

Off campus  
2010-11  
Off Campus

Everyday is Bacon  
Day!



join our  
facebook group

# eXpress

SEPTEMBER 2010

## Welcome!

Yo homeskillets, for 2010-2011 Off Campus has lots of events planned to make your experience at X the best it can be. Making all this possible will be Clare, Christene and Nathan, your Off Campus leaders.

Coming up is the formation of the Off Campus House Council. Applications are on [HERE](#) at [theu.ca](http://theu.ca) and can be sent to [su\\_ocl@stfx.ca](mailto:su_ocl@stfx.ca) before Friday September 17th. This is a great way to get involved with both the Students Union and Off Campus activities throughout the year.

Over the next year we hope to have many events and resources for not only the Off Campus frosh

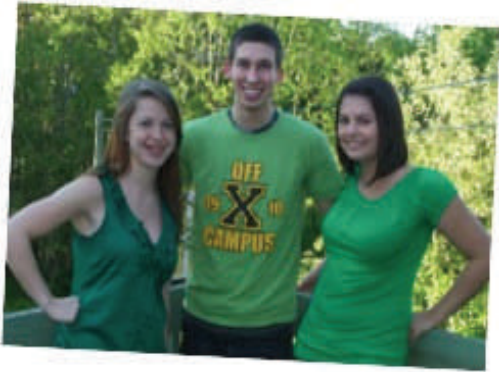
ut also the second, third and fourth years. Make sure to check us out on Facebook by joining the [STFX OFF CAMPUS 2010/11](#)



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# 2010 Off Campus Leaders



**Christene**

Christene Smith will be one of the three Off Campus Leaders for 2010-11. She is going into her third year at St.FX and is taking a Bachelor of Science with a major in Chemistry. She has been known to creep Facebook an unhealthy amount and can usually be seen chatting up a storm at the Inn on Wing Night. She enjoys visiting her home in Cape Breton, showing her X-pride, and dancing like a crazy person. If ever you need to find this proud Xaverian she can usually be found hanging out on 4th floor sub.

**Nathan**

Nathan VanderLinden is a resident of Antigonish County and was raised on his family's dairy farm in Heatherton. Nathan is also involved with 4-H, where he is enrolled in calves, woodworking and as the club secretary. In 2009, Nathan placed 2nd in the Nicole Business Concept Competition and has also been involved with a conservation group that is partnered with StFX and other universities across North America. It offers students a chance for fieldwork experience and to take part in research and conservation. (part of his summer in Honduras volunteering with the.) A second year BSc Student at StFX, Nathan is excited to be your Off Campus Leader for 2010-11.



**Clare**

One of your Off Campus Leaders (OCLs) this year, Clare Barnes was Toronto, Ontario but moved shortly after to Halifax, Nova Scotia. Clare says that "choosing to go to StFX was a last minute decision as I had no idea what I planned to study and didn't know much about the school." Fortunately, two years later Clare is entering her 3rd year of the Nursing program at StFX and is so happy with her decision. Clare's first two years at StFX were spent in TNT residence, where she was Vice President in her second year and "loved every minute of it." Clare says she looks forward to her Off Campus experience cannot wait to get this year started!

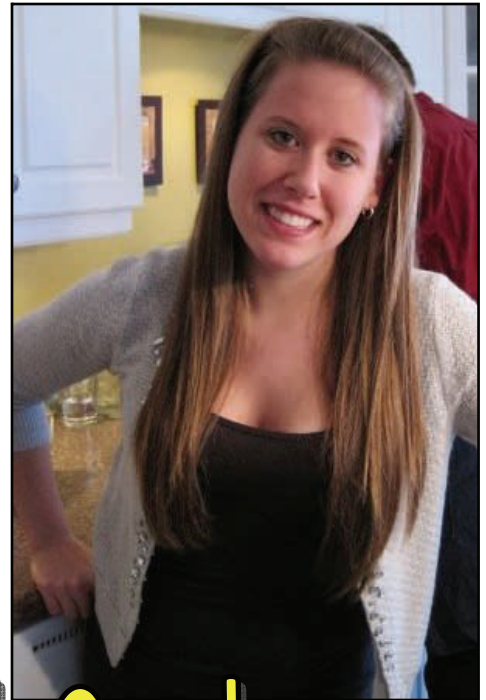
**Off Campus**

# Councillors

## Megan Paish

My name is Megan Paish and I am one of your Off Campus Councillors for the 2010-2011 school year. I am currently in my third year BSc. Human Kinetics, and working towards a minor in Health Sciences. I lived off campus last year, and plan to do so again this year. I am very approachable so feel free to come to

me with questions regarding off campus living, and the Students' Union.



## Michael Cadegan

Hey boys and girls of StFX, I'm Michael Cadegan, one of your Off-Campus Councillors for the 2010-2011 academic year. This is my second year working for The U, as last year I was your Lower Campus Councilor. I'm a third year science student hailing from Glace Bay, Cape Breton. I spent my first two years at X studying Biology, however, this year I switched into the Human Kinetics program. When I'm not doing council duties or studying, I'm whistling. I'll be taking requests starting frosh week. Outside of The U, I'm involved in the Best Buddies Society, O-Crew, a Campus Tour Guide, and many other committees as well. Whether you see me (or hear me) on or off campus, give me a shout and let me know your concerns regarding your Students' Union!

[su\\_counc@stfx.ca](mailto:su_counc@stfx.ca)

## Off Campus Editor

### Tips for Safer Alcohol Consumption:

- Drinking should not be the primary focus of any activity.
- Recognize another's right to drink or not to drink.
- Set a limit on how many drinks you are going to have when you drink, and stick to it.
- Use alcohol cautiously in connection with any medication or other drugs.
- Drink slowly - if you sip a drink and do not have more than one drink per hour, the

## Word of Advice

# free beer

alcohol will not have a chance to build up in your bloodstream.

- Eat before you drink. Eating high-protein foods like cheeses and meats, will slow down the absorption rate so that the alcohol will not hit your system all at once.

- Take turns with your friends being a designated driver

- If anyone has had too much to drink, see that they get a ride home with someone sober, or find them a place to sleep. Drive U is

available at the SUB and there are also local Taxis ready to take your friend home safely. If you have concerns and questions about your own drinking habits, a friend's or family members' situation, please seek help:

**X-Helpline**  
**867-HELP**

[su\\_help@stfx.ca](mailto:su_help@stfx.ca)

# Off Campus Housing

The Off Campus Housing Website is a service provided by the U to help its members find suitable housing within the Town of Antigonish. Each house on the list has been approved by a Union staff member and meets a certain quality of living fit for

our students.

The staff at the U has developed personal relationships with students and landlords to ensure students receive the best living situation possible. The U staff offers students free assistance in finding housing. We also have information and resources on the website that will

help you find the best place to live for next year.

If you have any problems with any house on the list or questions on OC living, please don't hesitate to contact the housing officer at [su\\_oco@stfx.ca](mailto:su_oco@stfx.ca) or on 4th Floor SUB.

# COUNCIL CORNER

Council Corner will be a monthly column in the Off Campus eXpress intended as a way for your Off Campus Councillors, Megan Paish and Michael Cade-gan, to keep you up to date with their work as your Off Campus Councilors for the 2010-2011 school year. Council meetings occur

every Sunday evening in Council Chambers on the 4th Floor of the Students Union Building (SUB). Megan and Michael are there to represent your voice in student government, so be sure to speak up or let them know about issues that concern you as an Off Campus student. - 4 -

Megan and Michael are very approachable in person, and can be found in their office on 4th Floor and through their email ([su\\_counc@stfx.ca](mailto:su_counc@stfx.ca)). So be sure to check out Council Corner Monthly in the OC eXpress!



# The Advantages of Living @ Home

By: Matthew Chisholm

**Financial:** most students who live at home during university save on:

- The cost of Residence
- Parking costs.
- Setting up and using a telephone and internet.
- Buying and delivering furniture.
- Outfitting a kitchen with appliances, dishes and utensils.
- Sheets and towels.
- Groceries and meal plans

- Help with laundry
- Assist with errands.
- Take important messages
- Contribute towards a tidy living space – at least in communal areas.

**Emotional:** the benefits of a built in support system extend far beyond the material. There are a host of emotional advantages that will follow students living at home throughout their university careers. Consider that living at home during university:

- Provides a caring atmosphere.
- No adjustments to your personal living area.
- No strange roommates.
- A safe place to vent frustrations.
- Offers sound advice and "second opinions."

- Most importantly, it provides a haven away from the stresses of university life.

You will always have the opportunity to rent a place with

***"Living at home provides a haven away from the stresses of university life."***

some friends in your whenever you choose, but there is certainly no harm in taking advantage of living at home while expanding you mind and social networks.

You're lucky to have this as an option at a school that is rated



**VS**



**Convenience:** not only does living at home during university generate financial savings, but it frees up a lot of spare time for students as well. Students living at home also have a built in support system to help them out and means that students have someone who will, at least sometimes:

- Pick up groceries
- Help prepare meals

**Brought to you by:**

**Home Cooked Meals**

# 2010 September 2010 Sept

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
	<b>F</b>	<b>R</b>	<b>O</b>	<b>S</b>	<b>H</b>	<b>W</b>
					<b>E</b>	<b>E</b>
					<b>K</b>	
12	13	14	15	16	17	18
			OC booth at Society Night 7-9	House Din- ner @ The Pub at 6	House Council Applica- tions due	
19	20	21	22	23	24	25
House Council Se- lected					Glow Party @ the Inn	
26	27	28	29	30		
				Last Day to Opt out of the U Health Care		

Cut Here

## HELP!

To ensure the quality of the *Off Campus eXpress* we would ask you to please fill out this form, drop it off with an OCL, or email the OCLs at [su\\_ocl@stfx.ca](mailto:su_ocl@stfx.ca). We are always looking for ideas and suggestions as this publication grows. If you have a story or an idea, let us know. Your article could be featured as our cover story!

Comments:



### How did you hear about us?

- Students' Union Website
- A Friend
- Facebook, Twitter, or Social Media
- My OCL
- Other: \_\_\_\_\_

### What year are you

- FIRST
- SECOND
- THIRD
- FOURTH
- Other: \_\_\_\_\_

Name (optional):

Contact Info (optional):