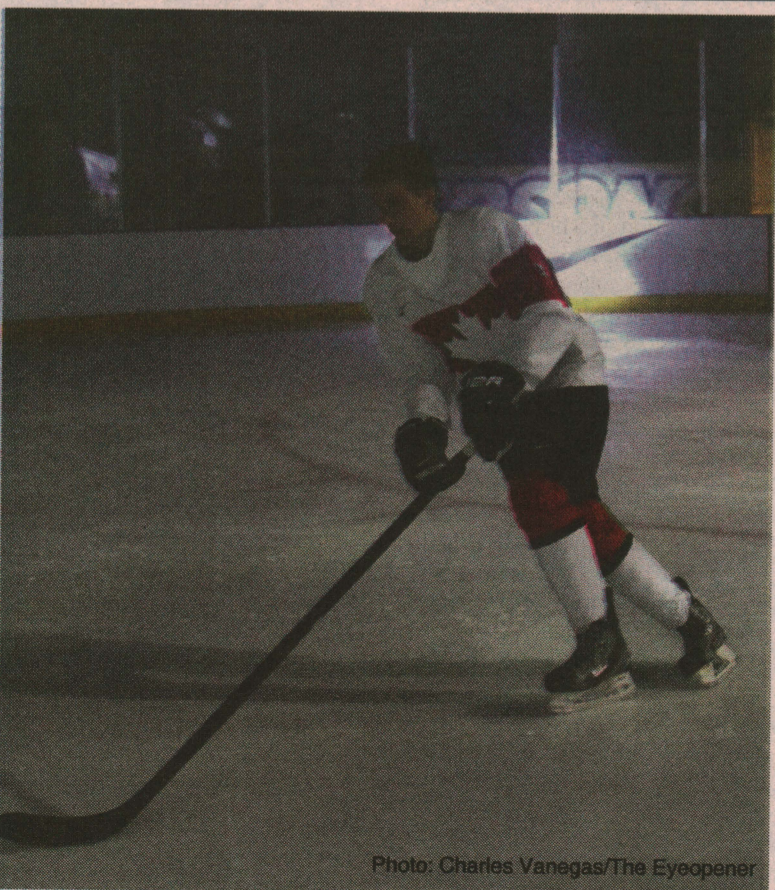


Photo: Charles Vanegas/The Eyeopener

Hockey Canada reveals Olympic jerseys

Harlan Nemerofsky — The Eyeopener

Players of the three Olympic ice hockey teams now know what jersey they will be suiting up in when they represent Canada next February.

Hockey Canada, in collaboration with Nike Canada and the Canadian Paralympic Committee, made its announcement at Ryerson's Mattamy Athletic Centre on the third-level ice hockey surface on Oct. 9.

"When you talk about our players, players give up so much, whether you're playing for our country on the men's team, the women's team or our sledge team," said Hockey Canada president & CEO Bob Nicholson. "I can tell you that every time they put on the Olympic jersey it is very special."

Nike Canada's creative director Ken Black said Nike created the jersey with both function ("range of motion, thermal regulation") and aesthetics ("putting on a uniform that makes you feel great") in mind, and that the jersey's primary inspiration was Team Canada's jersey throughout the 1920s.

"When you look at the stripe on that jersey, I think you can see a direct connection," said Black. "Our design team wanted to modernize it a bit so that's why you see that asymmetrical stripe as opposed to run it across, but that the first inspiration."

In addition to the home red-and-white and road white-and-red, Canada will be the only Olympic team with a third jersey, without a maple leaf, but instead with a gold stripe.

Black said that Canada's most recent jersey worn in the 2010 Vancouver Games was overly busy and complicated, which he says seemed to take away from the importance of the athlete, hence why they went back to the simpler look.

He also said that the jerseys are 15 per cent lighter than the 2010 Vancouver jerseys and each jersey is made with 17 recycled water bottles.

Afterwards, Nicholson said he was proud to have the event hosted at Ryerson's home rink, the MAC, because of its historical connection with hockey in Canada.

"It's great to be back in what I know as Maple Gardens and it's great that Ryerson is here. Their university programs are really improving, which is great for the university as well as hockey in this country," said Nicholson.

Joe Nieuwendyk, a former 2002 Olympic gold medalist with the men's ice hockey team and long-time member with the Calgary Flames, was very pleased with the jerseys.

"I've been fortunate to wear a lot of jerseys and they're all special but there's something really special about wearing the Canada jersey — the history and pride and knowing that everybody across the Prairies are all behind you. I love that [the jerseys] are not too busy- just red, white and a maple leaf."

He also clamoured at having the event being held at the MAC.

"It's kind of been home to hockey for so many years and it's almost fitting that they have it here since the old Maple Leafs Gardens is such a historic arena for Canadians across the country."



Melvin Abankwah weaves through defenders on his 74-yard punt return during Homecoming. Photo: Jeremy Vaters

Huskies Football Update

WES WILCOX
Sports Editor

The Saint Mary's Huskies battled to an important 17-10 win over the Acadia Axemen in this year's Homecoming game. The Huskies had a heavy ground attack as Melvin Abankwah had a 74-yard punt return while Dave Sabourin and Mike Dawes rushed for 79 and 74 yards respectively. That combined with a Chase Kodejs field goal as well as a 15-yard touchdown pass by Jack Creighton to

Matt Simich is all the Huskies would need. The defense held the Axemen to 202 total yards and two field goals while Acadia received the rest of their points from two safeties. Abankwah was named the player of the game going for 127 yards on 4 returns.

The team then travelled to Wolfville last weekend and pulled off an 11-9 victory to hand Acadia back-to-back losses. They defeated the reigning AUS Champs for the 3rd time this season in what was mostly a defensive battle. Axemen Kicker

Ryan Begin hit three field goals in the first half to give Acadia a 9-0 lead. In the second half the Huskies were able to move the ball a little more effectively but were unable to find the endzone. The defense forced a safety to begin the 3rd quarter and then it became the Chase Kodejs show as the Kicker nailed it from 37, 12 and 17 yards in the final few minutes to give the Huskies the lead. The team now moves into 1st place with a 4-2 record and will attempt to avenge their previous loss against the last place Mounties next Friday, October 18th.

SAINT MARY'S UNIVERSITY ATHLETIC STANDINGS					
GAMES	WINS	LOSSES	TIES	POINTS	RANKING
MEN'S FOOTBALL					
6	4	2	0	8	1st
WOMEN'S RUGBY					
7	3	4	0	6	3rd
MEN'S SOCCER					
10	5	2	3	18	1st
WOMEN'S SOCCER					
10	0	10	0	0	10th



Second-year forward Jessica Venham holds off a St.FX defender in Friday's loss. Photo: Jeremy Vaters

Soccer Update

WES WILCOX
Sports Editor

The Saint Mary's Women's Soccer Team was unable to find their first win during homecoming weekend as they lost 4-0 to St.FX on Friday night. As has been the case this season the Huskies had difficulty finding any offense. The team has only scored 3 goals through 9 games this season while allowing 32 goals against. The team suffered another defeat at the hands of Acadia on Sunday to close out homecoming weekend. Acadia got on the board early with a goal from Striker Megan Earle and Alana Fairfax scored right at the end of the half to give Acadia a 2-0 lead. Some great saves from 4th Year Goalkeeper Laura Darnbrough kept the Huskies in the game but Acadia Midfielder Kinsella N-Smith was able to get one by in the 72nd minute to secure the 3-0 victory. The Huskies will get a week

off to regroup before they head out to Mount Allison in a battle between the bottom two teams in the conference on October 20th.

The Men's team battled to a 2-2 tie on Friday night against St.FX as they were trailing 2-0 for most of the game until Danny Bachar and Pawel Gorski scored back to back goals only 6 minutes apart to salvage the tie. The Huskies earned a 1-1 tie against Acadia as well on Sunday. Rookie Midfielder Ishraq Hassan put one into the back of the net just 10 minutes into the game. Acadia Forward Erik Merchant responded 10 minutes later with a goal to tie the game at 1-1. Saint Mary's had 3 quality shots in the second half, but were unable to find the net and the game finished 1-1. The Huskies maintain their hold on 1st place in the AUS but UNB and Cape Breton are only a few points behind with a game in hand. The team will look to get back into the win column against the 9th Place Mounties on October 20th.

Co-operative Education

When you graduate from university you will have a wealth of knowledge. If you take part in the Co-operative Education program you will also have a great deal of related work experience. Co-operative Education provides students with an opportunity to gain a year of relevant, paid work experience and a greater chance to secure a job after graduation.

Co-op Education is a non-mandatory program so students must submit an application and meet specific academic requirements in order to be accepted into the program. Once you are accepted, you work with an Employment Development Officer to develop your resume, cover letters, interview skills, job search techniques and much more. Students normally secure their first co-op work term after completing two full years of study.

Saint Mary's University has Co-op available in the Bachelor of Commerce program, Bachelor of Arts program and most majors in the Bachelor of Science Program. As well, we have the Masters of Science in Applied Science Co-operative Education program.

More details are listed on our website, <http://www.smu.ca/coop>. Stop by to visit us anytime in Room 400 in the Student Centre.

Deadline to apply to Co-op Education Program is November 1, 2013 (4th Floor)

HPX Interview: Kayo

CONNOR DONALD

Arts & Entertainment Editor

Kayo is a local hip-hop artist who moved to Halifax at the age of 20 from St. Lucia. Kayo has spent much of his life molding himself into the emotional and inspirational artist he is today. As a protégé of Classified he has built a following around North America. His most recent release S.L.A.V.E. has received acclaim for its window into the life of Kayo and the ups and downs of the last two years in the music industry. Kayo is set to open for Badbadnotgood at the Halifax Pop Explosion on Wednesday October 23 at Reflections. Tickets start at \$15 in advance or \$20 at the door. Kayo took some time to talk to the Journal about his future album, his current EP and his career so far.

Journal: Your musical career did not start completely as hip-hop. How did you first get involved in Hip-hop?

Kayo: It was always kind of hip-hop. St. Lucia doesn't take hip-hop as seriously as other genres of music. So I had to make it legitimate by collaborating with artists of different genres, which kind of helped to give me the sound I had today.

Journal: Who are your biggest influences?

Kayo: Bob Marley, Jay-Z and Tupac, but mainly a group called The Fugees. They are high energy and their music is heartfelt and passionate and is inspirational, all of the things I strive to be and like in music.

Journal: When and why did you move to Halifax?

Kayo: At first I wanted to go to Or-

lando. I was already accepted to college there, had an apartment picked out and was going to take music business, but I couldn't get a student loan for that program. Saint Mary's was the only other university I was accepted to at the time so I decided to move here.

Journal: You won a competition to have Classified produce your first single. What was the competition? How did it feel to win?

Kayo: It was a Facebook thing where artists send music to him and he chose the best. I was confident I would win from the start because I had good music and friends and a reputation.

Journal: What underlying themes can be found in your songs?

Kayo: My music is very reality based - music that people can relate to. People tell me my music inspires them, I think it's because of the emotion I have and put into my songs. So my main theme is emotion and the listener will usually feel what I portray.

Journal: What do you look for in production in your music?

Kayo: Very melody driven production and then rhythm. I have a producer named Yogidaproducer and we have a connection with emotions and everything. We co-produce together.

Journal: You just recently released S.L.A.V.E. What is the EP about?

Where did the idea come from?

Kayo: S.L.A.V.E means Serenity Lives Around Virtuous Energy. I came up with that acronym in the shower. I had been going through a tough time with the label and out of my frustration came music. It revolves around the idea that, you can be the light you want to see in life.

Journal: Do you have any plans for an album? Do you have any details of what's possible?

Kayo: There are no real plans yet. I am mostly focusing on this project with more touring and visuals for the EP. I already have a title and some ideas though. Music is timeless and I want time to prepare. I am hoping for this time next year.

Journal: Hopscotch Halifax recently took place celebrating Hip-hop in Halifax. What do you think of the Halifax Hip-Hop scene?

Kayo: I think it's good. We have a lot of talent and urban culture like neo-soul and graphic design. It is a very strong community and I am honored to be part of it.

Journal: With your growth in the industry do you plan on moving away from Halifax?

Kayo: I am seriously considering it. There is a lot of pressure coming from management. Based on what I know I want, it is inevitable, but I'm just not sure when it will happen.

Journal: How do you feel about performing at the Pop Explosion?

Kayo: I am really excited to play with Badbadnotgood and having my own show. I am also looking forward to seeing some of the shows too. I am a fan first.

Journal: One artist you would want to open up for or collaborate with?

Kayo: As of right now, Kendrick Lamar, I am a big fan of the music he is making right now. All time, has to be Lauren Hill. The message and vibe in her music is exactly what I want my music to embody.



Isabelle Toney-Shay Knockwood

Aboriginal author to receive honorary degree

SUM Media Release

Isabelle Toney-Shay Knockwood A respected author, political activist, and Mi'kmaw elder, Isabelle Toney-Shay Knockwood has worked to inspire Aboriginal peoples and other Canadians in a process of renewed relationships based on mutual understanding and respect.

She is one of three inspirational leaders who will receive Honorary degrees at Saint Mary's University October 18 or 19 during Convocation ceremonies. The other recipients are global seafood entrepreneur Colin Macdonald and Senator Terry Mercer.

Born in Wolfville, Nova Scotia, Ms. Knockwood attended the Indian Residential School in Shubenacadie from 1936 to 1947. At the height of the American Civil Rights movement in the late 1960s, she moved from an Indian reserve in Canada to Boston, Massachusetts, where she began her education in earnest by joining the crowds on the Boston Commons to hear speeches given by Martin Luther King Jr.

Inspired to social activism by the words of Dr. King, and freedoms calls from the American Indian Movement and the Women's Rights Movement, Isabelle Toney-Shay Knockwood worked in Boston's urban core to secure medical care for homeless women, volunteered with the Boston Indian Council, and joined other Aboriginal educators in raising public awareness about the unique educational needs of Aboriginal children living in urban areas. Later, when living

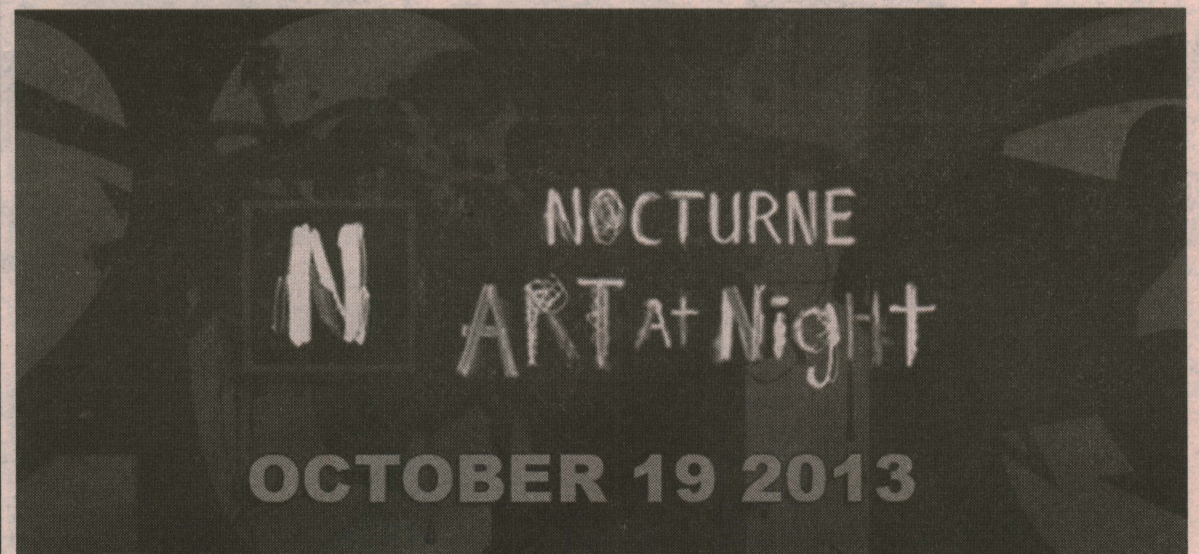
in Toronto, she counselled urban Aboriginal women and taught a course on Aboriginal culture and tradition for homeless men.

In 1978, Ms. Knockwood returned to the Indian Residential School in Shubenacadie and took photographs to help jog the memories of other residential school survivors. From their stories, and with the help of Saint Mary's University English Professor Gillian Thomas as editor, Ms. Knockwood wrote the book *Out of the Depths: The Experiences of Mi'kmaw Children at the Indian Residential School in Shubenacadie, N.S.*

Isabelle Toney-Shay Knockwood earned a Master's Degree on Social Change in Native Women Studies from Vermont's Goddard College in 1975. More than a decade later, at the age of 58, she enrolled in Saint Mary's University, majoring in Anthropology, with a minor in English. She graduated in 1992 with a Bachelor of Arts degree.

Now 82, Ms. Knockwood is completing a Master's program in Interdisciplinary Studies at the University of New Brunswick. Her thesis is focused on the impact of Canada's official apology in 2008 to students of residential schools.

Ms. Knockwood has 6 children, 16 grandchildren and 16 great grandchildren. She lives at the Indian Brook reserve, where she received the Spirit name, Maqnikwe'skw, which means Mother Earth. Ms. Knockwood was among those who spoke before a panel of the Truth and Reconciliation Commission of Canada.



Nocturne Night of Art Prepares for 2013

CONNOR DONALD
Arts & Entertainment Editor

Nocturne Festival is a fall art show that many people don't realize is happening. I remember last year when I walked by a couple of weird things last year one night in October and saw art set up at night and I wondering what it was. Then I was told of this art festival that takes place every year at night and I was intrigued. It is that time one year later and I find myself writing about the growing night art festival.

Nocturne: Art at Night is a festival that takes place every fall and brings art, intrigue and excitement to the streets of Halifax from just before sun

down at 6 pm until midnight. This year it takes place on Saturday, October 19. It is a completely free event which takes time to showcase and celebrate the visual arts scene through Halifax. The not-for-profit, volunteer-only organization sets out every year to lend voice to the Halifax arts community in the form of collaborations and exhibitions placed throughout Halifax at night.

This year Nocturne brings yet another interesting and fun event for all ages. With art all over Halifax you can turn any corner and find something to admire and ponder. Or you might turn the corner and find one of the many interactive events taking place. This includes the

Thumpers Salon creative team putting together some interesting, crazy and masterful hairstyles, crystal-mouth blowing, a bike valet service, learning the Argentine Tango, a night time walk in a forest and a chance to re-imagine money and its power. The over 90 exhibits leaves no one with an excuse for not being able to find something they like.

Nocturne grows in participation by artists, spectators and exhibits every year. It has become a date that many people circle on their calendars and this year is no different! To find out what is taking place where and when go to nocturnehalifax.ca and look at the guide! Everyone prepare for some fun in the dark at Nocturne.



HPX Interview: Poor Young Things

CONNOR DONALD
Arts & Entertainment Editor

The Poor Young Things are a pop-rock quintet, born and raised together in Thunder Bay, Ontario. The five moved together to Toronto where they began their musical careers. The group has one full length album out, 'The Heart. The Head. The End.', which they have been promoting with a large North American tour. The Poor Young Things, who have also toured with local favorites, The Trews, bring their high energy and fun show to the Halifax Pop Explosion this year performing with Hollerado at Reflections Cabaret on Thursday October 24. The group takes the stage at 10 pm and tickets for the show are \$15 in advance and \$20 at the doors. The group took some time to talk to the Journal before their appearance at HPX.

Journal: The Poor Young Things is a unique name. Where did you come up with it?

Poor Young Things: Coming up with a name was really hard. It is actually lyrics from a Peter Elkas and Joel Plaskett song. It is stated in the opening line. We looked it up and just named the band from there.

Journal: How did the five of you meet and decide to create a music group?

Poor Young Things: Four of us actually went to high school together, but we were not all good friends yet. Dave joined us later on and we came up with the idea for a band since Matt and Scott were in bands.

Journal: You earned the Sirius XM

Emerging Artist of the Year Award. How did that feel?

Poor Young Things: It was a shock! All the artists we were up against we loved. It was the furthest thing to think it would happen to us, but it was good to know that we have lots of supportive fans.

Journal: What has been the hardest part of growing into the group you are today?

Poor Young Things: The whole thing! It was all a big grind going from town to town building a fan base. We had to do lots of hard work, touring and competition to get where we are.

Journal: You've logged hundreds of shows in the last couple years. What is that like physically and mentally to constantly be travelling?

Poor Young Things: We are all night owls so it wasn't very hard physically. Going on the road and living off of crappy food and driving all the time was tough. And at the end four of us live together, so we are surprised we don't kill each other.

Journal: How would you describe The Heart. The Head. The End.?

Poor Young Things: It is pop-rock for sure, but Matt wrote all of the album so I'd have to get in his head.

Journal: What were your feelings when you broke onto the music scene getting a record deal and releasing your first record?

Poor Young Things: It was exciting to sign with a label. They helped to take care of all the hard, business stuff. That allowed us to focus on music instead of the business. We lucked out because we got to Toronto and it only

took us one year to get on with a label.

Journal: You've toured with The Trews, a local favorite. What was that like?

Poor Young Things: It was amazing! It was our first tour after the signing with the label. It was great to move from small shows to some of the greatest theaters in Canada.

Journal: Who have been your biggest influences?

Poor Young Things: Lots of local bands in Toronto that might not be big names. Lots of Canadian rock groups for sure like Zeus, Arkells, Tragically Hip and Hollerado.

Journal: When you listen to music what do you think of first or listen to first, lyrics or music?

Poor Young Things: Lyrics are a big thing and then the beat. I like a beat to tap my foot to, but bad lyrics I don't like at all. When writing the melody comes first and then lyrics.

Journal: What is your favorite song to perform?

Poor Young Things: We love to perform Electric Feel by MGMT, it has a nice beat.

Journal: What do you think of Halifax coming from Ontario and such big cities? Are you ready for HPX?

Poor Young Things: It is our first time at the Pop Explosion. We love the east coast, especially Halifax, we know lots of people and it is a cool place. We almost thought about moving there before Toronto.

J: Five words or less, what are the Poor Young Things?

PYT: Ass-kicking rock and roll group!

Halifax Pop Explosion: It's Time!

CONNOR DONALD
Arts & Entertainment Editor

The wait is over. In less than two weeks the Japandroids, Brian Poschn, Killer Mike and Action Bronson among hundreds of others set Halifax off as the 21st Pop Explosion kicks off on Wednesday October 23.

The Pop Explosion has grown from a small local festival to a North American renowned extravaganza that attracts some of the best musical talent and digital experts from across the nation. The festival set to take place from Wednesday Oct 22 to Sunday Oct 26, features a tons of musical performances of all genres at over 20 locations across Halifax. It also features a Pop Expo for those who want to add to all of their collections, be it records, zines, comics, posters and crafts. Another major event for the weekend is HPX Digital, which is an interactive event for Digital creators. It brings a focus to trends in web, mobile, gaming, design and marketing for all creative professionals.

The biggest recommendation for those planning to go to more than one show is to buy a Weekend pass. It is well worth it and your favorite bar or club might be charging extra for those nights because of the shows. For just \$75 you can get a wrist band which gets you into any show you

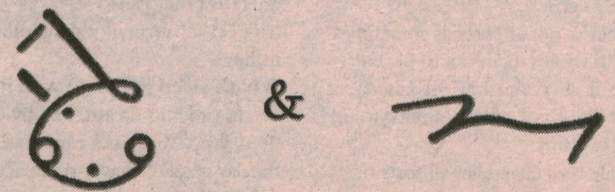
want, pending crowd capacity, and have access to other things HPX sponsors that weekend. A Priority pass and VIP pass also can be bought; however, for a much greater cost.

Another recommendation when preparing for this event is to plan ahead - many of your favorite groups maybe performing in the same night and at different venues. Make

sure you do not miss out on anyone you have been waiting to see since they announced the lineup in August. It could be a one-time show so take advantage and don't use studying or being tired as an excuse, not this weekend!

The schedule is packed with amazing talent and something for everyone. Whether you like the hardcore punk of F*cked Up, the mellow acoustics of Mo Kenney, the beats and lyricism of Killer Mike, Action Bronson or Kayo; maybe you just want to buy yourself some records or posters, or maybe you want to expand your knowledge of the growing digital field around us.

Downtown will be rocking; performers and bands will be ready to bring their all and hopefully all of you are ready to participate in one of Canada's most prestigious festivals! Buy your pass, plan ahead and be prepared for a fun, exciting and unforgettable weekend with your friends, family, new found friends or just a random stranger! Are you ready for HPX?



Obsolence & Inscription

Robert Bean
Ilan Sandler

19 October - 1 December 2013

Opening Reception
Friday, 18 October, 8pm

Artists' Talk
Saturday, 26 October, 3pm

Saint Mary's University Art Gallery
Loyola Building, First Floor
Hours: 11-5 Tuesday-Friday 12-5 Saturday-Sunday

What dreams are made of



We write songs about them, crafts myths and stories around their presence and even use them to justify our actions. Some know them as what used to plague our sleep when we were children, while others still experience them on a nightly basis. Such is the impact of dreams, a phenomenon that's a large part of our lives, yet most of us know very little about.

Alana Willerton — *The Gateway*
(University of Alberta)

Don Kuiken, a psychology professor at the University of Alberta, has been studying the science of sleep and dreams for more than three decades. But as opposed to other fields of scientific study, Kuiken says dreams are something that can't be studied in a laboratory. Instead, his research forces him to invite people to share and describe their dreams for him and his graduate students, using methods such as online procedures. Propelled by both a professional and personal curiosity after experiencing dreams about his father years after his death, Kuiken's work has brought some clarity to a field that's at times still murky at best.

The anatomy of a dream

First and foremost, what is a dream? While there are some ambiguities around the subject, dreams are by and large a multimodal event; a series of visuals, sounds, sensations and more that occur while an individual sleeps. Due to their involuntary nature, Kuiken describes them as simply "something that happens to us," leaving people with little to no control over what and when they dream.

Kuiken also describes dreams as something like a "strange story." Many times, we might be familiar with the environment or the people we're experiencing in a dream, but there's some kind of irregularity in the story that allows things to happen that wouldn't ordinarily occur.

"They're not as crazy as sometimes the media makes them out to be, but they are all always slightly off kilter representations of what's familiar to us," Kuiken explains.

While Kuiken studies all sorts of dreams, he has a particular interest in impactful dreams — the kind that are powerful enough to change your sense of self and leave you feeling like you're somehow a little different than you were the day before. As a result, one of his most significant contributions to the field has been his work in categorizing the different types of impactful dreams that are out there.

The first and most well-known is the nightmare, a dream whose oftentimes scary or horrific circumstances "won't leave you alone the next day."

Then there's the transcendent dream. Formerly known as an archetypal dream, Kuiken and his team have since reframed the title, signifying an ecstatic dream that often has an exciting ending and spiritual importance.

The third and perhaps most misunderstood category is the existential dream, which has a dominant mood of "agonizing sadness," and often follows real life experiences involving loss or trauma. While researchers in the past

have considered them to be just another type of nightmare, Kuiken's work has dug up some key differences between them.

When a person wakes up from a nightmare, they're often shaken and negatively affected. But while existential dreams are characterized by their sadness, Kuiken maintains that "the dreamer says they're extraordinarily valuable." He adds that there's a shift in self-perception following existential dreams that isn't present after waking up from a nightmare.

"(This is) a kind of dream, a very distressing one, that people have been tempted to call nightmares for so long," he says. "And yet, talk to anybody who has experienced grief and dreams during grief, and they'll tell you that some of those distressing, agonizingly sad dreams, they wouldn't let them go for a minute. They're just very valuable moments, a very valuable experience."

Kuiken is continuing to work with dreams pertaining to loss with his students, examining how impactful dreams can create a changed way of thinking and the effect they can have on subsequent waking thoughts and feelings.

What's sleep got to do with it?

In order to dream, we obviously need sleep. While our experiences during the day certainly have an impact on what and how we dream, our sleeping patterns are another factor that can affect it. Dreams can turn what might have normally been a quiet night's sleep into something much more, especially for those who experience things such as REM Behaviour Disorder, which makes people act out their dreams while they sleep, or even for those who suffer from sleep paralysis, where they're in a transition state between being awake and asleep, but can't move. Other times it's much simpler than that, such as when vivid dreams cause people to walk or talk in their sleep.

"The people who report that kind of anomaly are more likely to be people who report other kinds of sleep or dream anomalies," Kuiken says. "So some of those tend to go together. Some of those irregularities are at least seemingly grounded in the sleep architecture. It does help to know sleep architecture if you want to understand what's going on in a person's dream life."

Perhaps one of the most common

experiences is waking up in the morning with the sense that you've dreamt, but you can't remember the dream. Kuiken categorizes this as an extension of the "carry-over effect" from REM sleep, which often finds people thinking and acting differently in perceptive and cognitive tasks immediately after awaking from REM sleep.

"What I think happens sometimes is in cases where people wake up and they know they've been dreaming but they can't remember it, is that they have a sense of that carry-over. They're thinking differently, they feel different and why? Well, I know I had a dream," he explains. "So it's not that they can remember the dream, but they have that lingering sense

of having dreamt. So you get the sort of no-recall recall, if you will, complexity."

"I believe that the interpretation of dreams can be done, and it's especially important to stop being Freud's children and to understand the way in which dreams reformulate things (and) transform your understanding of things."

Understandably though, the emotional magnitude of what you experience during your waking hours also has a lot to do with what kind of shuteye you get later that night.

"We know that when you've experienced trauma, your sleep just goes to hell," Kuiken says. "Certainly our everyday lives find their way into our dreams. At the

same time, it's unmistakably the case that it's another level of intrusion, if you will, when you experience a significant trauma or loss."

Common Dreams

Have you ever found yourself standing in front of your class, only to look down and realize you were naked? Or maybe you suddenly found yourself falling or flying high above the world.

Okay, probably not in real life. But chances are good that at some point in your dream life, you've experienced one of these common dreams. According to Kuiken, this is a normal phenomenon for most people, though the general format of these typical dreams can be altered slightly — a fact he points to a conversation he once had with U of A drama professor David Barnet as proof of.

"We were talking about dreams on one occasion, and I talked about the typical dream theme of being basically in public without clothes on," Kuiken recalls. "And he says to me, 'You know, (in) the counterpart to that, actors will tell you over and over again (that) they're on stage and they forget their lines.' Lecturers, professors often talk about being in front of their colleagues at a conference and... they talk about

something they just don't know anything about. In a sense, they're naked.

"So it's a very common theme. It doesn't mean it only occurs in one way, but that sort of being caught exposed in public is a common dream theme. Do we have a good explanation for some of those commonalities? I'd say probably not."

For dreams involving falling or flying, Kuiken says some have speculated that it may be related to irregular activation of the vestibular system, the centre of balance, during REM sleep. While there are no solid answers for this yet, he adds that it's not incomprehensible to see why we may experience slightly altered versions of the same dream, though it's dependant largely on our cultural and social influences.

"Like in David Barnet's comment about the actor on stage who doesn't remember their lines, you can understand that that's why that theme is manifested in that way amongst actors. But that theme is evident elsewhere," Kuiken says.

"But again, this is often a case in this area (where) you can't simply say, 'Oh that's a personal matter.' Neither can you say that's just a cultural matter. Somehow, it's a person in a cultural context, (and to better) understand the nuance of it at least, you need to understand them both. They need to be kept together."

Dream Interpretation

The interpretation of dreams is something that's been met with both accord and dispute over the years. Kuiken, for his part, believes you can interpret meaning from dreams — it's just a matter of looking in the right places.

Many people fall under the category of what Kuiken describes as "children of Freud." That is, they think of dream interpretation in the context of taking the narrative of a dream and trying to make sense of it by relating it to events outside the dream. They attempt to find a past, real-life event that's the source of a dream rather than examining the dream itself — an approach Kuiken strongly disagrees with.

"I try to shake people up a little bit by saying you talk to people over in literary studies about doing this. If you suggested that this is how you interpret a poem, they'd slap you around and say come back when you're ready to read literature. Because Shakespeare could've been a schizophrenic, (but) what difference does it make when you're reading (King) Lear? You want to understand the drama, you need to understand the poem. We know they can carry that too far as well, but by and large you say the author's autobiography is over there, (and) if you want to know the making of the play, you read it. It's there to be found.

"There is an alternative, and the alternative is to take more seriously what dreams are doing (and) what kind of thing dreaming is," Kuiken continues. "Maybe dreams are — and this is a phrase used by a person named Bert States — he says dreams are 'involuntary poetry.' And as soon as you make that turn, what it means to interpret a dream changes because then it becomes like the poem. You've got to start paying attention to what the dream says, what the dream presents.

"It doesn't mean you never relate it to what's outside of the dream, but you may relate it to something else, like a dream that casts light on that rather than vice versa."

He adds that by examining what happened within the dream specifically, we're better able to see how the dream has shaped us once we've woken up. Oftentimes, the way we understood an emotion, feeling or event before we went to sleep is much different from how we understand it after we've dreamt, and may cause us to respond to future experiences differently.

So what does that mean for people who claim to be able to interpret your dreams for you? By and large, dream interpretation is a personal matter that you can't do without the dreamer, since only they know the way a dream would resonate with other aspects of their lives.

"The last thing you want to do is go to the drug store and buy a dream dictionary. But the next to last thing that you want to do is to go to a cocktail party and have someone... interpreting a dream. You say, 'I have a dream about...' and they say, 'Oh, don't you think it means...' I'd say be careful (about that)," Kuiken cautions.

"If you want to understand the dream, I think you need to spend time with it. And (that) means laying out what is in the dream, spelling it out more fully, giving it flesh almost literally, paying full attention to the multimodal presence of... whatever may be there. You need to spend time there in a way that the dreamer can do and that the cocktail party interpreter can't."

While it may be far from a perfect science, dream interpretation is an ever-evolving psychological tool that Kuiken faithfully stands behind. With both years of research and personal experiences with dreams to back him up, he continues to prove that interpretation is far from guess work, and that the study of dreams has empirical value when speaking to their transformative nature.

"I believe that the interpretation of dreams can be done, and it's especially important to stop being Freud's children and to understand the way in which dreams reformulate things (and) transform your understanding of things."



Shopping for a shop

ADAM FABER
Contributor

Stacy Lepage is a Santamarian and co-owner of Toxic Blossom, a clothing store influenced by Japanese street fashion. A local Haligonian with a taste for foreign flair and a major in Asian Studies, she took her passion and built it up step-by-step into a successful waterfront retail space. Starting small in Musquodoboit Harbour, and now in her fourth location at 1869 Upper Water Street, she has done her fair share of looking for retail space. She sat down with The Journal to share some of her thoughts on the hunt for the perfect premises.

Journal: You've been in some very different Downtown locations (Musquodoboit, Harbourview Market, Gottingen Street, and now the Historic Properties) How much of a difference does location make?

Lepage: Location is everything! I'd say it's even worth holding off opening a business until you find your ideal location. It can easily make or break a business. The biggest is the amount of foot traffic usually. If people aren't walking by your store they'll never know you are there. I'd say 75% of our business is from people randomly wandering into the shop

Journal: Have your customers followed you each time you moved, or is it like starting from scratch again?

Lepage: We have customers that have followed us since we started at the farmers market in Musquodoboit Harbour. I think social networking helps us a lot with that. But with each new location there are new people discovering us.

Journal: What do you look for in a good retail space?

Lepage: For us price is one of the most important factors. If it's not in our price range then it won't work.

Next would be location. If we are tucked away somewhere we'll lose most of our traffic and sales will drop. After that, size and layout are important. Too big and it will be hard to make your shop look full, too small and it will feel cluttered and cramped. Style I'd say is one of the least important because a paint job and some decorations can do wonders, but it does help! Our current location in the Historic Properties had some beautiful old exposed wooden beams and they really look great.

Journal: Is renting retail space expensive in Halifax?

Lepage: That's hard for me to say as I really have no other cities to compare it too, but I can say the current rental prices do make it difficult for small businesses to get off the ground without a loan or a good chunk of start up capital. There are ways to get around it though. Sharing space with other small businesses or opting for the second floor of a building until you save up enough to move to a better spot.

Journal: How difficult is it to change locations?

Lepage: For small businesses it can offer a lot of challenges, but if you are moving to a better place it's worth the effort. The cost is the biggest issue. You may need to rent a moving van, renovate or paint. It takes a lot of effort but it can really change the look or feel of your business when you move to a better spot.

Journal: You mentioned foot traffic as a make-or-break factor of a location, how do you judge that sort of thing? Stake the place out like an undercover cop?

Lepage: (Laughs) Pretty much! Head down to the area you are looking at a few times. Make sure it's a different day of the week and a different time of day each time. Some spots might be

slow in the morning but have a huge amount of traffic at lunch time. It also doesn't hurt to ask people who already own businesses in the area. Ask if the weekends are busier than the week days. Checking out the store hours of the other business is a good indication too. If they all close around 5pm there's a good chance it's not too busy in that area in the evening.

Journal: Do you interact with the neighbouring businesses much, or do you generally keep to yourselves?

Lepage: Every place I've had a shop we've been really close with other businesses in the area. It helps everyone out with information sharing. Especially when you are new to the area. Finding out what days are busy and what days aren't. It especially helps with security. Other businesses will know who the known shoplifters are in the area, which is an unfortunate but unavoidable part of retail.

Journal: Any advice for people looking for their first location?

Lepage: Don't rush into things. It's better to wait for a great spot than to jump into a space that won't work for you. Opening a new business is exciting, but it won't work if you don't have a great location. Going where there are similar businesses is best. If you try to open a clothing shop on a street where there are only restaurants it will hurt your business. Opening where there are other clothing shops will help you out. That being said, opening a shop next to a shop that sells the exact same stuff as you might be a bad idea. Also be willing to compromise. I know these statements contradict each other a bit, but the ability to compromise is really important. If you go into looking for a space with the perfect layout in your head, you're 99.9% of the time going to be disappointed. Keep an open mind.

Society Spotlight

KEITH RAMSAY
Student Life Contributor

This week's Society Spotlight goes to the SMUdent Gaming Society. On October 25th they are having their Mana Bar Event at the Gorsebrook Lounge for all who wish to attend, for a night of gaming fun. The Gaming society is last year's winner of Most Improved Society. They are known for having an Arcade Cabinet in the student centre and holding such events like "Keep Calm, Game On" and "Games Day" which is

also held in the Gorsebrook, followed by "Death Debates" where they debate the strongest characters from a variety of games.

This year the society is being led by Thomas Sheehan, who is returning as President and Daniel Comeau as a new addition to the executive. They have a lot of new plans for this year that will cater to all types of gamers - from board gamers to computer gamers to card gamers and more. Make sure to check them out!

Pumpkin White Hot Chocolate!

SARAH FABER
Student Life Contributor

Still craving some pumpkin-y goodness after Thanksgiving? Try this delicious recipe.

4-5 cups milk
12oz/scant 2 cups white chocolate (chips or broken-up white chocolate bars...either works)
4 tsp cocoa powder
¼ tsp vanilla
1 c canned pumpkin puree (not pumpkin pie filling)
1 tsp cinnamon
¼ tsp cardamom (1/8 tsp of allspice would also work)
1/8 tsp ginger

Over low heat, combine half of the milk with the chocolate. Stir frequently until the chocolate melts and combines with the milk. Add the spices and stir until combined. Gradually add in the rest of the milk and stir until hot. If you're feeling particularly decadent, top with whipped cream and cinnamon.



Photo via Pinterest

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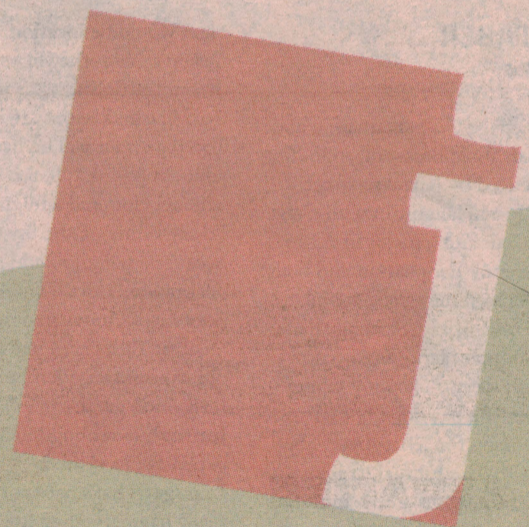
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