

November 18, 2015 — Issue 3

# the journal

Saint Mary's University Student Newspaper

## Halifax White Explosion?

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Photo: Mary Campbell

## WINTER CARNIVAL

|                  | WEDNESDAY<br>JANUARY 6TH   | THURSDAY<br>JANUARY 7TH                                    | FRIDAY<br>JANUARY 8TH                                  | SATURDAY<br>JANUARY 9TH   | SUNDAY<br>JAN 10TH | MONDAY<br>JAN 11TH   | TUESDAY<br>JAN 12TH                           | WEDNESDAY<br>JANUARY 13TH   | THURSDAY<br>JANUARY 14TH   | FRIDAY<br>JANUARY 15TH  |
|------------------|--|--|--|---|--------------------|--|---|---|--|---|
| 8:00am           |  |  |  |   |                    |  |   |   |  |   |
| 9:00am           |  |  |  |   |                    |  |   |   |  |   |
| 10:00am          |  |  |  |   |                    |  | SOCIETY EXPO<br>Loyola 290<br>@10am - 3pm     |   |  |   |
| 11:00am          |  |  |  |   |                    |  |   |   |  |   |
| 12:00pm          |  |  |  |   |                    |  |   |   |  |   |
| 1:00pm           |  | Ice Skating + Lessons<br>Alumni Arena<br>@ 1:00pm - 2:30pm |  |   |                    |  |   |   |  |   |
| 2:00pm           |  |  |  |   |                    |  |   |   |  |   |
| 3:00pm           |  |  |  |   |                    |  |   |   |  |   |
| 4:00pm           |  |  |  |   |                    |  |   |   |  |   |
| 5:00pm           |  |  |  | Puck Drop Party<br>@the Gorsebrook<br>5:30pm - 6:30pm<br>Busses to/from game avl.       |                    |  |   |   |  |   |
| 6:00pm           |  | Pop-up Movie Theatre<br>& Wings<br>Gorsebrook.<br>@6:00pm  |  |   |                    |  | Board Room<br>Game Café<br>@5pm<br>Gorsebrook |   |  |   |
| 7:00pm           |  |  | SMU Varsity Hockey<br>Game<br>@7:00pm<br>Halifax Forum | SMU Varsity Hockey<br>Game<br>@7:00pm<br>Halifax Forum                                  |                    |  |   |   | Harry Potter Trivia<br>& Wings<br>Gorsebrook<br>@6:00PM<br>Prizes to be won! |   |
| 8:00pm           |  |  |  |   |                    |  |   |   |  |   |
| 9:00pm<br>onward | OH Canada Night<br>First Class Bash<br>Gorsebrook @ 9PM<br>Band: Frisky Biscuit<br>Hosted by SMU Varsity |  |  | Snowflake Ball<br>McNally Main Aud. @9pm<br>*Band: Frisky Biscuit!<br>*Black Tie Event! |                    | Dodgeball<br>Horsburg<br>@8PM - 11:30PM - Hosted<br>by intramurals |   | Karaoke Night<br>Gorsebrook @9PM<br>Live Host<br>Support the Grad Class |  | Nova Scotia<br>Appreciation Night<br>Gorsebrook Lounge<br>@ 7PM - 11:30PM |



SMUSA is welcoming all new and returning students to join them in celebrating the new year through their Winter Carnival. The Carnival will go from January 6th to January 15th and will feature huge events! Some of the most anticipated events of the year are as follows:

### The Snow Flake Ball

This ball is not your typical winter formal, instead it is specially targeted at our January graduating students; the event is open to all present and past SMUdents as a celebration for those just beginning and those just leaving. The ball is a black tie event so it's the perfect excuse to re-wear that prom dress that has been sitting in the back of your closet, or whip out your best suit and tie. SMUSA will be teaming up with SMU alumni to bring in the best winter themed decorations, live band, and food in order to transform Loyola 290 into a winter wonderland. Tickets went on sale on November 16th and are sure to be sold out soon so hurry to buy yours!

The event will be held in Loyola 290 but don't be deceived by the on campus location, you won't recognize the room after they're done with it! You'll need to prepare your attire for January 9th as the doors open at 8:30pm to welcome in all SMUdents past and present. Make sure to bring your dancing shoes as well sense live music will be provided for you all night long. Coat check will be available so don't freeze during your walk across campus!

### Dodgeball

SMUSA is teaming up with the SMU intramurals to bring you an epic dodgeball tournament that you won't want to miss. Enter as teams or just by yourself, no matter what you're sure to have a complete blast.

### Karaoke Night

SMUSA is launching a monthly karaoke night for all our stars! Come out to the Gorsebrook Lounge for this 19+ event and try your hand on the stage, or just sit back and enjoy the show ... it's surely one you won't want to miss.

### Orientation Kits

SMUSA has heard your cries for orientation kits, and yes they have answered. On January 6th orientation kits will go on sale for ALL SMU students. Whether you're a first year student or on your way to graduation, make sure to stop by the info desk during the winter carnival to get your bag of swag and goodies!

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**Writing and artwork submissions:**  
Wednesday 5:00 pm  
(One week prior to publication)

## Corrections (Last Issue, October 14)

Stuck in Halifax, the article about Nocturne, Hal-Con and the Halifax Pop Explosion, is from a blog written and managed by Samantha Burns (stuckinhalifax.wordpress.com)

The article "What is Speak Up?" was a joint work written by Jessica Pineo and Xijie (Doris) Wu.

"Humans at SMU" is actually Humans of SMU. The photographer was Javian Trotman and the writer was Gavin Harvey.

The article "How the government affects your tuition" was by Neil Van Horne (Section Editor).

The SMUSA AGM was October 20th - the printed ad was from the previous year.

The article "TLDR (to long, didn't read)" should be "TLDR (too long, didn't read)".

## What I See

Neil Van Horne  
Section Editor

You hear a lot of people talking smack about our generation. At first, you get used to the criticism and then, you start to believe what they say. We often hear that we are lazy, that we're spoiled, and that we have a persisting sense of entitlement. I see something different. When I look at my friends, fellow students, and all people of our generation I see possibility – I see our potential. I see a bunch of fun-loving people with a fresh outlook on life. I see people who don't want to be hung up on the conflicts of the past but instead dream of a better future. These values are evident in the outcome of the Federal election on October 19th.

Ever since I was 13 years old, I stayed up past my bedtime watching elections on my television dreaming of the day that I could vote. The first election I could vote in, the Nova Scotia General Election of 2013, I volunteered for a candidate in my home riding. My second eligible election, and the most recent, I interviewed eight different candidates including two Members of Parliament for The Journal. On Election Day, I worked as Deputy Returning Officer at the polling station on South Street. It was without a doubt one of the most inspiring days of my life. I saw people of all ages coming out to vote, from students in University and High School to an Elder lady of 95 years – with a recently acquired ten year passport for identification.

Myself and the people I worked with that day were doing what we did because we love democracy and the democratic process that goes along with it. I, myself, hold every persons right to vote close to my heart. On that day, this meant officiating over 80 oaths on election day making sure that no one was turned away when attempting to vote.

This last election was the first big chance that millennials had to make an impression on our country. With the highest voter turnout (68.5%) since 1993, we took advantage of it. I encourage all students to stay closely involved in politics at all levels and to never stop believing the power that we will have at different stages throughout our lives to change the world.

## One Mad Millennial

Erika MacDonald  
Section Editor

A few weeks ago I had the opportunity to attend the 21 Inc Ideas Festival in Charlottetown, PEI. The crowded Memorial Hall in the Confederation Centre of the Arts was filled with some of Atlantic Canada's most successful people and future leaders to sustain the area for the future. One large component was talking in generational terms.

Generation Y made up the majority of the people in attendance and a hot topic of discussion was Millennials and how to hire them. Chitra Anand talked specifically about how Millennials don't just have one thing they're into, they have five hobbies and a part-time job and regular volunteer commitments. This is all true. We are busy because we feel we need to be in order to be successful.

Being one of these Millennials which they were talking about made me

hopeful that myself and the other students in attendance would be utilized and networked, seeing as we were some of the few there. JUST KIDDING. Not only did we feel ignored as soon as we mentioned we were students, but we were also outside the "clique" of the very special, seemingly self-entitled group of late twenty, early thirty year olds. It was almost as if when we said we were students, people were happy to hear that university students were engaged, but immediately after we were just slapped with a sticker that said "irresponsible, debt loaded, self loving."

To be fair, that is the general public's opinion of us as a generation. However, why wouldn't you engage with the students that ARE there instead of speculating what the ~mysterious~ Millennials are like. Moral of the story is: don't just accept it when the world's older generation catalogues you as just like the rest. Engage with them and prove you are more than what they think.

Photo: Dylan Chew

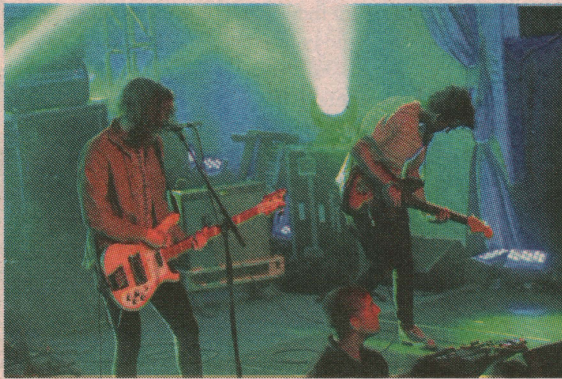


## The Journal and Your Voice

What do you love? Art? Nutrition? Crime? Astronomy? Business? Sex? If you love it, you can write about it. The Journal is a way for students to be heard - we want to know what YOU care about! Can't write? No problem. Our editors are here to help you communicate your interests. If you love it, we can help you write it. Contributions and questions can be sent to editor.thejournal@smu.ca.

## July Talks and Stars mocks

Photos by Mary Campbell



**Samantha Burns**  
Contributor  
**Neil Van Horne**  
Section Editor

It's a Friday night, and the Halifax Forum Multi Purpose center is as warm as the tropics, fitting the decor of the walk up bars styled as beach huts, fake palm trees and giant inflatable monuments to beer. I'm crammed up at the front against the gate. Security guards are between me and the stage, people are trying to squeeze their way past me, but I hold my perfect spot in anticipation of the next act. July talk begins playing their first song, and within five minutes there is a full blown mosh pit a few people away from me, and the next 45 minutes is a battle to stay in the front row and stay on my feet. This is what a real rock concert looks like.



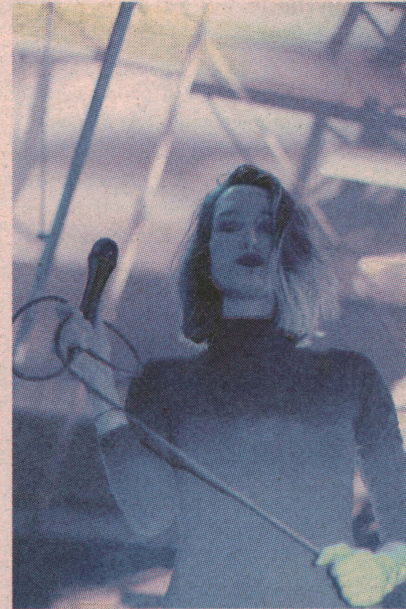
The Indie Rock scene in Halifax is something that has been growing for the past few years. New radio stations dedicated to the genre, like Live 105 and Radio 96.5 are dedicated almost exclusively to it, and CBC, as well as C100 have taken to exploring some contemporary, Canadian Rock in their playlists. This works well for organizers of the Halifax Pop Explosion,

because they know many young people will come out to see the designated rock show at the forum. The festival attracted some big names in the Canadian Rock Scene, from up and comers like Dear Rouge and July Talk to Stars, legendary contributors to the style.



Stars was formed out of an interesting circle of lifelong friends and musicians. Torquil Campbell (male lead singer) met Chris Seligman and Evan Cranley when they were 8 years old. Torq is also involved with a band called broken social scene, where he met Emily Haines (from Metric), and said he later met Amy (female lead singer) through Emily, and eventually Stars was formed.

Lead singer Torq had been quite active on social media before the election. When he was asked if he was interested in politics he replied

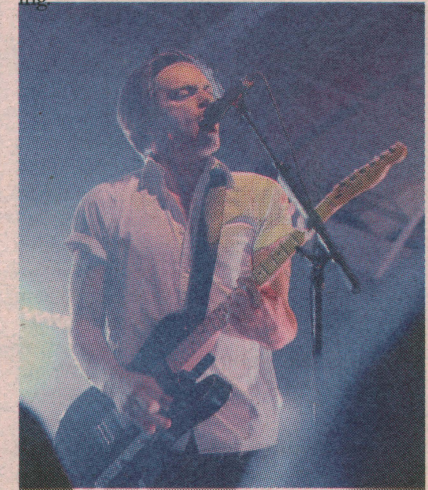


"I'm not actually that into politics, I just fucking hate Stephen Harper. The NDP would have been a good bet, but they were weak recently, and their strategy wasn't working for them. People voted for Justin because they see it as the next best bet, but he's never worked in politics before this, we really don't know how it's going to turn out. They're not the

exact people we need, who cares about the middle class? We need to care about aboriginal issues, the poor people, and climate issues".



Frontman of July Talk, Peter Dreimanis, has been quoted saying "The only time July Talk plays a good show is when we feel right before it like we could change the world." They take this idea with them off the stage as well, with their recent campaign #JulyTalkVotes. The campaign was simple - to encourage youth to vote, the band would call everyone who posted a photo of themselves at the polling station with the hashtag "JulyTalkVotes" to social media, and personally thank them for voting.

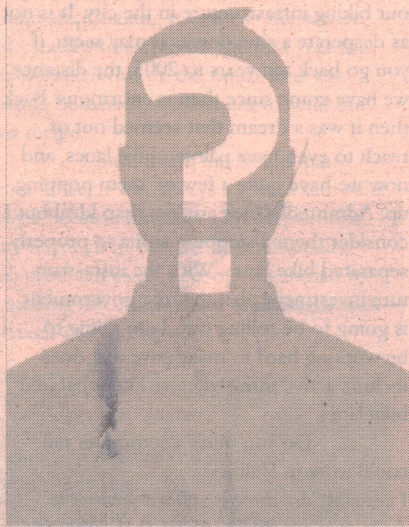


After the show, we spoke with the band to find out more about the ideas behind the campaign. "July Talks voted started because Leah (lead singer) and I had been talking a lot, we play at a lot of Universities across the country, and we talked about how in 2011 less than 40% of youth voted, people who are going to exist in this country for another 80 years. We are starting to come to terms with the fact that we can have some sort of effect, if we put something online, if we make some sort of initiative, that it could turn into a change and actually affect the world and our country in some way."

"We wanted to do something non-partisan, it didn't matter who you voted for, what mattered is that you educated yourself, went to the polls and made a decision."

July Talk is touring with singles from the new album they have written, singles are expected to be released in the winter months.

## Travis \$cott cancellation followed by Reflection's Cabaret Security (ft. Jazz Cartier)



**Sandra C. Hannebohm**  
Editor-in-Chief

The hip hop Halifax Pop Explosion headliner cancelled hours before his scheduled performance at the Halifax Forum on October 20th. It may have seemed then, that HPX ticket holders would take their wristbands elsewhere for a headliner that night - but the HPX team flew into action. Those performers who were scheduled to play before Travis \$cott were whisked to Reflection's Cabaret downtown, where they played in a combined line-up with the groups scheduled to play there that night.



Jazz Cartier took the show, standing upright in a crowd with his ankles in their hands, swinging from the second floor balcony and being caught by the sea of sweaty faces ... after an on-stage dispute with security, of course.

The Reflection's Cabaret security force dominated the first half of the set, standing directly in front of the performer as he struggled to be seen. Waves of tall, sweaty, drunk men crashed into their chests as they pushed against them to protect the artist. However, the artist didn't feel that he needed protection. On the contrary, he stopped the performance several times, at one point saying "guys, I can't do my show like this, something has to change here".



After a short standoff in performer's protest, the security backed off to the sidelines while Cartier threw water into the audience's faces, as he was meant to do.

bailed last minute. Halifax Pop Explosion you guys need to figure this out it isn't the first time it's happened (action bronson 2013), it's not like he can't get into Canada. He wouldn't have set up shows with The Weeknd throughout the country if he couldn't cross the border, his agent isn't that dumb

J'aime · Répondre · 19 · 1 h

If there's one thing I've learned over the years is never trust the hip hop headliner to show unless they're from RTJ ;^)

J'aime · Répondre · 3 · 55 minutes

Fucking agreed. Even for as good as the Ghostface set was last year it was nearly two hours late starting. Honestly just abandon hip hop from HPX if they can't be reliable.

J'aime · Répondre · 1 · 24 minutes

## Halifax White Explosion?

**Sandra C. Hannebohm**  
Editor-in-Chief

The Halifax Pop Explosion brought what a lot of Haligonians expected to see this year: a whole lot of white people. Browsing over one hundred performers showcased by the event on the website, one sees white face after white face after white face. The Journal counted five black performers: RealEyez, Jean Grae, Travis \$cott, Jazz Cartier and a curly haired comedian - who we assume is black because "she's loud, she's funny, she's got a fro, she may even attempt to break-dance on stage", even though she doesn't have a fro and the connection between breakdancing and ethnicity is doubtful.

So why were most of the performers white? Thinking we had a story, we thought of asking for interviews. In the

end, we didn't need to. Upon Travis \$cott's cancellation hours before his performance, a few (previously excited) fans made it clear that the risk of booking hip hop performers is high: "If there's one thing I've learned over the years is never trust the hip hop headliner to show [up]..."

In response to the cancellation announcement on the HPX Facebook page another fan said "We all know he just didn't want to come to Halifax and bailed last minute. Halifax Pop Explosion you guys need to figure this out it isn't the first time it happened (action bronson 2013) ..."

It seems out-of-town hip hop performers aren't trusted by professional venues in Halifax - when they are booked, the performers cancel last minute. Could this be the reason for our white washed HPX, or are there other processes at work?



Photo: Mary Campbell



Photo: andyfillmore.liberal.ca

## Welcoming Halifax's new Member of Parliament, Andy Fillmore

Neil Van Horne  
Section Editor

On November 4th, Andy Fillmore was sworn in as the new Member of Parliament for the riding of Halifax. The riding includes SMU, Dalhousie, and a number of other college campuses. Fillmore has been busy setting up his new office, which will be in a central, easily accessible location. Before he makes the trip back to Ottawa, we took the opportunity to speak with Mr. Fillmore about issues facing students from within and outside the Saint Mary's community.

**Journal:** Saint Mary's University recently announced that tuition will be raised by as much as \$1,620 over the next three years. You mentioned in an interview with the Dalhousie Gazette that the growing the economy will help lower the cost of tuition in the long run. What do you see as a more immediate way to address student issues?

Andy Fillmore: It's all about put-

ting more money into the system, whether that happens by lowering tuition costs, by putting more government money into universities, or giving more money to students. The truth of the matter is, education is getting more expensive as time goes on, but there are six tangible things that the new government will be doing for students:

1. Increase the maximum grants for low income students, for full time students it's going to go up to \$3000 per year and for part time students it will go up to \$1800 a year.
2. Increase the threshold for eligibility for those grants, so that more Canadian students can have access to the grant program.
3. Increase the level of non-repayable grant assistance by \$750 million right away, that means putting a quarter of a billion dollars more into the program, rising up to \$900 million by the 2019 school year.
4. Making sure that no graduates

with student loans in Canada are required to make repayment until they are working and making over \$25,000 a year. (10.7% of Saint Mary's alumni have defaulted on their student loans between 2008 and 2013)

5. We will work with Provinces and Territories to improve awareness of what Registered Education Savings Plans (RESP) are, and also Canada Learning Bonds. These are tools that are available that tend not to be used to their greatest extent, in the case of both of these it really falls to parents. They are something to think about even early on when the child is born, and we haven't seen a real uptake. We will work to raise awareness across all the provinces.

6. We are going to invest an additional \$50 million dollars in annual support for the Post Secondary Student Support Program for Indigenous students.

We will also be working on employment training, helping students to close that elusive two year gap work experience that is required before a lot of places will hire a graduate. This will include reintroducing summer internship programs, and creating a variety of incentives for employers to take interns on for summer jobs while in university. We will also work to bring back programs like Katimavik, bringing youth around the world for different experiences.

**J:** Investing in Infrastructure was a large part of the Liberal platform – what can students expect from this?

**AF:** The provision of housing affordability is going to be huge; we all know the stories of people living in 12 person rooming situations where landlords are charging exorbitant rates per room, not ideal conditions and properties that tend to be dilapidated. The cost of housing is driving students into less than desirable living situations, a proper program of delivering affordable housing and a range of price points such as subsidized housing for people in great need, or insuring that there is adequate rental housing stock that is priced modestly. Another tangible thing is the revival of the Canada Mortgage and Housing Corporation (CMHC). It's our government's plan to return CMHC to the role that it used to play, a decade or more ago it was lending money to the private sector to build housing that is affordable.

The National Transit Strategy, where we will invest \$20 billion dollars over 10 years into public transit. I don't think too many people in Halifax wouldn't agree that our transit system needs some work, it needs to be improved, their routes need to be updated and modernized as well as

the equipment, including technology to make the buses more efficient, including GPS systems and Smartphone technology so users can track when the bus will be at their stop. This is not rocket science, cities around the world have been doing it for more than a decade and we just need to catch up.

We also need to do better with our biking infrastructure in the city. It is not as desperate a situation as it may seem, if you go back ten years to 2005, the distance we have come since then is enormous. Back then it was a dream that seemed out of reach to even have painted bike lanes, and now we have quite a few of them popping up. Admittedly, they are less than ideal but I consider them a stepping stone to properly separated bike lanes. With the infrastructure investment plan that the government is going to be rolling out, I am going to be working hard to make sure that does include active infrastructure like separated bike lanes.

**J:** Do you think a commuter rail could work in Halifax?

I certainly do, there is still some work to do to sort out the details of that – the city commissioned a study for a Bedford highway commuter rail that reported its findings a few months ago. The study showed that there were still some aspects of the plan to work out. Councillors, to their credit wanted to roll their sleeves up and work harder to make this work. One of the things that can cause projects like this not to work is the business model, making sure there is enough money, otherwise these projects get shelved. The business case in our city is almost there, it's on the bubble but it's just not a slam dunk yet. The addition of \$20 billion over ten years into public transit, I think that is going to make this imminently possible. Imagine all the cars we could get off the Bedford Highway, it would be incredible. I'm going to be a champion for that.

**Journal:** At our last AGM for our students association, several students voiced concerns about improving parking in the neighbourhood. Is parking something that you would like to address, or is the focus more to get students out of cars and making public transit more reliable?

**AF:** The long term goal is definitely to get people out of their cars, on bikes and into transit or living closer to the destinations that they need to get to. By bringing in more affordable housing fewer students will need to live outside the city and find themselves forced into buying a car.

## Liberal Party impacts international students

Xijie (Doris) Wu  
Contributor

With the election over and a new Liberal Government in charge, Canada is facing a real change and there is much excitement surrounding it. As international students, what sort of expectations might we have for the new government? Justin Trudeau has promised to “give international students and temporary residents credit for time already spent in Canada”. This applies to those international students who have plans of becoming Canadian citizens. The process of getting a Canadian citizenship would therefore be easier. Another approach that Justin Trudeau has made is to open Canada’s borders and accept 25,000 government-sponsored refugees. This is certainly good news for refugee students. But what about those students who wish to work in Canada after graduating but are not willing or able to give up their original citizenships? One way is to apply for work permits, and once work permits are expired, they can apply for permanent residency. The Liberal Party is planning on repealing some unfair elements of Bill C-24 (Strengthening Canadian Citizenship Act). This could result in easier permanent residence applications. So far the approach that the Liberal party has been taking is a friendly gesture towards international students. This will potentially make Canada an even more attractive option to those who are considering studying abroad. We are optimistic about the new government and the future of Canada!

## How the 3% tuition cap raised tuition

Sandra C. Hannebohm  
Editor-in-Chief

A few years ago, the NDP government put a cap on how much Universities could raise their tuition - that cap was 3%. The intention was to make it easier for students to budget their tuition costs for the rest of their degrees, since reducing tuition seemed impossible. However, the newest provincial budget eliminates that cap, allowing universities in Nova Scotia to raise their tuition by whatever amount they choose at any time over the next three years. They only get this ‘one-time market re-adjustment’ opportunity once before the cap is reinstated or the foreseeable future.

Many criticized the NDP for their management of the situation. Students were disappointed - they had been lobbying for lower tuition fees. The universities were dealt a challenging hand as well. Most universities rely on tuition and government funding for their revenue - both of which suffered constraints. In 2012 the NDP government reduced the amount of money in their budget for universities by 3%. The changes happened suddenly and universities were left with little time to create a plan for their future budgets.

“One of the biggest things for our board is that we cannot increase student fees until SMUSA has evaluated it, so the university went back to the drawing board and actually came up with what I believe is a fair list of services that will be added to Saint Mary’s and be included in

the increased tuition,” said Amali Armony, SMUSA President. The AGM (annual general meeting) took place Tuesday, October 20th in the McNally Auditorium.

Armony also offered to facilitate informing students who didn’t make it to the AGM: he asked the board of governors to draft an official document that will be posted around Saint Mary’s “describing the changes to services ... I want to put in place a committee to hold them accountable to these changes so that we know what’s changing, by how much and by what time.”

But why is an increase necessary? “The tuition cap is 3% but Saint Mary’s expenses have gone up 6-7% every year. Electricity has gone up, water is going up, faculty salaries are going up. They pay to maintain campus, [there’s the] cost of materials, [the] cost of building the new field. [The] costs go up but revenue doesn’t ... the cap set by the provincial government put all of the universities in a predicament where they could not adjust their business so they could pay their bills”.

So why did the provincial government place a cap on tuition that would inevitably raise tuition or sink the university? Did they know it would have this affect? “Eventually, yeah. That’s why it was lifted this year for a one-time market adjustment - meaning it’s not going come off again for the next 10 -15 years. So the provincial government basically said ‘I’ll give you one year to analyze your finances, your books, plan for the next 10-15 years and set fees based on that. The government

took the cap off and put it in the hands of individual universities because if they government says ‘ok, we’ll make the cap 4%’ then, if the university crashed, it would be the governments’ fault. So what Stephen McNeil did, is he washed his hands of the responsibility of universities failing and said ‘listen, do what you need to do to save yourself”.

Universities in Canada are supported by the provincial government. Saint Mary’s gets roughly 70% of its revenue from tuition, while the number for other schools is around 30%. Those schools can afford to dance around tuition increases. Since the chant scandal at Saint Mary’s, enrolment has gone down, and for the first time in 15 years we saw a \$4 million deficit.

Saint Mary’s holds an interesting position in the local university market: Nova Scotia has the most expensive tuition (per capita) in Canada, so further increases could deter prospective international or out-of-province students who would find lower tuition in Newfoundland, Quebec and Ontario. Saint Mary’s has had an easy time attracting students by offering a lower cost than Dalhousie or other universities in the past, while offering similar resources and calibre of education. The new budget depends on the assumption of consistent or increasing enrolment - if Saint Mary’s increases its’ tuition can they recruit the same number of students each year? When the 3% cap is reinstated in a few years, will our budget prove sufficient for the next decade or more?

**SMU**  
HUSKIES



**Basketball**  
Nov 18 vs. DAL  
Women 6pm & Men 8pm

**Women’s Hockey**

Nov 21 vs. UdeM @ 2pm  
Nov 22 vs. STU @ 3pm  
Nov 28 vs. MtA @ 2pm

**Volleyball**

Nov 20 -22 Interlock games  
Schedule at smuhuskies.ca

**Men’s Hockey**  
Nov 28 vs. StFX

All Games 7pm Halifax Forum  
WIN \$250 at Every Game

## 21 Inc.



**Erika Macdonald**  
Section Editor

During the first week in November, three SMUdents from the Pre-Law Society on campus had the chance to attend the 21 Inc. Ideas Festival. 21 Inc. is officially known as 21 Leaders for the 21st Century and they are a non-profit organization whose aim is to promote entrepreneurial leaders in Atlantic Canada who are under 40. Their bi-annual Ideas Festival is an open forum used for networking and where these young individuals can brainstorm ideas.

This year's theme was 100 ideas for the next 100 years and surrounded around ideas that can make Atlantic Canada more sustainable and prosperous for the future. There were many successful and influential people who attended, many of whom have significant ties to the Atlantic region. One of the most influential keynote speakers was Candy Palmater. She is a "recovered" lawyer who turned from the courts to the comedy stage. She stars in her own show on the Aboriginal Peoples Television Network entitled the Candy Show. Her main message is to take risks and not to be afraid to fail or what people might think. She reminds us to leave nothing undone in your life, if you want to do it then do it. In reaction to this Dana Doswell, President of the Pre-Law Society and one of the attendees of the conference reacted saying, "A lot of what was talked about stems from not being afraid to fail and I think one thing that too

many university students focus on is having the highest GPA possible and it puts the idea of perfection into our heads, when in reality its all a learning process and being here with all these business leaders, even they are still learning."

At the end of the three days there was an ideas forum where people got on stage and threw out their ideas and how they could be beneficial to the Atlantic Provinces in order to be more sustainable in the future. The ideas ranged from campaigns promoting a love of winter to creating better after school programs for children in the region to the creation of an email platform that conveys tone rather than impersonal text to better access to funds and mentorships for small farmers.

"The biggest take away for me is that even if you take one step forward and two steps back in order to accomplish your goals the most import thing is taking that first step and doing it without hesitation," Miss Doswell said.

21 Inc. also hosts a unique program called 21Leaders. Through an application process young professionals can seek out delegation within their program. It is an amazing opportunity and has been repeatedly praised by organizations as one of the best things millennials can do in order to become part of a successful network of likeminded people. To get more information on applying or the organization itself visit [www.21inc.ca](http://www.21inc.ca) or follow them on Twitter @21inc.

## Movember; from nothing to trending

**Makenzie Way**  
Contributor

Travis Garone and Luke Slattery first created what is now known as Movember early in 2003, initially the campaign was comprised of thirty men willing to take up the Movember challenge. In the following year (2004) the team registered as the Movember Foundation, creating the website that collects funds for the Prostate Cancer Foundation of Australia (PCFA). In 2007 the foundation extended once again to include both: the USA, Canada and Spain, with funds going to the Prostate Cancer Foundation, Prostate Cancer Canada, and the FEFOC. Later in 2009 Movember USA became an official charity while also partnering with the LIVESTRONG Foundation.

Clearly Movember has come a long way since its initial launch in 2003. From 30 members to over one million, the

campaign has reached heights that Garone and Slattery never imagined possible.

However there is some doubt that the campaign is still supporting the same cause in reality. Recently there has been a shift from real support for Movember (efforts to raise money for prostate cancer) to simply trending #movember to be hip.

While 'any publicity is good publicity' for a charity, it is still unnerving that so many people talk about Movember, "participate" in Movember and yet have no intentions of supporting the Movember campaign.

With Movember upon us it is time for each of us to take a step back and evaluate why we support Movember, and what each of us can do to make the campaign less about the popularity associated with the team and more about the cause it supports.

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## Spotted at SMU

12 小时前



Anonymous

15 hours ago

I wish college had coupons. Pay for one semester, get the next free.



0

FEEL YA! 32

SO WHAT? 0

HAHA! 0

## Overcome stress by budgeting and financing

Xijie (Doris) Wu  
Contributor

The previous issue of The Journal mentioned that income is one of the factors that can cause stress for students; on November 6th, the Sobey School of Business Commerce Society and Financial Aid and Awards office of the Service Centre hosted a Financial Aid and Budgeting Workshop. This workshop discussed some budgeting and financing strategies that could be useful for domestic students and international students.

First of all, you should always have a fixed budget plan, and use different tools such as mobile apps, Excel spreadsheets or even piggy banks to help keep track of expenditures and income for every financial period. In addition to a fixed budget, you should also have an emergency fund to help prepare for unexpected situations or events such as a broken down vehicle or a family emergency.

You should also attempt to lower expenses and increase income. Lowering expenses can be as easy as taking advantage of your student IDs and paying attention to places that offer student discounts. A way to increase income is by taking a part time job. The experience gained from this can be

valuable and help with getting a career after graduation.

Thirdly and most importantly, use the resources readily available to you. For instance, you can apply for bursaries. Every January and October, the Financial Aid and Award office will accept applications for the Financial Need-Based Bursary. Apply for it if you have a financial need. If you do well in the upcoming final exams, then apply for scholarship! Applying for something like the Named Undergraduate Awards is a simple process and applies for many scholarships at once. The next deadline for this scholarship is May 1st, 2016.

There are also external resources such as [scholarshipscanada.com](http://scholarshipscanada.com). This website offers more than \$177 million worth of scholarships open to both domestic and international students, as long as the requirements are met.

If students have any questions regarding financial difficulties and need guidance with budgeting, or require information regarding student loans or other financial questions, you can visit the Financial Aid and Award office in McNally Main 108. They will gladly assist students and help ensure your experience at Saint Mary's is as smooth and easy as possible.

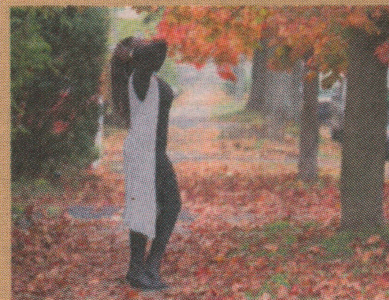
## Ella's Fashion Corner

Daniella Sam  
Contributor

Spice up a black on black casual outfit this fall! Fall this year is all about oversized blanket scarves and capes and this is perfect to glam up a simple black top with leggings to make it sizzle.

A cape is basically a socially acceptable blanket, not that we have to comply with societies norms as fashion fanatics, but how amazing is it to be able to be ridiculously cozy and cute at the same time? That's like every girls dream! All the regret of Thanksgiving dinners and the weight that wasn't lost this summer can be hidden with an oversized cape.

When choosing your cape make sure it has a neutral or earth tone; this makes it great transition colour from fall to winter. This cape is essential for this fall and would be perfect as well for the winter! If you don't already have one, get yourself one!



Blanket scarves are a must-have this fall and winter. Want to add flavour to your simple black-on-black wardrobe? Get yourselves an oversized blanket scarf! Like the cape, it's exceptionally warm, easy to wear and has the cute factor!

The blanket scarf can also be worn a dozen ways - it can be worn as a replacement coat, just add a thin belt and you're set to charm them all!



You can also add some 'pizzazz' this fall and winter with an exaggerated length sleeveless cardigan. To all my fashion forward people out there, this is a classic look that makes you stand out with just a simple, easy addition.

When you don't have to sacrifice ease or comfort for style, it's a blessing. This cardigan does just that. Ensure that you have a neutral colour so that it's a smooth switch into the winter, and you don't have to purchase another one because of the colour when the seasons change.

The coolest thing about all these looks is that literally anyone can pull them off, and well! Get yourselves shopping, these items are inexpensive and incredibly versatile! Just explore the ideas and play around with the looks - imagine the possibilities!

These looks can all be found at any Pseudio store near you. Be that fashion icon you always wanted to be. Stay glued in for next month's winter looks!



## Eating and sleeping can boost performance

**Megan Wright**  
Contributor

According to the National Alliance on Mental Illness (NAMI) 31% of students have experienced such strong feelings of depression in the past year that they found it difficult to function. Fifty percent of students reported that they have felt such overwhelming anxiety that it stood in the way of their academic success. These statistics are not surprising, as we know that one in five Canadians will experience a mental illness in their lifetime and 75% of them will begin by the age of 24 (Canadian Mental Health Association).

The transition into university is a rough one for many students. Students live away from their families for the first time, manage their own finances, mediate problems with roommates on their own and learn to take care of themselves. Adjusting to a new environment with new expectations can be challenging. When a mental health issue emerges at this very transformational point in a student's life it can be detrimental to their academic success. Developing a mental health issue can result in students being unable to concentrate, lack motivation and miss class, disconnect from their support systems, and have trouble concentrating.

Bobbi Beuree, Intake & Programs Coordinator at the Counselling Centre, offers Academic & Life skills Coaching for students and sees a direct link between the level of self-care a student practices and the impact on their academic performance. Having a balanced approach is key in getting a positive result.



Self-care is often neglected when students get busy with exams, assignments, and papers and this has a negative impact on the brain's ability to function properly, which is a pretty important factor in helping a student reach their full potential! Beuree suggests making self-care a top

priority; this includes scheduling breaks, getting some exercise and fresh air, eating nutritious meals, getting quality sleep, and making time for friends and relaxation. In this way, stress is kept at a manageable level and students can focus on performing at their academic best.

Saint Mary's has an array of resources for students suffering from mental health issues. The Counselling Centre offers professional counselling for those with concerns regarding depression, anxiety, anger and stress

management (to name a few).

Students are also encouraged to seek help for academic and life skills coaching with Beuree. These sessions can help students learn techniques for time management, goal setting, exam preparation, presentations and much more. New this year to the Saint Mary's community is the Healthy Minds Team: a group of student volunteers working with the Counselling Centre to reduce stigma, raise awareness of mental health issues, and promote wellbeing on campus.

For more information, or to access Saint Mary's Counselling Services, visit the Counselling Centre on the 4th floor of the Student Centre, check out the website at <http://www.sm.ca/campus-life/the-counselling-centre.html> or call 902.420.5615.

## "Spoiled brats" or student reps?

**Sandra C. Hannebohm**  
Editor-in-Chief

At the Annual General Meeting hosted by SMUSA, President Amali Armony reeled a long list of successes and the hard work that was put into them over the summer. He emphasized the fact that while the rest of us were on the beach, away for vacation or watching Netflix, his team was meeting regularly to make Welcome Week a success and eliminate the debit fee.

Some other successes listed during the event were free entrance for Saint Mary's students at Home games on campus, the Community Food Room on the 5th floor SMUSA building, gender neutral bathrooms (coming soon), menu changes, elimination of the debit fee and a successful recovery of Welcome Week from the 2013 chant scandal.

The decision to emphasize these successes just before announcing the tuition increase made it seem like they were trying to tell us something else. Armony's speech quickly erased all doubt of a hidden message: "student government is a necessity".

A frizzy-haired VP Academic Affaires began her speech about meetings and committees associated with student governance. "A lot of people don't know what that means and that's totally okay". Any concern you have about a course, a professor, policies, your syllabus, examination policies, curriculum, general course work, anything academic can be addressed to the VP Academic Affaires, Rachel MacDonald. She sits on over 10 committees with other SMUSA members and universities, as well as two student advocacy groups. "The bulk of my work is going to meeting after meeting after meeting, which a lot of people find boring but I find really fun." Students appeared visibly disinterested. She interrupted her thought briefly to

remind them "I'm sorry if this is boring, but I'm just trying to tell you what you pay for and what we do for you".

Megan, former VP of Student Affaires, described her work as well. This position includes managing the equity centre, society activity, and volunteer opportunities. Each society, for whichever activity, has to go through the VP Student Affaires. She doesn't always respond to their requests quickly, and that means listening to a lot of complaints. What the societies don't get to see is the stack of 20 forms on her desk daily. She quit after the event.

SMUSA does a lot, maybe they expected a thank you. The audience gave it to them after being prompted by the speaker to clap. The administration was bound to see this as a sign. "Some people look at students as spoiled brats who don't understand real life. But we do understand real life; we are not children, we are adults trying to receive a post-secondary education - with morals, values, opinions and ideas ... Eventually I believe people started to get the point" said Amali. But did students get the point?

The tuition increase was announced and the details were described, including the facts that SMUSA spends \$400,000 in student salaries and \$40,000 in society budgets. The price of student engagement is hard to count, but dollars are easy to see. Students pay a lot of dollars for an education but the amount is so huge we're starting to ignore the actual count. It's worth asking why we pay \$440,000 for student representatives we don't use. Is SMUSA an association of the few people who care, making decisions only they care about?

If the Board of Directors and SMUSA didn't exist, would we be happy to continue purchasing degrees at inflated prices without representation?



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## Moroccan Chicken Stew

**Anton Nestel**  
Contributor

For this month's recipe I am going back to one of the first dishes I learned how to cook on my own. This was always one of my mom's favourites and she would start making it again as the winter cold started to arrive. So the first year that I had moved out of the house and was getting homesick, I asked her to send me this recipe.

I have made the recipe many times since, it was always a great exam time recipe because it makes a lot of portions and it's an all-in-one meal. Additionally, this meal can easily become vegetarian by removing the chicken and replacing it with spinach and mushrooms.

### Ingredients:

2 cups low sodium tomato juice  
 ¼ cup of water  
 2 x ¼ teaspoon (TSP) ground cumin  
 2 x ¼ TSP ground coriander  
 2 x ¼ TSP chili powder or ¼ TSP hot sauce - add more or less depending on the desired spiciness  
 2 x ¼ TSP salt  
 2 x ¼ TSP black pepper  
 1 ½ Cups Couscous  
 1 cans (14oz) chickpeas - drained and rinsed  
 1 tablespoon oil  
 2 onions roughly chopped  
 1 package boneless skinless chicken thighs (1-1½lbs) cut into stir-fry-sized pieces  
 1 can (14oz) crushed tomatoes

### Method:

As you can see in the ingredients, all the spices have been written as 2x (Multiplied by two). You will want to take half of each of these spices and mix them in two separate bowls.

In a pot, combine tomato juice and water and bring to a boil at medium-high heat. You will add one of the two bowls of spices to this water mix.

After the water and tomato juice mixture has boiled, add the couscous, give it a stir, cover the pot and remove from heat. The couscous will cook in the heat from the boiled water. After about 5-7 minutes the couscous will be cooked.

Now mix in the chick peas. Put the mixture into a 13x9x2 inch baking dish (The aluminium ones that you can get at Sobeys and Superstore are perfect for this). Preheat your oven to 375F. Now that the base is done, you want to heat your oil in a big pot or pan, at medium to medium-high heat. After the oil has heated, add your onions and cook for about 5 minutes, or until they are a little transparent. Then add your chicken and the other bowl of spices and sauté for another 5 minutes. Add the crushed tomatoes and bring to boil. Now pour/spoon this mixture over the couscous which is in the baking dish. Now put this dish into the oven and cook for another 20 minutes. Good luck on your exams, enjoy your break and see you in the new year!

I hope you all enjoy this recipe, and as always, these are just guidelines so use them to make your own creations. And remember, if you decide to make this dish or any others that we have featured please tweet the journal @TheSMUJournal

## Food Review The Stubborn Goat



**Anton Nestel**  
Contributor

This past Thursday I had the pleasure of doing my restaurant review at the Stubborn Goat gastropub on Grafton Street. I've been here a few times and always enjoyed my meal, so I was quite happy to be able to do a review of this restaurant for the Journal. As you know, the restaurants will be receiving marks out of five, in four different categories: restaurant atmosphere, local beer selection, food quality, and quality of service.

The Stubborn Goat has been part of the gastropub scene in Halifax since 2013. Some of you may have been there for events, or even just for drinks, where I have enjoyed \$6 doubles after 10pm on more than one occasion. You are met outside with warm fire heaters, and as you enter the door a very distinct upscale pub atmosphere strikes you right away. The first floor is laid out with lots of seating area, and an open window into the kitchen where you can see the traditional style pizza oven. The upstairs has a well stocked bar and a wall mural, which inspires meat loving foodies depicting a full range of butchers cuts. All in all, I have to give the Stubborn Goat a 4/5 for atmosphere.

When it comes to local beer

selection the gastropub scene in Halifax is definitely doing its part, and the Goat is not exception. They have a rotating menu of beers on tap inside the main menu, which regularly features at least 10 beers that are no further away than New Brunswick. In addition to this, they have a serious beer selection in the alcohol menu, which features many other Canadian brews, including one of my favourite breweries from Montreal Dieu Du Ciel. I do not have a very hard time giving a solid 5/5 rating for their local craft beer selection.

As for the quality of food and quality of service, for this restaurant they are very closely related. Due to their credo of a shared dining experience, you get your food as it is ready from the kitchen. This

encourages you to share your food if your dining partners foods have not arrived yet. I really enjoy this, as I love picking from everyone's plate, and sharing from mine so that everyone can experience as much of what the restaurant has to offer as possible.

With a closer focus on the food itself, we split the Queso Fundido (a goat cheese and bean dip), the Wise Gier pizza, and the daily special which on Thursdays is a tapas plate (Pictured). All of the dishes were very well executed and tasted great. The subtle hints of spices in the tapas show a very experienced hand by the cooks, especially the clove/nutmeg in their meatballs was a hit with me. All in all the service is friendly, and allows for a relaxed dining experience so for that I would have to give them a 5/5. When it comes to the food I have never been disappointed, and thoroughly enjoyed my meal so for that they get a 5/5.

Overall, the Stubborn Goat gets a 5/5 in my books. The only drawback as a student is that the prices are in the medium to high range as a dinner for two can quite easily cost you over \$40 plus drinks. That being said, the relaxed atmosphere, thorough drink menu, and great food and service make this a 'must do' during your time in Halifax, and maybe a good place to go for a nice holiday dinner.

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## SMUSA AGM: The boring facts about your student debt



**Sandra C. Hannebohm**  
Editor-in-Chief

The Annual General Meeting, hosted by SMUSA and the executive of Saint Mary's administration, opened on October 20th with a call for "healthy dialogue between students, SMUSA and the university" about the significant increase in tuition fees. The details, as explained by Vice President of Finance and Administration Gabrielle Morrison, describe the budget problem, the solution, and the future for students.

Those who stayed for the duration of the meeting were treated to pizza and informed about tuition changes: a gradual increase of roughly \$100 per year for business and commerce students, \$40 per year for Arts students, and \$75 for Science and Engineering students over a period of 3 years. The total increase for students starting their first year in 2016 will be \$324, \$117 and \$226 respectively.

"If the govt is going to continue to reduce the grant they give us, the tuition has to be reset to help cover expenses", says VP Finance and Administration, Gabrielle Morrison.

The school has three sources of funding. Roughly 30% of the university budget comes from government grants while the rest comes from tuition and endowments (gifts and donations). As compared to other schools who rely less on tuition fees and receive more endowments (DAL received close to \$25 million in the 2014-2015 academic year), Saint Mary's has offered considerably lower prices for the same calibre of education. With the increase, the school

comes closer to the cost of other schools.

A 3% cap was in place until recently, when the school was faced with a \$4 million deficit and declining enrolment. Several other universities faced similar issues - declining enrolment, recession-size endowments, rising costs and cuts to government funding - but other schools in Nova Scotia have options for re-allocating money. At Saint Mary's, there seems to be no possible way to re-allocate without raising tuition. At the very least, they can plan a budget that includes more services and benefits for students.

The Saint Mary's administration seems willing to work with SMUSA and students who have suggestions for 'strategic and targeted resource allocation'. Essentially, these next couple of years are an opportunity for student governance: they want to know what improvements would make the school worth the money.

Several 'potential strategic initiatives' were proposed by the administration, including Student Aid, Diversity and Equity, Student Programming, Academic Programming, Campus Renewal, Information Technology improvements, and an invitation to students who would like to see improvements on campus.

Questions and suggestions can be addressed to the SMUSA team on the 5th floor SMUSA Building, in front of the elevator. The Annual Financial Report can be found on the Saint Mary's website: [www.smu.ca/about/annual-financial-report.html](http://www.smu.ca/about/annual-financial-report.html)

## SMASS President welcomes everyone "African as we are"

**Sandra C. Hannebohm**  
Editor-in-Chief

The Saint Mary's African Society (SMASS) had two General Meetings this Fall, both quite different than meetings of the past few years. The new Society President, Manaf Zora has introduced several changes including a new constitution and major changes to African Night, with new levels of accountability and a new 'open policy'.

SMASS runs the most expensive society event of the dozens of societies that operate on campus - African Night. Last year it was hosted at the World Trade Centre (WTC) in downtown Halifax with full catering and performances. The cost of renting the WTC for one night is about \$30,000. With the DJ flight from Toronto and associated fees, catering costs, professional photography, the professional M.C. and decorations, this event runs well over \$40,000 each year. Attendants paid \$40 for tickets (paying mostly for the \$30 plate) and generally reported that the experience was well worth the money.

A lot will be changing as he steps into his new place as Society President, holding every penny accountable and every member focused on one vision: "we are all African". Since the start of the semester, Zora has recruited 29 of the 31 current members, from all different parts of Africa and the world. His focus is on African awareness, educating the general public about African history, traditions and cultures (not excluding those of Carib-

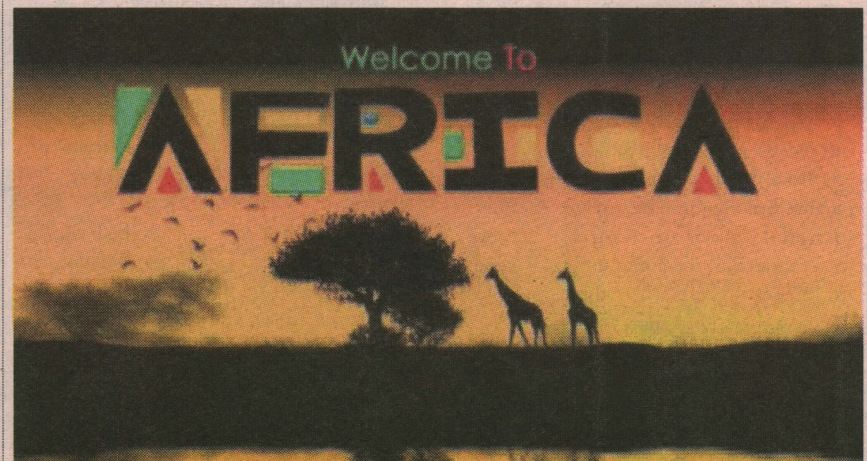
bean, African American, and Pan African history). The new \$5 membership fee goes to the Ebla Orphanage in Sierra Leone

Plans for this year's African Night will now include volunteer performances showcasing traditional dances from all five areas in Africa (North, South, East, West and Centre) dramatically reduced ticket prices for members and segregation of drinking from non-drinking areas. All Nova Scotian university societies are invited to celebrate.

The reason for these changes is the reason why Zora suggested changing the name of the Black Advisory Centre to the African Descent Advisory Centre and how he justified changing the eligibility of black Nova Scotian scholarships to include all Africans of citizenship and/or descent. "Each scholarship has its own definition of Black, its own definition of African ... challenge that". He is challenging a lot of things, including the common definition of 'African'. "We want to unite Africa, not separate it ... we are representing your home, Africa is all our homes ... we're welcoming everybody".

This year the society will present Welcome to Africa, where all 54 African countries will be represented in February to celebrate African Heritage month. Students are invited to represent their home on the continent of Africa - or a country they visited there - as they mingle with African business owners of Nova Scotia.

The Saint Mary's African Society has a new motto: "African as we are".



## SMU Voice for Neglected Tropical Diseases



Left to Right: Janelle Swain, Maheshi Dharmasiri, Avery Downey, LaKenya Swain, Rachael Organ

SMU  
VOICE FOR  
NTDs

### Avery Downey Contributor

SMU Voice for Neglected Tropical Diseases is a brand new student society with an important mission. Neglected tropical diseases (NTDs) are a pressing issue in the developing world, and it is shocking just how many misconceptions there are surrounding them. This society aims to raise awareness in the student community which is the first step in helping to combat NTDs.

NTDs affect one in six people. That is 1.2 billion people including half a billion children who suffer from diseases that could easily be prevented. These people live among the poorest populations in the world. In many cases, they do not have access to clean drinking water or proper health care. Many of them also don't know that the diseases they suffer from can be treated and protected.

There are 17 NTDs recognized by the World Health Organization that affect the lives of over one billion people in 149 countries. Although pharmaceutical companies are making these treatments available for free, donations are still needed in order to get them into the communities to set up treatment programs where they are needed the most. Countries such as India, Sierra Leone, the Philippines and Haiti have gone to extreme lengths to combat NTDs in their own countries and have succeeded, though there is still much more work to be done and countless others who need help.

SMU Voice for NTDs has partnered with the End7 campaign, which aspires to end seven of these diseases by 2020. These diseases are elephantiasis, river blindness, snail fever, trachoma, roundworm, whipworm, and hookworm, and are all easily treated by administering a single and effective drug. It costs only 50 cents for a single drug to treat and protect an individual for an entire year. This is a small price to pay to give someone a better life.

The group of students behind SMU Voice for NTDs are passionate about raising awareness and fundraising in order to make a difference. They are always looking for new students who are interested, and they are planning a great schedule of events in order to get students more involved.

Giving Tuesday will take place on December 1st, 2015, and is happening in over 50 different countries. It focuses on creating fundraising goals and trying to collect as much as possible to go towards the campaign.

The society will also be having a bake sale at the Student Union Building on Wednesday, November 18th, 2015 to raise money and spread knowledge throughout the campus.

SMU Voice for NTDs welcomes all students to come and join the campaign to see the end of these diseases and can be contacted at [voiceformtd@gmail.com](mailto:voiceformtd@gmail.com).

This is 211.  
How may I help you?

Tell me - how did you  
end up living there?  
Has something changed since  
you first saw the place?

I just can't live here anymore.  
It's gross. It's just a slum.  
And the people in this building are  
so sketchy. Half the time, I'm afraid  
to step into the hallway. Oh man!  
I've made a big mistake.

Well, that's the problem. I never saw it.  
I'm not from here. I'm a university student -  
this is my first year in Nova Scotia.  
I rented this place online, sight unseen,  
but I just can't live here anymore.

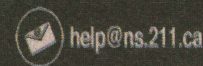
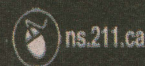
I need to understand something  
before I can suggest your next step.  
Do you live in university residence or  
in an apartment?

It's an apartment.  
Can anybody help me?  
I just don't know what to do.

Yes, I can help you  
find the help you need.



When you don't  
know where to turn.



## How to be a good neighbour

**Alexandra Alessi**  
Contributor

Hello Saint Mary's! This is a friendly reminder from one student to another that our school is located in a residential area. It is important to remember that our actions affect our neighbours too. Here are a few helpful tips on how to be a good neighbour!

1. Drink responsibly. Public intoxication is disruptive and not to mention a public offence. Don't carry around open alcohol and throw out your container in the proper receptacle.
2. Keep your music and voices at a respectable level. Remember when our night's are just getting started, our neighbours nights are ending.
3. Throw your garbage in a garbage

can! Halifax takes pride in our garbage system and provides garbage cans all around the city. Please use them!

4. Be aware of where you smoke. It's great that SMU campus is tobacco free, but remember that when you are not on campus, you are on a neighbour's property. Be respectful of your surroundings.
5. Smile and say Hello! There might be a negative attitude towards students. Let's show our neighbours that we are friendly and nice people. The next time you go out try to remember some of these tips to keep Saint Mary's community a great place to live in. Take pride in our shared neighbourhood. If you wish to volunteer by cleaning up our neighbourhoods, meet in the Loyola lobby on Saturday mornings or follow us on Facebook (SMUTrashformers).

## Our hidden, fabulous secrets

**Erika Macdonald**  
Section Editor

SMU has a new ad campaign and it's eye catching. These ads are an evolution to the "Be Your Potential" campaigns we've all seen around Halifax in recent years. What's different? Trampoline Branding in partnership with Saint Mary's has developed advertising that highlights some of SMU's most successful alumni as well as some of the impressive endeavours our students are doing. Nadine Laroche, account director at Trampoline Branding, said it is an effort to market SMU as the school that will bring out the potential that you have in you and uses some of SMU's success stories as

proof. She said it was fun to reach out to alumni and interview them about their successes as well as their time at Saint Mary's. Marie Braswell, SMU's Director of Admission and Recruitment, added to that by saying that it is not only a chance to promote the excellence that comes from SMU and our alumni, but the ads also feature Saint Mary's campus. There has been a lot of work done to the SMU campus in recent years with new buildings and upgrades so it is really an opportunity to highlight that aspect of Saint Mary's at the same time. SMU and their campaign committee have received no official feedback yet but we want to hear SMU students' opinions. Tweet us @TheSMUJournal.

## Jean's Restaurant

6 YEARS IN A ROW !!!

BEST OF FOOD

1st runner up:  
Best of Chinese restaurant 2007, 2008, 2009, 2010, 2011, 2012  
the Coast  
2nd runner up: Best Server

444-7776

5972 Spring Garden Road  
www.jeansrestaurant.ca

"Let us help you  
during exams by  
doing the cooking  
for you, so you  
have more time to  
study!"

ACCEPTED  
DAL CARDS  
DEBIT  
CREDIT CARDS

ON  
EAT IN, TAKE OUT  
ALL DAY  
DELIVERY



## Humans of SMU Matthew Burt

"If you were to ask me "Why do it at all", I guess I'd say for my own personal growth. I came to smu as a mature student, an uncle, as a father. I strive to be a better human being not only for myself, but for my family. Giving back to my community are the bricks I want to build my foundation on. And my collaboration with the Haligonian community has taught me to be more vocal, more comfortable with myself."

Photo: Javian Trotman

## Twelve Days of Buy Back

*Presented by the Bookstore*

The Winter **Textbook Buy Back**  
now in a new location:

### Loyola Colonnade

Right Next to Tim Hortons

### Twelve Days of Prizes!

Enter your name in our daily draw,  
Simply by selling us your textbooks!

December 2nd until December 18th  
9:00am - 4:00pm



'TIS  
THE  
SEASON

Check out our  
Event on Facebook



## The Counselling Centre

Saint Mary's University

Our professional staff are here to help.

### PERSONAL COUNSELLING

Anxiety  
Depression  
Relationship difficulties  
Family concerns  
Self-esteem, etc.

### COUPLES COUNSELLING

Communication  
Intimacy issues  
Infidelity  
Disagreements  
Trust concerns, etc.

### ACADEMIC & LIFE SKILLS COACHING

Stress management  
Exam anxiety  
Procrastination  
Assertiveness  
Transition issues, etc.

Our services are **free** and **confidential** for all SMU students. Drop-in sessions are available for new students to our centre during the academic year.

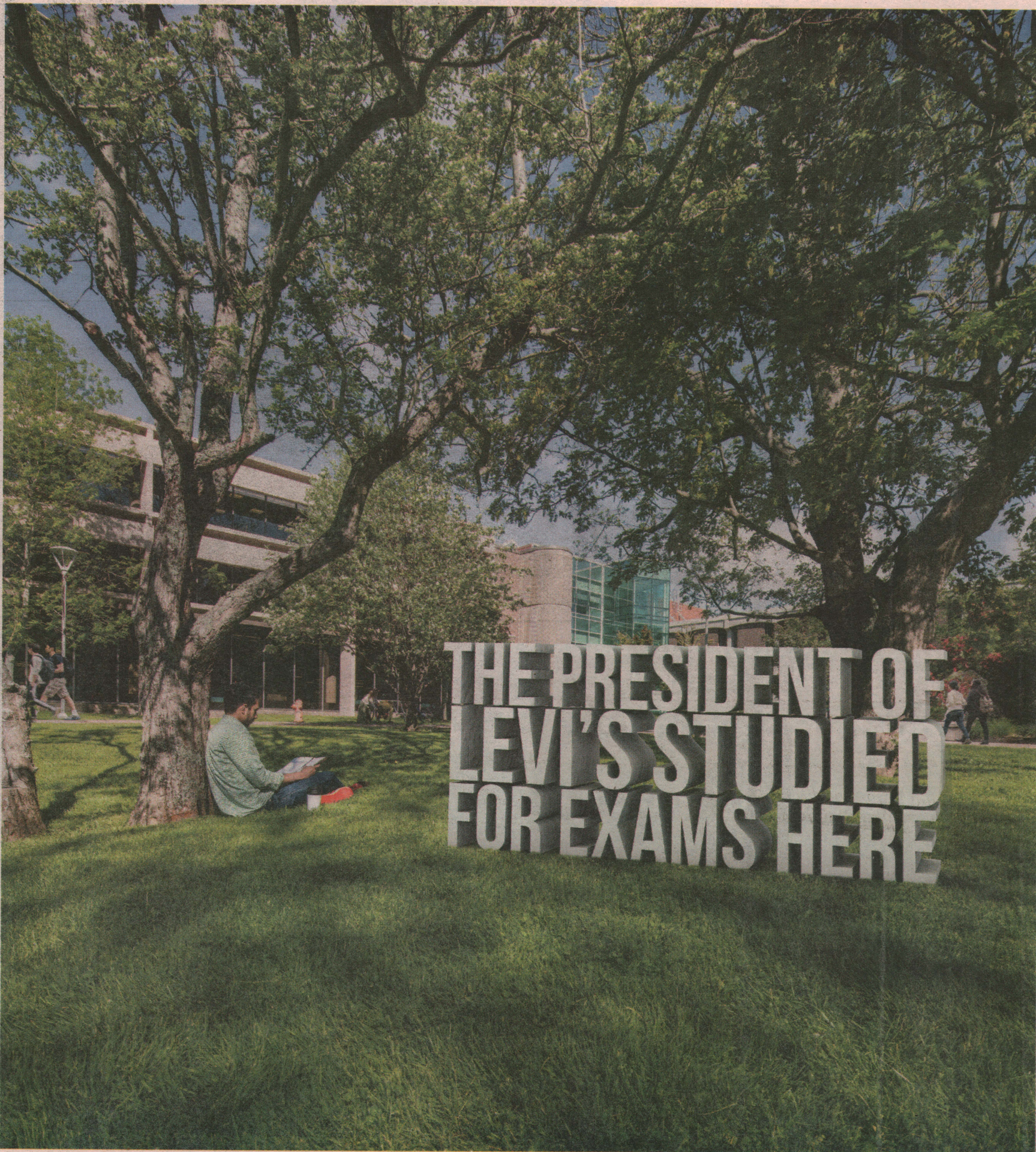
### CONTACT US

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tel: 902.420.5615  
counselling@smu.ca

[www.smu.ca/counselling](http://www.smu.ca/counselling)

 SAINT MARY'S  
UNIVERSITY SINCE 1862

One University. One World. Yours.



THE PRESIDENT OF  
LEVI'S STUDIED  
FOR EXAMS HERE