

# the journal

Saint Mary's University's Independent Student Newspaper

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(left to right) Gorba Bhandari, Amanda Kolwich, James Patriquin, and Paul Rukidi

## New SMUSA Executive takes office The four by-election winners introduce themselves

### Gorba Bhandari

Hello SMUdents,

I would like to take this opportunity to thank each and every one of you for the support I received in the SMUSA by-election. It is a real privilege and pleasure to be able to represent your interests at such a remarkable university for upcoming year. Time flies so fast and it just feels like yesterday when I took over the job of the President. In fact, from that time a lot has happened. I was fortunate enough to bring a very strong and innovative team together as my VPs and managers.

The president of SMUSA has the power to do a lot of things but only a short time to work with, so it is very vital that I choose the issues that we will make our priority for the year. I, along with my great team of executives, met last week to decide the goals for the year and I am very pleased with the direction we chose to take. As you may know, we are only here for a very short period of time until April, so our main focus is to leave Saint Mary's with something that will last longer than our terms in office.

With that in mind, we have decided to focus our attention towards making it easier for students to become leaders, foster school climate and relationships amongst different groups and faculty, and to encourage events that support diversity and inclusion. Each of my

executives has one of these goals in their agenda as a priority for the year and I will be working closely with them to provide resources and guidance in every aspect. On top of this, I plan to bring a new element of transparency to our organizational structure that can educate students about the services and representation that SMUSA offers.

I would like to end with a word of advice to all of my fellow SMUdents, which is to get involved and do all you can while you're here. Your university is not only an institution of learning; it is a place that can be full of fun, memories and personal development opportunities. It is your responsibility to give back to our campus community. Support the causes that inspire you, encourage the initiatives that help foster your learning, and finally, get to know your leaders. I cannot emphasize enough that SMUSA is a student run organization and your concerns give us the motivation we need to make changes. Feel free to knock on mine or any door of your SMUSA executives.

**Gorba Bhandari**  
President & CEO  
president.smusa@smu.ca  
Saint Mary's University Students' Association

### Amanda Kolwich

Hello SMUdents,

I'm Amanda Kolwich and I'm a third year marketing major. I moved to Halifax from Calgary to attend Saint Mary's because of the abundance of leadership opportunities available here. I feel that becoming involved in the university community is an important part of the learning experience that helps us grow as students.

My job is to create opportunities on and off campus for students to gain valuable leadership and volunteer experience. The Student Activities Manager position focuses on philanthropic campaigns and volunteer activities including Shinerama, Movember, Trick or Eat and Relay for Life among many others. My job requires that I work closely with the activities coordinator, spirit coordinator and the society coordinator.

While I am in office I plan to create a SMUSA events council. This council will aid SMUSA in planning events that the students would like to attend. Our goal is to increase school spirit, plan a diverse array of events and increase volunteer activity throughout the surrounding community.

If you have any ideas for events, fundraisers and community volunteer

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## Huskies fall in Loney Bowl

**WES WILCOX**  
Sports Editor

The Huskies' struggles against Mount A this year continued in the most important game of the season. The 2013 Loney Bowl saw the Mounties defeat Saint Mary's 20-17 to capture their first AUS title in 16 years. Mount A got things started in the first quarter with a 30-yard field goal, which Saint Mary's matched 2 minutes later with a 27-yard kick from Chase Kodejs. In the 2nd quarter Mountie DB Michael Bohan forced a fumble out of RB Michael Dawes that he took to the house to put the Mounties up 10-3. Again the Huskies responded

with a touchdown pass from Jack Creighton to Mohammed Abdallah to tie the game up before the half. The Huskies took the lead for the first time in the game with a 71-yard touchdown drive capped by a Creighton 1-yard run. Down 17-10 with less than 2 minutes left Mount Allison's Player of the Game Josh Blanchard returned the punt 47 yards and on the very next play caught a 34-yard pass from QB Brandon Leyh to tie the game. On the Huskies next possession Creighton was picked off by Linebacker Te Nguyen, which set up Mount A Kicker Kyle McLean to kick the game winning field goal to book their ticket into the Uteck Bowl and end Saint Mary's season.

## What to watch at CFS Annual Meeting

AGM will include debates on unpaid internships, the Canadian Senate and campus campaigning

**JANE LYTVYENKO**  
Cup Ottawa Bureau Chief

OTTAWA (CUP) — On November 21-24 over 80 schools across the country will send representatives to Ottawa, Ont. for the Canadian Federation of Students' (CFS) Annual National General Meeting. The 32nd official AGM is where policy and future campaigns are voted on by the members for the year ahead. Canadian University Press has summarized motions to watch as the AGM nears.

### Unpaid internships

Put forward by the Memorial University of Newfoundland Students' Union, this motion moves to condemn unpaid internships because of their inaccessibility to low income workers. Their motion states there are currently between 100,000 and 300,000 unpaid interns across Canada. The movers of the motion want an endorsement of their Work is Work campaign and letters written by fellow CFS member unions to

the provincial and federal governments asking to protect the rights of students participating in unpaid internships.

### Sexism at Saint Mary's

Following the video of Halifax's Saint Mary's University students singing a chant encouraging rape, a motion is being put forward to reaffirm members' commitments to the No Means No campaign. The motion pushes for members to integrate the campaign into orientation activities and write a letter condemning the chants to the Saint Mary's University Student Association, asking them to participate in No Means No.

### Canadian Senate

In light of the recent Senate scandal, a motion has been submitted to support the reform of the Senate. The motion cites the Senate costing Canadians \$92.5 million per year — funds, it says, that can

Continued on Page 4



## Movember needs you!

Check out our special feature on Pages 6-7, and find out how you can support this worthy cause. Also, find out how Saint Mary's could win a visit from Chris Hadfield!

| TUESDAY  | WEDNESDAY  | THURSDAY   |
|--|--|--|
|  <p>12th</p>  <p><b>Trivia Night</b></p>   |  <p>13th</p>  <p>9:00pm<br/>LIVE MUSIC<br/><b>OPEN MIC</b></p>  |  <p>14th</p>  <p><b>Moustache BASH</b><br/>9pm-1am</p>  <p>6 - 9pm<br/><b>Wings/Wingo</b></p> |
|  <p>19th</p>  <p><b>Trivia Night</b></p> |  <p>20th</p>  <p>9:00pm<br/>LIVE MUSIC<br/><b>OPEN MIC</b></p> |  <p>21st</p>   <p><b>MOLSON COLD PARTY</b></p>   |



**Sunday 17th November 2013**  
**11:00am - 2:00pm**  
**Homburg Centre 110 GYM**

  
**MOVEMBER.COM**  
 Registration forms and waivers -:  
 Information Desk or SMUSA Office (5th floor Student Centre)

# Movember

## Moustache Bash w/ PARTY BOOTS

Thursday 14th November @ 9pm | \$3

### Gorsebrook Lounge

Gorsebrook Lounge is open to all 19+ SMU students, staff, alumni and guests



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## the journal

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## New SMUSA Executive...

Continued from Page 1

activities, you can call me at 496-8710 or email me at activities.smusa@smu.ca. My door is always open for visitors!

**Amanda Kolwich**  
**Student Activities Manager**  
activities.smusa@smu.ca  
**Saint Mary's University Students' Association**

### James Patriquin

Hi Everyone,

My name is James Patriquin and I'll be taking over the portfolio of VP of Academic Affairs & Student Relations. I'm originally from British Columbia but I've been living in Dartmouth for the past 8 years. Previously I've worked as the Chief Returning Officer for SMUSA, and this summer I worked as the Communications Coordinator. Moving into my new position will be an exciting opportunity to expand my list of responsibilities, and I will also be bringing some of my past responsibilities with me. Right now my areas of activity at SMUSA range from academic services, student funding and grants and representing SMUSA on the Board of each of our student levies. My number one goal for the year is to be as helpful and informative as possible, so please feel free to stop by on the 5th floor of the Student Centre with any questions or concerns you might have.

I'm going into my final year at Saint Mary's this year, aiming to finish an honours degree in political science. One of my favorite things to do on campus is meet new people and take on any new and exciting challenge I can find. This zeal has led me to get involved working on campus in the marketing department and this year I even started up the Chess Society.

One of the most exciting things for me this year, aside from graduating, will be the opportunity I have to represent SMUSA to both students and university faculty. I'm really looking forward to working to create some real institutional change that will not leave campus when I do. The two biggest concerns that I plan to address are issues of school climate and how I can make SMUSA more accessible and accountable to students. I have been working a lot with university staff and I'm confident that this executive can make a lasting impact on our beloved school.

Most of all, I'm excited to be in a position where I have the ability to help my fellow students access the services and funding they need. If you're reading this and ever need help with something on campus, please don't hesitate to come and ask.

**James Patriquin**  
**Vice President Academic Affairs & Student Relations**  
vpacademic.smusa@smu.ca  
**Saint Mary's University Students' Association**

### Paul Rukidi

Hello Everyone,

My name is Paul Rukidi and as your new Vice President University Affairs, I would like to start by saying it is an honour to be serving the students of Saint Mary's University. I'm an international student from Uganda and I have been living in Halifax for about 4 years now.

I'm excited to work on our various projects at hand with a focus on dealing with university issues. Some of my responsibilities range from representing students on the university Board of Governors and various university committees as well as our external advocacy groups StudentsNS and the Canadian Alliance of Students Association (CASA).

CASA represents us on a federal level while StudentsNS represents us provincially through research and policy papers that are used to lobby the government and represent our student voices. My focus will be on issues like accessibility, student loans and affordable education, as well as maintaining a high quality post-secondary environment for our fellow students across the country.

I'm in my Fifth and final year here at Saint Mary's university, currently in the Bachelor of Commerce program combining a double major in computing and information systems with management. One of my goals for my term is setting up a collaborative process that acts as an online community in order to facilitate engagement by connecting students to different societies and university departments. I hope to improve communication, feedback channels and information sharing within our university community to get closer to the real student concerns that I can assist and work on for the student body.

In closing, I'm a very social person and I enjoy meeting new students and sharing different cultures. Saint Mary's has become a second home to me and I would like for every student to have the same appreciation and respect for the university community. Please feel free to drop by my office as I look forward to working with you.

Cheers,

**Paul Rukidi**  
**Vice President University Affairs**  
vpuniversity.smusa@smu.ca  
**Saint Mary's University Students' Association**

## Anxiety in the classroom

**CODY GROAT**

*The Sputnik (Wilfrid Laurier University)*

BRANTFORD (CUP) — The thought didn't really pop into my mind until I randomly read it one day on Twitter. Class presentations are brutal for a lot of us, having to do countless hours of work (sometimes, with a partner that does nothing to help) and planning exactly what to say. But imagine if you had a looming cloud of concern over you that no one else had to deal with, that the professor may or may not have thought to consider. I'm sure there could be a lot of looming concerns, but the one I'm specifically thinking of is an anxiety disorder. Although "anxiety disorder" is an umbrella term that can refer to a variety of specific things, in this instance I'm talking about an individual with diagnosable levels of increased anxiety, meaning "an abnormal and overwhelming sense of apprehension and fear."

I've unfortunately heard of such overwhelming cases that individuals can hardly make it through an exam with such high levels of anxiety plaguing them, which effects their marks drastically. I've heard of individuals who can't make it to a class where they don't know someone else, since there would be no anchor present, meaning someone to be there and give a sense of comfort. But even that is an individual battle. Having to suffer through it is hard, but I'm sure the battle gets insurmountably larger when you're face to face with anywhere from 20 to 250 strangers, solely waiting on the words you're about to utter. There, in the front row, the professor waits with pen and paper in hand ready to evaluate. Your body slightly shaking and sweat appearing could lead to a grin, "stage fright," but in reality, you could be trying to fight the urge to pass out. That's the thing, we live in a society that doesn't assume psychological disorders right away. Maybe they shouldn't be our first assumption, but they shouldn't be ignored either.

As I mentioned earlier, this can lead to marks taking a massive blow. But I feel that it's a hidden problem. While fighting the anxiety just to stand and utter what needs to be done, less concern is placed on saying it with the confidence that you're being marked on, your showmanship decreases drastically, even if what you're actually saying is brilliant. So, what if this leads to a decreased mark? To anyone, I'm sure it would be a confidence blow, but when matched with what you had to

overcome just to present, the hit to your confidence would be dramatically more severe.

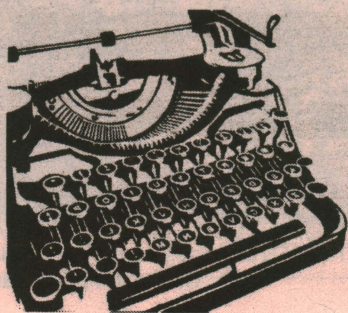
Since I am not diagnosed with any form of anxiety disorders, a lot of the results I've discussed so far are mainly just assumptions and my own attempt to put myself in someone else's shoes. But, I decided to do some research as if I did suffer from an anxiety disorder, some research to see possible things around the Wilfrid Laurier University Brantford community that may help. Luckily there were some results, but not really the ones I had expected. First, by searching very basically about "anxiety, Laurier Brantford" all I found were crisis intervention services. This, in my opinion, is rather sad. It seemed there were pointers on what to do once someone was suffering an anxiety attack, what to do when it reached its worst (and

**"...I'm sure the battle gets insurmountably larger when you're face to face with anywhere from 20 to 250 strangers, solely waiting on the words you're about to utter."**

even then, their response is giving you a number to call). I then found mental health services at Laurier Brantford, which is for sure a good thing, but I question how it would help in situations inside the classroom. Finally, something that may have benefit, the extension for the "Student Support Team" which you're to call for issues regarding "Intersection of: Mental, Health, Security and/ or Academic Concerns." It seems we do have solutions in place, albeit ones you need to dig a bit for.

That's where issues related to mental health and psychological issues can appear. What happens when the individual doesn't believe they have a problem? What happens if it's one that they think "isn't that bad," that they should just work through? Circular thinking ensues: "stage fright", grin, "maybe I should call for help", "my problem isn't a problem", low marks, "stage fright." The only concern is, what do you do? Drastically altering the classroom experience, changing examinations or banning class presentations are improbable, blanket solutions. The Anxiety Disorders Association of Canada states that 12 per cent of Canadians suffer from anxiety issues a year, an amount large enough to consider how our system could change, but not large enough for immediate radical change. Education and anxiety seems to be a conundrum.

A solution to this problem needs to be discussed, for it's a major deterrent in the universality of our education system. With some anxiety issues reaching drastic levels, what happens if an individual ceases their education at the mandatory age of 18? We no longer live in a society where education is available to all. Something needs to be done. But, the massive question is, "What?"



## 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!



## Huskies Stadium renewal

Following the fall football season, Saint Mary's will begin the process of overhauling Huskies Stadium.

After a public request for proposals process, last month the University awarded Barrie & Langille Architects Ltd. with the contract to provide design and functional programming services for the decommissioning of the existing stadium, turf replacement and preparation for ultimate redesign.

The Bedford-based firm is no stranger to Saint Mary's, having designed the newest building on campus at 960 Tower Road.

The work on the stadium, originally built in 1969, will begin with removing unsafe sections of the bleachers along with the roof structure. Landscaping work and replacement of the field turf will take place next year.

A functional programming phase

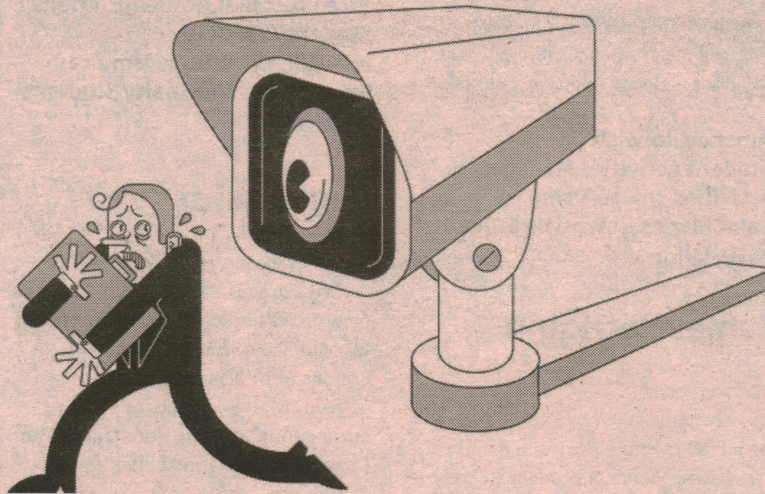
will take place to determine the University's needs for the structure going forward. The new design would be aligned with these requirements and could include a 3,500 seat stadium with field change rooms and public washrooms, a press box and concessions area, and an expansion to the track.

The needs assessment will help to determine the scope of the project and its associated costs.

The University is also interested in a design that allows seating capacity to be expanded as needed, and for the potential to add a two-storey stadium annex building for academic, commercial, and conference space.

Huskies Stadium will continue to be a focal point of our campus, and any new design will ensure that it blends appropriately into the campus fabric.

## Canada caught spying on mining companies in Brazil



**DANILO BARBA  
& KAREN NICKEL**  
*The Dialog (George Brown College)*

TORONTO (CUP) — The mining sector in Brazil is estimated to bring in over \$1.5 billion for Canadian mining companies per year according to the Canadian International Development Platform, which tracks Canadian investments by commodity and country.

This might be one good reason the Communications Security Establishment Canada (CSEC) office would keep its 'ear' on Brazil's Mining and Resources Ministry, but no one is saying that.

On Oct. 6, American journalist Glenn Greenwald reported on the Brazilian television station Globo that Canada spied on the Brazilian mining

and resource ministry under a program called Olympia. Olympia entailed the collection of metadata around calls, faxes and emails originating from or going to Brazil's mining ministry.

When questioned about spying, Prime Minister Stephen Harper was quoted by CBC saying he was "very, very concerned about the story." Pushed to answer further by a CBC reporter, he said that he couldn't comment on national security operations.

Meanwhile, John Foster, director of CSEC, claims that spying isn't illegal under Canadian law. "Due to the confidential nature of our work, I am sure you will understand I can not say much," he said during a technology conference in Ottawa.

"I can tell you that we have not targeted Canadians, at home or elsewhere in our intelligence activities abroad, or anyone in Canada. Indeed,

it is prohibited by law. Protecting the privacy of Canadians is our most important principle," he said.

A bizarre explanation came from Ray Boisvert, ex-deputy director of the Canadian Security Intelligence Services (CSIS), who told the Globe & Mail that he believed what Snowden released was a "war game" exercise, and said "I have got a funny feeling that is all Snowden has — is just that exploratory war game piece saying 'OK, what would we do, boys and girls, if we had to do this?'"

Greenwald claims this isn't a one time thing, telling reporters, "There is very substantial evidence that the spying Canada was doing for economic reasons aimed at Brazil is far from an aberration." Greenwald said he will be publishing further documents on CSEC's spying soon.

Brazilian President Dilma Rousseff, who recently damned the NSA for allegedly monitoring Brazilian online activities, announced via Twitter that Brazil will host an international summit of government, industry, civil society and academia in April 2014.

"Without the right of privacy, there is no real freedom of speech or freedom of opinion, and so there is no actual democracy," she said in a speech at the United Nations in September.

"Without respect for [a nation's] sovereignty, there is no basis for proper relations among nations. Those who want a strategic partnership cannot possibly allow recurring and illegal action to go on as if they were an ordinary practice."

## What to watch at CFS...

Continued from Page 1

be put toward post-secondary education. The motion, from the students' union at the Scarborough campus of the University of Toronto, also condemns the misuse of public funds by senators.

### Funding allocated to PSE

Carleton University's Graduate Student Union put forward a motion to lobby the federal government to create the Post-Secondary Education Act. It would be modelled after the current Canada Social Transfer system, the Act would govern PSE funds transferred from the federal government and how they are allocated by the provinces. The CST will be reviewed in 2014.

### National Executive Structure

The York Federation of Students is asking the members review the constituency breakdown for CFS representatives. Currently structured by province, the motion says there are other ways to organize member locals and asks a report be produced on the possibilities.

### Presence of CFS during voting

A motion put forward by Laurentian University's Student General Association — one of the schools with student unions looking to leave the CFS — is asking the representatives of the federation give at least a two-week notice before campaigning on a campus holding a vote regarding the CFS. The motion says members have a right

to vote without the involvement of the federation and if the CFS doesn't comply the student union holding the vote has the right to deny them campaigning rights on that campus.

### Other motions

Other motions support the creation of on-campus breastfeeding rooms, the creation of on-campus housing for part time students with disabilities and the Elsipogtog First Nation in their ongoing fight with Southwestern Energy in New Brunswick. Some motions look

to condemn petroleum transportation company Enbridge and its Line 9 oil pipeline in southern Ontario due to environmental concerns and indigenous rights and the controversial Charter of Values is heading to Quebec's National Assembly. Another motion, in light of Russia's recent laws on LGBTQ media, proposes a letter to the Canadian government calling for a boycott on the 2014 Winter Olympics and a second to the International Olympic Committee to "rescind" the Olympics in Sochi, Russia.



The CFS organizes events like the National Day of Action, seen here in 2012 in Ottawa. (Photo by Jane Lytvynenko/Canadian University Press)



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## Men's Soccer

**WES WILCOX**  
Sports Editor

The Men's Soccer team suffered a 2-0 loss to Montreal at the CIS Championships this past weekend. The Carabins ended the Huskies season after the team had suffered a 3-0 loss to York the day before. Saint Mary's All-Canadian Goalkeeper Adam Miller had to sit out the game with a groin injury, and the Huskies had a difficult time generating offense during the tournament. 5th Year Defender and Saint Mary's captain Shawn Kodejs was named player of the game in his final match of his university career.

Midfielder Ishraq Hassan battles with a Dal defender in AUS semifinal action  
Photo: Wes Wilcox



## Basketball Preview

**MARK MOFFAT**  
Sports Contributor

The Atlantic University basketball season is upon us, and the male Huskies are looking to bounce back from a rough 6-14 season last year where they lost in the semi-finals to Acadia. The Huskies have certainly indicated they have the talent to make some noise this year, with a solid 5-3 record in exhibition games, including almost knocking off the Canadian

perennial powerhouse Carleton Ravens. They were also ranked eighth in the latest CIS top 10 rankings. Expect forwards Riley Halpin, Harry Ezenibe, and guards Brian Rouse, Kadeem Scott and Jeremy McAvoy to lead the way for the Huskies this season. Halpin was fourth on the team in scoring last year with 12.6 points per game and third on the team in rebounding, with 5.6 per game. Halpin is also one of three fifth year players on this year's Huskies roster. Ezenibe lead the AUS in rebounding last year with 11.4 per

game. He was also fifth on the Huskies in scoring last year with 11.9 points per game.

The Huskies have a tough test ahead of them if they want to make a run towards the AUS Championship. Their biggest competition will most likely come from Cape Breton and Acadia. These two teams had 19-1, and 15-5 records respectively, and met in the AUS Finals. Saint Mary's first home game of the season on November 13th against the Saint Francis Xavier X-Men.

## I Don't Need A Guide, Thanks

A response to *A Woman's Way To Get Through Hockey*

**AUTUMN MCDOWELL**  
The Carillon (University of Regina)

REGINA (CUP) — I chose to write my column this week in response to an article, which appeared on the Canadian University Press newswire (originally printed in the Ryersonian), which claims to be "A woman's guide to surviving hockey season."

I believe that this article is very demeaning to female hockey fans and portrays women as mindless humans which are set to cater to their partners needs — albeit heterosexual partners.

While I understand that this is just one person's opinion, and that there is mention that some women may be as intense, or rather "as crazy," about hockey as their counterparts, it still makes my blood boil.

This article states that the writer has come up with tips and tricks "if you're part of this sisterhood of women attached to men" who like hockey. Immediately, this article is heteronormative and assumes that women are not only mindless beings "attached" to people — as if women are unable to get away and think for themselves — but they are only going to be with men. Homosexuality is not an option, apparently because either

no women are homosexual, or no women like hockey.

After revealing its heteronormativity, this article then proceeds with saying that if a woman actually decides to go to "take their support for their partners team to a next level and actually go to a game. Power to you."

According to this, women are not only abnormal for liking hockey, they also deserve kudos for taking an interest in what their partner enjoys — because no relationship is about compromise.

It is people like this who make my life extremely hard. Since this article was written by a female, and was then selected by another female to receive national coverage, I would expect them to be supportive of women who like hockey, and saying "more power to them," rather than giving more power to those who graciously go to the game, not because they want to, but because they are attached to their male partner. If I can't even count on my fellow females to support me, then I am not quite sure who I can count on.

I believe that articles should be written in support of women who are trying to make their own place in a gentlemen's club, and showcase female

talent on the court, field or ice rather than promoting a guide designed especially for women. Since, judging by this article, women are too dumb to know about the playoffs and too stubborn to enjoy the greasiest food at the game.

After all, at the sight of a delicious poutine, women shouldn't "cave in unless you are looking to stock up on empty calories while your partner guzzles beer." Women also inherently do not enjoy tipping back a tall one at the game apparently and shouldn't take in unnecessary calories that may ruin their physique. Speak for yourself.

Instead of supporting female hockey fans who try find their own place in this male-dominated society and work hard to fit in amongst the crowd at the rink, this article gives people more of a reason to not trust a female's opinion and not be taken seriously. After all, women need to have a guide written in order to be able to survive a sport.

Although this guide is demeaning to any woman who dreams of having a career in sports journalism, or who simply enjoys hockey for that matter, it is now getting national recognition on the Canadian University Press website and is considered a top example of student sports journalism because of this.

## Women's Rugby Wrap-Up

**BRITTANY PETERS**  
Sports Contributor

The Saint Mary's Women's Rugby Team suffered a 55-15 semifinals loss to powerhouse St.FX in last month's AUS Championships. Second-year Fullback Ana McBride received player of the game with 2 try's in the loss and Jorie Rose added another for the Huskies. Under head coach Megan Kinsman the team has finished a

respectable 4-4 the past two seasons but is still looking for ways to compete with the likes of Acadia and St.FX. What could make things tough for next year is that the team has 10 players that are expected to graduate including Kaitlyn Sobey, Jorie Rose, Rebecca Jobe, Renee Champagne and CIS all-star Jean Baker. The team will look to develop new talent and find new leadership during the offseason in order to improve on their 4-4 record for next year.

## Men's Hockey

**MARK MOFFAT**  
Sports Contributor

The Saint Mary's Huskies men's hockey team's bad start to their season continuing on November 7th with a 4-3 loss to the Acadia Axemen. The loss dropped Saint Mary's to 2-5 on their season thus far. The Huskies

goal scoring was provided by Parker Deighan, Steven Beyers, and Jeff Marchand. Saint Mary's goaltender Curtis Black stopped top 23 shots in the losing effort. Mike Cozzola, Scott Trask, Brett Thompson, and Michael Clarke had the Acadia goals and Evan Mosher made 25 saves in net.

### SAINT MARY'S UNIVERSITY ATHLETIC STANDINGS

| GAMES                 | WINS | LOSSES | TIES | POINTS | RANKING |
|-----------------------|------|--------|------|--------|---------|
| <b>MEN'S FOOTBALL</b> |      |        |      |        |         |
| 8                     | 5    | 3      | 0    | 10     | 1       |
| <b>WOMEN'S RUGBY</b>  |      |        |      |        |         |
| 8                     | 4    | 4      | 0    | 14     | 3       |
| <b>MEN'S SOCCER</b>   |      |        |      |        |         |
| 13                    | 6    | 3      | 4    | 22     | 2       |
| <b>WOMEN'S SOCCER</b> |      |        |      |        |         |
| 13                    | 1    | 10     | 2    | 5      | 10      |



Forward Haylee Tretiak sets up for the faceoff in last weeks win over UdeM  
Photo: Samantha Burns

## Women's Hockey

**WES WILCOX**  
Sports Editor

The Women's Hockey Team is off to a fantastic start to the season as they currently sit in 1st place with a 6-1 record. Last Friday the team won their 4th game in a row by defeating the UdeM Aigles Bleues 2-1. 3rd Year Forward Jenelle Rogers got the game winner with a shorthanded goal in the final few minutes to lead the

Huskies to victory. Goalie Sienna Cooke made 20 saves to get her 5th win of the season and currently sits with a 1.85 GAA and .914 SV%. 1st Year Forward Breanna Lancelve sits second in the league with 12 points through her first 7 games while Captain Rebecca Mosher and Taylor Williamson lead all defensemen with 5 points each. The Huskies host St. Thomas in their next home game on Nov. 17th at 2:00pm.

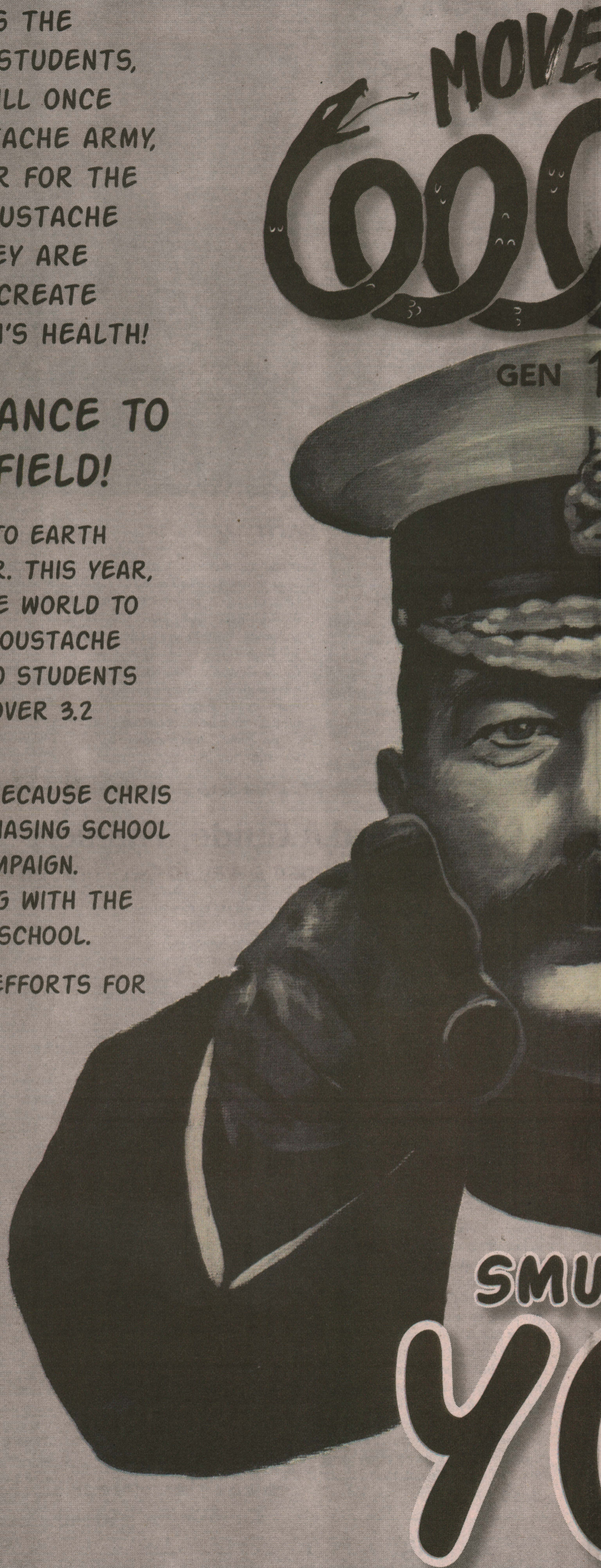
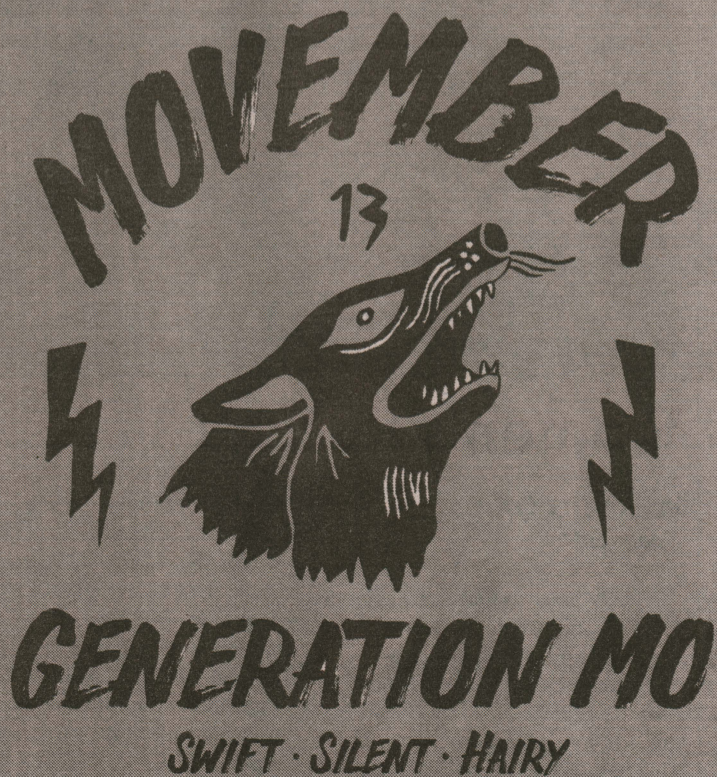
IN 2012 OVER 35,000 STUDENTS FROM ACROSS THE COUNTRY RAISED OVER \$3.2 MILLION. IN 2013 STUDENTS, STAFF AND FACULTY FROM ACROSS CANADA WILL ONCE AGAIN BAND TOGETHER AS A CANADIAN MOUSTACHE ARMY, ALL THE WHILE COMPETING WITH ONE ANOTHER FOR THE TITLE OF TOP CAMPUS, TOP TEAM AND BIG MOUSTACHE ON CAMPUS (BMOC MOMO). HAIR BY HAIR, THEY ARE USING THE POWER OF THE MO / MO LOVE TO CREATE CONVERSATION AND CHANGE THE FACE OF MEN'S HEALTH!

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SPACE MO CHRIS HADFIELD HAS RETURNED SAFELY TO EARTH AND IS READY TO MAKE SOME NOISE FOR MOVEMBER. THIS YEAR, CHRIS IS CHALLENGING STUDENTS FROM AROUND THE WORLD TO REGISTER AT [MOVEMBER.COM](http://MOVEMBER.COM) THEN JOIN THE BIG MOUSTACHE ON CAMPUS (BMOC) NETWORK! IN 2012, OVER 35,000 STUDENTS PARTICIPATED IN THE BMOC NETWORK AND RAISED OVER 3.2 MILLION FOR MEN'S HEALTH INITIATIVES.

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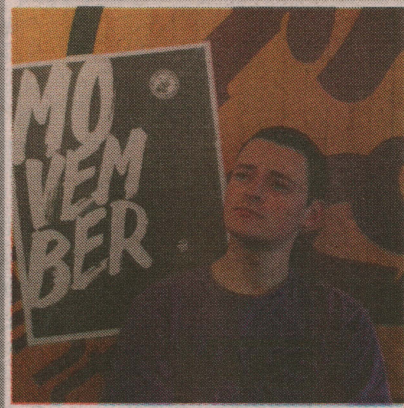
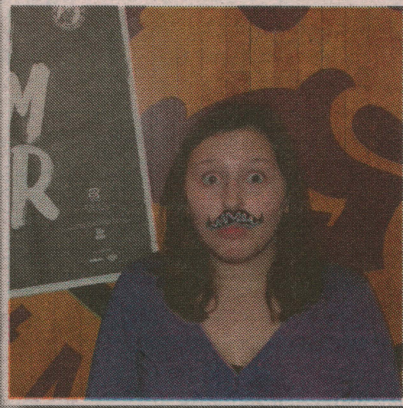
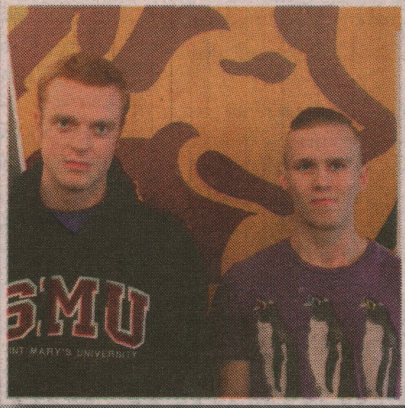
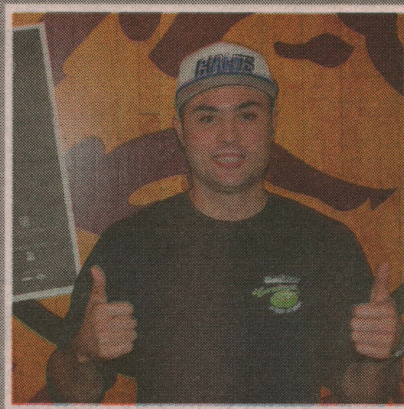
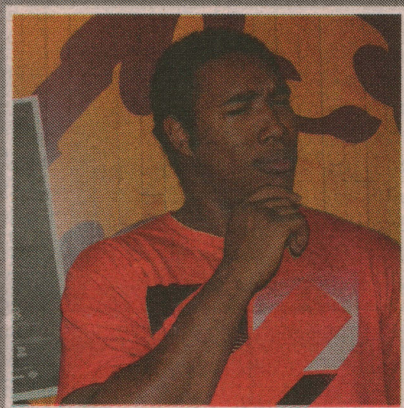
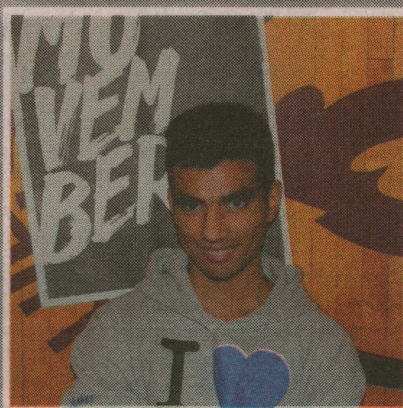
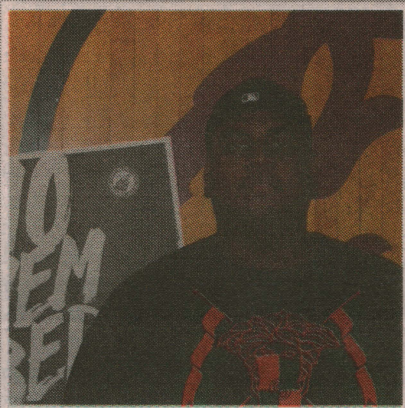
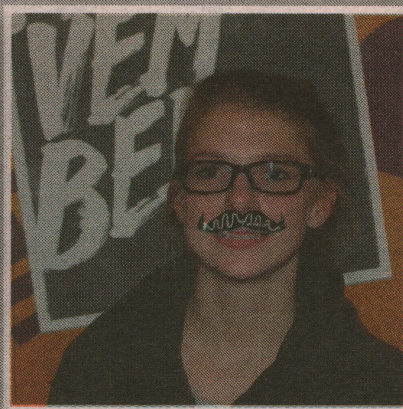
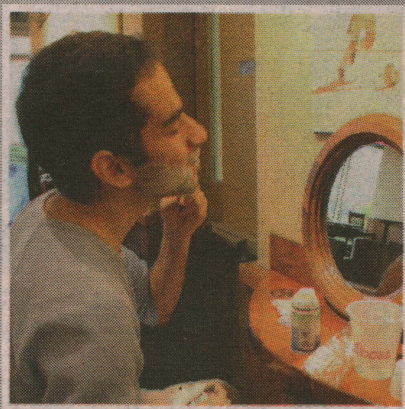


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## The Carleton: an intimate place for friends, music and food

**CONNOR DONALD**  
Arts & Entertainment Editor

There are not many spots in Halifax you can go to see a small, intimate concert of about a hundred people and enjoy great food from the grill, well even taking in a piece of Halifax history. You can get all three at The Carleton, one of the smallest, but best music venues in Atlantic Canada with a nice small bar and food fresh off the grill.

The Carleton is named because of its location in the oldest residential building in Halifax which has been known as, "The Carleton Hotel" or "The Carleton House" for the past couple centuries. The building was first built in 1795 and was the home of the first governor of Nova Scotia who is sometimes known as the, "founder of Nova Scotia." It was the first stone house around the city and the original walls remain today and has confined The Carleton Bar and Grill since May of 2008.

With all the history, what else can you ask for? It is basically a historic site as is, but it is also a Bar and Grill where there is always music playing and waiters, waitresses and bartenders are happy to serve you and chat with you. It has played host to the likes of Matt Mays. Pop Explosion shows and East Coast Music Award shows, a large number of these shows being acoustic and intimate with the smaller crowd and quieter show. The Carletons, the house band, perform louder and more rock shows every Saturday night. They have proudly won Music Nova Scotia Venue of the Year every year since they have opened. They have also won the East Coast Music Award for Venue of the Year in 2012 and 2013. What better

spot to see a show then the best music venue on the East Coast of Canada!

The Carleton also has one of the nicest and cleanest bars in all of Halifax. They say a good bar has history and a great selection of drinks. Well The Carleton offers a wide variety of drinks from beer and wine to spirits and cocktails. Their list of drinks is endless. So if you're looking for a bar where you are more than a person being served a drink, The Carleton has friendly staff that knows how to make some great drinks that you can try.

The Carleton is also known for some great food. Although it may not be a five star restaurant it is still a great place to have lunch; dinner, appetizers with drinks or a late night snack while you enjoy a show. They aim for both comfort and value in their food and are a nice break from the hustle and bustle of the crowded, busy restaurants. It has your typical starters whether you love calamari or bruschettas or artichoke dip. You can choose from a small, but very tasty selection of soups and salads or go with the bar food. The list of food on the menu is endless: hamburgers, wraps, steak, chicken and seafood of all sorts. The Carleton is bound to give you a nice quiet spot to eat, chat and everyone is guaranteed to find something they enjoy on the menu.

The award winning music venue is never too loud or crowded. A friendly and inviting staff add to the great experience you will have when you step foot in The Carleton. It may be downtown, but it is certainly no Dome or Cheers. It is fun for everyone and they certainly like up to their standards of comfort and value. You get it all in one historic and fun building, The Carleton.

## The Motorleague ready to roll into Halifax

**CONNOR DONALD**  
Arts & Entertainment Editor

Hailing from Moncton, New Brunswick this quintet of punk – influenced hard rockers have worked almost non-stop to make a name for themselves in recent years with extensive tours in the United States and all across Canada. The group of friends formed their group prior to their 2009 LP, Black Noise, which was a mixture of hard rock songs introducing people to The Motorleague. Despite going through a number of line-up changes, The Motorleague released their second full-length album in 2013, Acknowledge, Acknowledge, which was a new beginning for the newly cemented group and a strong build on their previous album. The Motorleague wrap up their current tour with four East Coast concerts including a stop at The Seahorse in Halifax on November 29. Lead vocalist, guitarist and primary songwriter Don Levandier took some time to speak with The Journal about

their formation, East Coast Music Awards and his best Christmas gift. The Journal: How did you four meet and form The Motorleague?

Don: We were all from New Brunswick and friends and we wanted to play music and travel. Of course, we are not the group we were when we started because the amount of travelling has impacted us all.

The Journal: What was it like growing into the group you are coming out of such a small city and small music scene?

Don: It is a tightly knit and small community and we knew no matter what we would end up in a group with friends. Every scene has its ups and downs and we had to make comparisons to what was going on with the scene at the time.

The Journal: You've performed aside some famous, renowned groups like Rise Against, Alexisonfire and Flogging Molly. What is it like performing with such groups?

Don: It is definitely not what most

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## Review: The Stanfields go acoustic with For King and Country

**CONNOR DONALD**  
Arts & Entertainment Editor

Upon first hearing of an acoustic album by the hard driving folk rockers from Halifax I was a bit skeptical. The Stanfields had originally grabbed my attention as a group for their unique sound. The raspy vocals of Jon Landry and the unique blend of folk instruments as hard rock instruments made me a fan instantly. Vanguard of the Young and Reckless and Death and Taxes were two great albums full of fun story telling that could get any normal person dancing. Then enters For King and Country their acoustic record recorded in a cottage in the mountains.

The first track tells the tale of a young gentleman, driven by ambition and fantasy. The story is painted with a mandolin and bouzouki and the same old voice we all grew to love from The Stanfields. "The Bloody Dotted Line" is a song that could easily be played out as a classic song on one of their previous albums, but they tone it down and still make it an awesome song. This builds into "Whistle and a Grin" a celtic folk song with a solid guitar which plays into strong lead vocals and a mix of soft percussion which caps off a very nice tale.

"Mariners Grave" presents great harmony and instrumentals which shake a person to their core. The powerful song slip from cheerful to despair, but manages to bring us back to a good mood as the listener realizes

acceptance of ones destiny and the final resting place is reached. "Hard Miles" introduces some light electric guitar, which brings back glimmers of the first two albums, but it also incorporates some country tunes with a constant bass and mix of tambourine, soft vocals and a mix of strings through making for a nicely layered song, expressing the incredible talent of these men.

"For Empire and Flag" is a break from Jon as we witness the instrumental talent within the group for four minutes. It is a wonderful four minutes with many different shifts in sound and a much layered composition that would impress any listener. "Vermillion River", is a softer song about travel and the longing for home. As the song goes on the listener realizes that the person needs to find something to show in order to live up to the expectations of their family and love. Despite it being a sorrowful song it is a tune many can relate to and the harmonica makes you almost feel your heart wrench at the story.

"A Free Country" is a soft melody, which on The Stanfields website Jon Landry writes a moving article dedicating this song to the struggling efforts of those in Elsipogtog and Rexton. It is an amazing ballad and love song, not for a person, but for the freedoms of free speech, community and the right to do what one will no matter what, basically commemorating the amazing, democratically run country which we live in. We then transition to

a ballad, almost turned lullaby in the tragic, "Son of a Landless Man." This tear-inducing song tells the tales of a man who wastes money, living off the benefits of the state and almost never seeing his children and wife.

"Up the Mountain" raises spirits with a fun hiking harmony. It sings of the wonders of hiking the mountains and escaping the city life in order to find rest, reflection and an escape from the misery of day to day life. The album then wraps up with the song "Battle of Nowhere", it is the tale of a battle-beaten man. The hammering strum and throaty vocals call out the dangers found in Nationalism, battling through the notions of progress to a false end before shifting over to echo of a distant church organ to symbolize the killing and crusades.

The Stanfields surprised me. They did not lose any of the attitude or story telling which can be found on the first two albums. They just turned down the dial and added some different emotions from the other albums. Their story telling is impeccable and you almost feel as though you are there witnessing the story. You are able to feel the emotion flowing from their vocals and instruments. Although I miss the hard rock The Stanfields first caught me with this a strong album and worth a listen for any fans of folk music and great tales. Also, The Stanfields and The Town Heroes will play The Marquee Club on New Year's Eve, which would definitely be worth checking out.

## Raylene Rankin to be honoured posthumously with Order of Nova Scotia

**CONNOR DONALD**  
Arts & Entertainment Editor

Raylene Rankin's legacy continues to live on as Premier Stephen McNeil announced this past week the five recipients of the Order of Nova Scotia. One of the recipients being famous Cape Breton folk singer and Rankin Family member Raylene, who tragically passed away in 2012 after an eleven year battle

with cancer.

Raylene was born in Inverness, Cape Breton and was a much decorated singer, songwriter, lawyer, mother, family member and friend to many. She attended St. Francis Xavier University before attending Dalhousie Law School and graduating in 1987. She would be admitted to the bar in 1988.

Her education is but a minor piece of the puzzle in her astounding life. Raylene had a strong passion for music

which blossomed from a young age. She happily shared this talent at community events and church services. In 1989 she pursued her passion and love for music with four of her siblings who established, The Rankin Family. In 1997, Raylene and her sisters released a beautiful Christmas album which led the three to tour and celebrate around the Christmas season with music and stories. She also released

Continued on Page 9



## The Motorleague...

Continued from Page 8

people think. You nine out of ten times don't even meet or interact with the group you open for. You play for their fans and hope to win some people over, so you don't really leave much of a footprint. It is cool to have your name said by the group though, pretty surreal.

**The Journal:** You have won two ECMA's and one NBMA. What did that feel like?

**Don:** It is a lot of perceptions, when you start you don't make music with the goal of winning an award. It's mostly showing your parents that you are doing something. It is neat and when it happens you are like, "Oh cool", but then you wake up the next day and you are still doing the same thing.

**The Journal:** Punk-influenced hard rock, stoner rock are just a couple of the genres your group has been described as incorporating. Who have been your greatest influences in this wide range of music?

**Don:** We are all influenced by different people. For me I am heavily influenced by Fu Man Chu and a local group called The Monoxides because they have strong one string riffs. As a group we are influenced by Billy Talent, Alexisonfire, Queens of the Stone Age and a wide range of other groups.

**The Journal:** A group you dream of opening for?

**Don:** We have got to open for a lot of groups that we like. We would definitely love to open for Danko Jones!

**The Journal:** Describe your two full length albums. What has changed between the two albums?

**Don:** Black Noise was made in one week. It was rushed and we were inexperienced and there was very little difference between the songs. We enjoyed the album a lot though. Acknowledge, Acknowledge took more time and had a lot more production. Their was more thought and strategy put into it lyrically and musically. It had a lot more moving pieces than Black Noise.

**The Journal:** What do you like to portray in your music and lyrics?

**Don:** Despite how hard we try to keep it out of our lyrics we talk about the frustrations of being in a band and the angst towards the music industry. Acknowledge, Acknowledge was more about the internet explosion and the ignorance which has come with it. We focus on all the people who are being garbage on the internet. We also look into the legacy we want to leave behind on our Facebook page.

**The Journal:** Best Christmas gift?

**Don:** I would have to say Final Fantasy III for the super Nintendo. The rest of us would probably agree that super Nintendo games are the best gift we

ever got for Christmas. As a group we wish for a bigger van since we have been travelling across most parts of North America in the same small, cramped mini van for years.

**The Journal:** What is your fan base like outside of Canada?

**Don:** We have only done a handful of shows in the United States, but when we go we are trying to make friends and we are always at the mercy of the band we are opening for or playing with. Performing out west is going really well. Lots of Maritimers have moved to Alberta so we love to go there and see old friends. But with every stop we are aiming to meet new friends and fans.

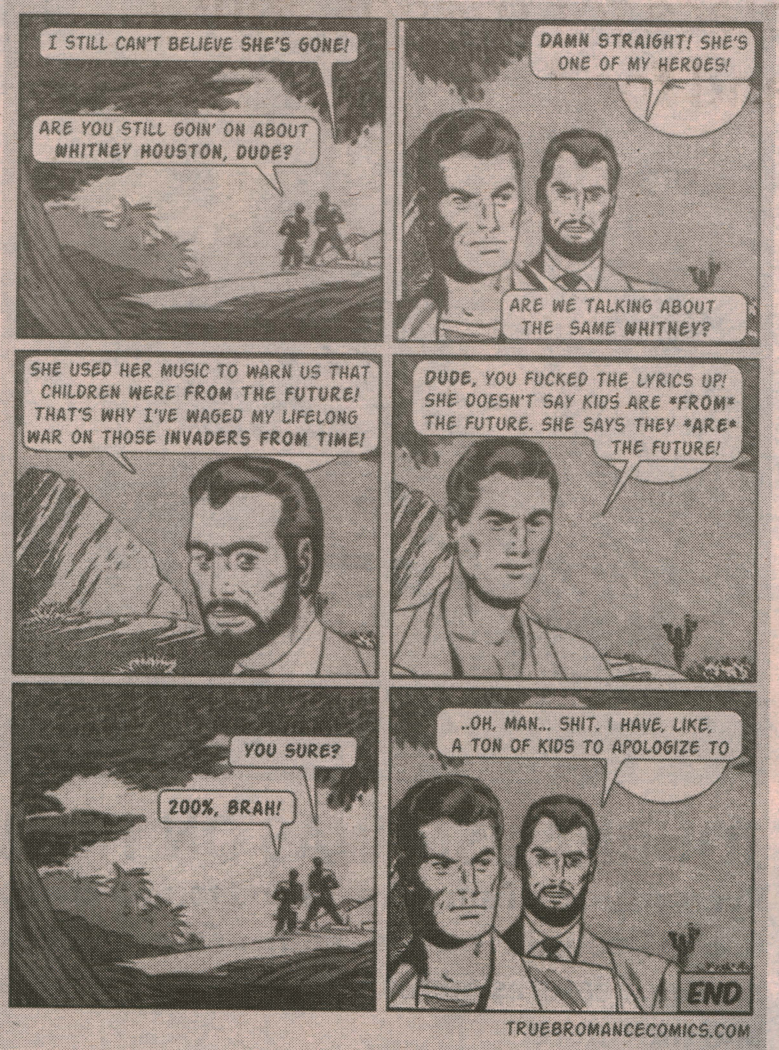
**The Journal:** Moncton vs. Halifax?

**Don:** There is a good poutine war going on in Halifax and we are always looking for the best poutine, you don't find that in Moncton. Halifax won us over on a couple key things, one of the big ones being food. Moncton will always be home and it's cool, but if this were a prison fight we'd have to pick Halifax over Moncton.

**The Journal:** Winter or summer?

**Don:** Summer is a great time to be on the road. Winter makes for crap driving and I get kind of shaky behind the wheel in bad weather. I have to go with summer only because winter is crappy for driving.

## TRUE BROMANCE



## Raylene Rankin...

Continued from Page 8

a couple solo albums and collaborated with a number of Maritime musicians. She was a proud ambassador of Nova Scotia and the Gaelic language and culture found within the region.

The Rankin Family would go on to be a massive success selling more than two millions records and receiving a

number of awards including six Juno Awards and in recent years won the ECMA Lifetime Achievement Award for their long standing success and dedication to the East Coast music industry.

The Order of Nova Scotia is the most prestigious honor that can be bestowed upon an individual by the province. It commemorates great

achievement, dedication and honor in your field of work and towards the province. Raylene is very deserving of this honor, meeting all the requirements and going above and beyond for family, friends, fans and the province of Nova Scotia.

The five recipients will be recognized at a ceremony on Nov. 27 at the Government House in Halifax.

## SMUdoku!

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### Did You Know That?

Saint Mary's University purchased the first computer in Atlantic Canada in 1959.

### 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](mailto:editor.thejournal@smu.ca).



## JOURNALISM WAS ON TRIAL. IT WON.

Ryerson journalism alumnus and former Eyeopener editor-in-chief Robyn Doolittle is at the centre of one of the largest stories in Toronto's history. Features editor Sean Wetselaar got the details of her life, Ford and the future.

### SEAN WETSELAAR

The Eyeopener (Ryerson University)

TORONTO (CUP) — Over a decade ago, in rural Forest, Ont., Robyn Doolittle walked into her Grade 11 English class ready to pick a fight. She was wearing a winter hat — contrary to her school's dress code — because she'd been told that women were allowed to wear hats indoors. Her teacher asked her to remove her hat, and jokingly told her that women could only wear them inside if they had matching gloves.

Doolittle showed up the next day, gloves in hand.

When her teacher once again asked her to take off her hat, she held up her gloves. "He was like, 'Why are you doing that?' And I didn't really

have a good answer," Doolittle says. "I like to poke things, I guess."

It's been more than 10 years since the glove incident and Robyn Doolittle, now a reporter for the Toronto Star, is still poking things.

They've just gotten a little bit bigger.

Instead of her high school teachers, her sights are now on the leader of the largest city in the country.

Doolittle's coverage of Toronto Mayor Rob Ford began in earnest when the Star moved her from the crime beat to cover city hall in January 2010, just before the mayoral elections. She was initially hesitant about the move, which she thought would be "the most boring transfer ever" and wondered if she was being punished despite her editor's assurance that it would be an exciting

experience.

"And this is exactly the kind of stuff you tell someone when you're handing them a story about a food drive or, you know, a pet fashion show," she said.

The first 10 months of her new position was focused on the mayoral election, which Doolittle says became fascinating after Ford entered the race.

"He had so many blunders on his record that would have disqualified so many other politicians from continuing

**"...Doolittle found herself falling in love with journalism, a career she'd never envisioned for herself. She'd grown up questioning rules and authority and finally she'd found a career that would not just let her do it, but encouraged it."**

to pursue higher office," she says. "And he's not only running, he's winning."

After Ford was elected in October 2010, Doolittle and the Star continued to press for stories about the strangely popular mayor who refused to be interviewed by the paper that

he would later call out for having a "vendetta" against him. A number of gaffs, including public drunkenness and domestic disputes, would lead Doolittle to pen a story in December 2011 about a series of 911 calls made from the Ford home. By March 17, 2012, St. Patrick's Day, she started to receive tips about an incident involving the mayor that had taken place at The Esplanade's Bier Markt, a popular downtown bar.

Doolittle's file on Ford grew bigger and bigger. A year later, in March 2013, Ford was asked to leave the Garrison Ball, a military ball featuring a number of prominent local figures, and Doolittle ran a story breaking down the mayor's alleged substance abuse. "And then about a week later someone phoned and said, 'I have a video that you should see,'" Doolittle said.

Doolittle and the Star's investigations editor Kevin Donovan's story about a video being shopped around the city of the mayor appearing to smoke crack cocaine while making homophobic and racial slurs divided the city and spawned truckloads of outrage.

Despite the firestorm of criticism that followed the story, Ford continued to deny the video's existence, noting, "I cannot comment on a video that I have never seen or does not exist." It was one of the largest stories in Toronto's recent history, and Doolittle was right in the middle of it.

Journalism was a backup plan for Doolittle, who had never considered a career in reporting.

Instead her aspirations were on the stage. When the time came to consider prospective universities, she chose Ryerson for its theatre program but she decided to also look at journalism. Just in case.

In order to fulfill portfolio requirements, Doolittle had to get published examples of work. She turned to her local paper, and eventually to the Sarnia Observer, where she asked for a meeting with the editor-in-chief and got it — along with a column in the newly minted teen page.

"I wrote a lot of stupid things," Doolittle says. "I think there was something like a take down of Britney Spears, which is kind of ridiculous because I love Britney Spears. I was just trying to be contrarian."

Somehow, though, Doolittle found herself falling in love with journalism, a career she'd never envisioned for herself. She'd grown up questioning rules and authority and finally she'd found a career that would not just let her do it, but encouraged it. When she finally applied to schools, she didn't apply to Ryerson's theatre program —

just journalism. She would go on to work at The Eyeopener for three years, including a year as editor-in-chief, and take a series of internships at the Star, which eventually led to a full-time job.

"Suddenly it was like it all clicked. This is what I want to do," she says. "All the characteristics of wanting to poke things and wanting to challenge things."

Thursday, Oct. 31, a throng of reporters were clustered in the Toronto Star newsroom, crowded around a television monitor tuned to CP24. Police chief Bill Blair had just announced that Toronto police were in possession of a video that matched the Star's description Thursday.

The video was reconstructed from a hard drive seized in connection with Project Traveller, a massive string of police raids in drug-related crimes in June. Alexander "Sandro" Lisi, a friend of Ford's and occasional driver, was also charged with extortion for allegedly attempting to recover the video. Lisi had been previously arrested on alleged drug dealing.

"I think that Blair coming forward and saying he has the video was a victory for journalism," Doolittle says. "The Fords, to defend themselves, have put reporters on trial, put journalists on trial ... and so now that it's been proven that we're not making this stuff up, I hope that people will take a step back and consider how important this kind of reporting is."

Sunday, Nov. 3, Rob and Doug Ford settle into their chairs in the Newstalk 1010 studio at the set of their regular radio show The City. The mayor was expected to make an announcement following the announcement by Blair. He wastes no time.

"I'm the first one to admit I'm not perfect," he says, following a brief opening in which he calls for the release of the video — though the police have said the evidence is before the courts. "I have made mistakes. I have made mistakes and all I can do right now is apologize for the mistakes. I sincerely, sincerely apologize."

Huddled outside the studio, in the throng of reporters waiting to speak to the Fords after the show, Doolittle continues to doggedly follow the story she helped to break. She, like many other reporters in the city, hopes to get a response out of the Ford brothers after they exit the studio. But despite promises to arrange meetings with the media if asked, the Fords buzz past the media, making no further statements.

It's an iconic moment for the Ford scandal, though. For the first time since the story broke, Ford did not outright deny substance abuse, instead apologizing frequently throughout the show for his "mistakes." Doolittle says she does not feel vindicated, but it's hard to miss a hint of pride in her voice.

"Kevin and I have always known we were right all along," she says. "So it's not so much vindication. But it was obviously a really good day when we learned that the people in Toronto might get a chance to see this video."

Though Ford's approval rating actually went up five points after

Blair's announcement, Doolittle says her sources on the mayor's team have confided in the past that it would be very difficult to re-elect the mayor if the video does become public.

"I think certainly his chances at re-election, it would stand to reason, [are lower]," Doolittle says. "Certainly there is a vulnerability now."

Around noon Nov. 5, Rob Ford finds himself facing a now all-to-familiar spectacle — a scrum of frantic reporters outside his office. He looks and sounds troubled, more than usual.

Then, he asks reporters to ask him the question they'd first asked him in May.

**"I guess it would be accurate to say I've received hundreds and hundreds of letters of hate mail."**

"Yes, I have smoked crack cocaine," Ford says. He stresses that he is not an addict, but, "Have I tried it? Probably in one of my drunken stupours, probably about a year ago ... Yes, I've made mistakes. All I can do now is apologize and

move on."

There's a frenzy of questions, of flashes, but Ford doesn't have much else to say. Soon, he retreats back into his office, amid shouts from the shellshocked media.

It hasn't been an easy road to get to this point for Doolittle. Following enormous backlash from the crack scandal, she was placed under immense pressure by swarms of supporters from Ford Nation.

"I think it's safe to say that over the last six months, it's been challenging for sure," she says. "And I'm not complaining because a big part of it comes with the job. I guess it would be accurate to say I've received hundreds and hundreds of letters of hate mail."

One such letter, artfully crafted on a small note adorned with a red cardinal in carefully-printed cursive has, in an ironic twist of fate, been framed by Doolittle. She thought it was beautiful despite its message, which included the words, "How do you sleep at night?" The criticism Doolittle takes the most to heart, she says, are attacks based on her gender and appearance.

A column in the Huffington Post by Mark Hasiuk published shortly after the crack story broke made careful note of Doolittle's "alabaster skin" and, she says, it strived to discredit her based on her appearance rather than her work. It also made no mention of Donovan's role in the story.

"The one thing that really bothers me [are these attacks]," Doolittle says. "And that is when it gets very challenging to; that's when it's difficult to not get angry ... It's not like it's hurting my feelings. I just, I get angry. I get angry that that opinion is so prevalent."

Doolittle has spent four-and-a-half years at city hall, and though she plans to stay there through the October 2014 elections, she admits that she wouldn't be opposed to a change of scenery.

"I have no idea [what's next], to be honest," she says. "I think it's good to not start being there as long as the wallpaper."

Doolittle, a woman who initially did not even want to pursue journalism, continues to live without concrete plans. But given her track record, it's safe to say that she'll continue to poke things for the foreseeable future.

## Scarification is the new tattoo

AMANDA GALLO

The Argus (Lakehead University)

THUNDER BAY (CUP) —

Whether it's the result of a fall you took while perfecting a difficult skateboard trick, a surgical procedure or an experiment in cooking gone terribly wrong, scars always have a story behind them — contributing to our own personal history and making us unique.

They do so much in the same way that the ancient art of tattoos provide meaning and create individuality for those who choose to wear them. Combine these two ideas, and you have the art of scarification, which just might be the newest trend in body design for Canadians and others around the world.

Scarification is the process in which a design is cut, etched, burned, or branded into the skin to create an inkless tattoo-like scar. The trend of scarification may still be relatively new to most Canadians, but it is an art that is just as old as the art of tattooing. Both can be traced back over 5000 years to various primitive societies, according to an article by National Geographic Magazine. The scars and tattoos were used for such purposes as identification, or as symbols of having completed a rite of initiation into a particular society. Today, tattoos

and scarification alike are mainly used as a means of artful expression on one's own body.

Some opt for scarification in order to camouflage other scars on their body. This was the case for Holly Moseinko, a piercing store owner from Petersburg, Ont., who used the process to hide a scar on her leg from a surgery, according to an article by Erica Lenti for the Canadian Press. Others simply enjoy the aesthetic appeal of scarification as a unique method of expressing their individuality.

Vince Hemington, who has studied global body-modification practices, agrees in a National Geographic article: "Tattooing has become old hat," he said. "If you want to be on the cutting edge — and want to set yourself apart — you can do tongue splitting or scarification."

According to Lenti's article, the artist who created Moseinko's designed scar, Blair McLean of New Tribe Piercings in Toronto, stated that "scarification hurts less than a tattoo; in fact, all forms of scarification occur on the same level of skin as tattoos: on the dermis, far above fatty tissues and muscle matter."

However, scarification, like any other procedure of this nature, presents some risks to the recipient. Spokesperson for the Ontario Ministry of Health David Jensen

states, in Lenti's article, that "because certain body modification practices break intact skin and mucus membranes through cutting, burning, and piercing, there is an increase in the risk of scarring, hemorrhaging and psychological trauma as well as exposure and infection with blood borne pathogens, such as hepatitis B, hepatitis C, and HIV." He also stresses the importance of people interested in procuring such body art to visit only artists and/or studios where the artists are experienced in the procedure to ensure that it is done safely and cleanly to avoid higher risk of infection or other problems.

While some negative stigma still exists in society with regards to tattoos and scarification, attitudes regarding body art seem to be mixed. While scarification is illegal in the United Kingdom, some U.S. states and Winnipeg, some hold that its criminalization only causes people to pursue it through unsafe underground measures.

But no matter where you stand with regards to this extreme means of body art, the fundamental premise of the stories we can tell through the marks on our bodies remains unchanged. So wear your skin with pride, knowing that every knick, scratch or imperfection only makes you the unique and special person that you are.



## Tips for sleep-deprived students

The University of Alberta's Faculty of Rehabilitation Medicine has a few ideas for studious students

DARCY ROPCHAN

The Gateway (University Of Alberta)

EDMONTON (CUP) — When it comes to getting a good night's rest, there can be a lot to lose sleep over — particularly for students. In the age of computers and tablets, which produce melatonin-suppressing blue light, getting enough beauty sleep can often be a tiresome endeavour.

Cary Brown, an associate professor in the Faculty of Rehabilitation Medicine, said when it comes to getting the right amount of sleep, society and universities run on a counterproductive model.

"We live in a society that's not set up for sleeping," Brown said.

"University is set up that way. In the daytime, we put you in dim lecture halls with the lights turned out and tell you to look at a PowerPoint way off in the distance. When the lights are out your body produces melatonin to make you sleepy. Then you go home after, working on your computers and tablets, and you're flooded with blue light so you're wide awake."

Brown explained it would be impossible for any university student to avoid the sleep-related stresses of

post-secondary education, but she said making small, simple changes in everyday life can pay off. Switching to decaffeinated coffee instead of caffeinated can help get students to sleep faster. So can acquiring blue light dimming software for computers or tablets. It filters out the blue light, so even if students are in for a late night of paper-writing in front of their computers, it won't keep them as awake at night.

Napping may seem like a worthy alternative for those who can't commit to a full night of sleep, but Brown warned that timing afternoon or evening naps just right is the key to getting proper rest.

"Sleep occurs in five stages. It's a cycle and you have to go through all the stages. You start off in a light sleep and then you go down into a very, very deep sleep where it's hard to wake people up, but then they start to come up from that and you go into a light sleep again," Brown explained.

"To go through a cycle takes about 90 minutes, so if you have a short nap, like 15 minutes, it's fine because you're not interfering with anything — you're not interfering with anything — you're in the early stages of your sleep cycle. If you have an hour-long nap and you need an alarm to wake you up, it

startles you out of deep sleep so that stress hormones are created in your body and it counteracts the benefits of having a nap. If you're going to have a nap, either 15 minutes or the whole 90 minutes."

One of the problems with getting a good sleep is actually falling asleep in the first place, she said. For those with racing minds, Brown advised students focus on one thing at a time in order to rest. Forcing themselves to listen and focus on an audio book is a great way to make their eyes feel heavy, she said. Because they're intently focused on the book, they don't have time to worry about not falling asleep — which makes them fall asleep. When faced with a tough test in the morning, Brown advised that students may want to reconsider pulling an all-night cramming session.

"All kinds of studies show that students who stay up late trying to cram for exams do worse than students who just go to bed. When you sleep, your mind has time to process all the new information that came in during the day and if you don't process it, it doesn't get to go into your memory — it just drifts away."

And that's worth crying to sleep over.

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## How to survive a horror movie: six simple steps

AMANDA WATKINS

The Silhouette

HAMILTON (CUP) — Horror movies always seem to star stupid people. Regardless of age, location or occupation, every starlet seems to think it's a great idea to find shelter in an abandoned basement, investigate the screaming sound coming from the attic, or adopt that one creepy little orphan whose only protection is the Young Offenders Act. If this Halloween you find yourself bewildered with a horror movie-esque attack, here are six steps that may help you make it all the way to the credits.

### 1) Remove yourself from isolated areas

So you live on a farm? Move. Axe murderers tend to be drawn to lonely wooden structures and small town environments. Cornfields, abandoned asylums and wooded areas are a no-no. Keep to more densely populated city areas and travel in packs of 10 or more. If you cannot avoid being in an isolated area, have a car on hand to drive your ass the hell out of there in case of an emergency (preference for SUVs and Hummers).

### 2) Don't investigate weird sounds

If you hear a weird sound coming from the floor above you, CALL THE POLICE. I don't care how many triathlons you've done or how badass you think you are, you are not equipped to battle the psychopathic ghost living in your attic. You are not Scooby Doo, you are not Bill Murray and you are not that lady from Long Island Medium. You are no match for

the paranormal.

### 3) Carry a charged cellphone

One of the luxuries of the twenty-first century is the easy access to portable electronic devices. Use your goddamn phone to call for help. You also want to make sure you have enough battery power for your caller ID to work. The last thing you need is to answer a call from an "Unknown Number" and find yourself being stalked while manoeuvring a babysitting gig. That being said, another good tip — don't be a babysitter.

### 4) Don't lean against walls or doors

When the floorboards in the next room are creaking and you don't know how to check if the coast is clear, leaning against the wall/door for a better listen is not a good idea. Because there you are all huddled up next to your plywood framework and all of a sudden, you're getting shanked in the spleen with some Kill Bill blade. Unless your home is made of steel, you are not going to be safe from the person in the next room.

### 5) Don't have sex

Ok guys, so I know when you're scared and lonely you feel the need to get handsy, but there are several important considerations when it comes to fear-induced-freak. Don't be caught pants-less, you will find yourself running for your life semi-nude. Don't get pregnant, because you will give birth to a demon child. Don't have sex, because you will get chlamydia and you will die.

### 6) Double tap

It's never dead when you think it is. Give it another hit.

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| November  | 14 <sup>th</sup> , 28 <sup>th</sup>                   |
| December  | 12 <sup>th</sup>                                      |

| Month    | Publication Dates                   |
|----------|-------------------------------------|
| January  | 16 <sup>th</sup> , 30 <sup>th</sup> |
| February | 13 <sup>th</sup> , 27 <sup>th</sup> |
| March    | 13 <sup>th</sup> , 27 <sup>th</sup> |
| April    | 10 <sup>th</sup> , 24 <sup>th</sup> |

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