

HAPPY HOLIDAYS! AND FESTIVE FINALS

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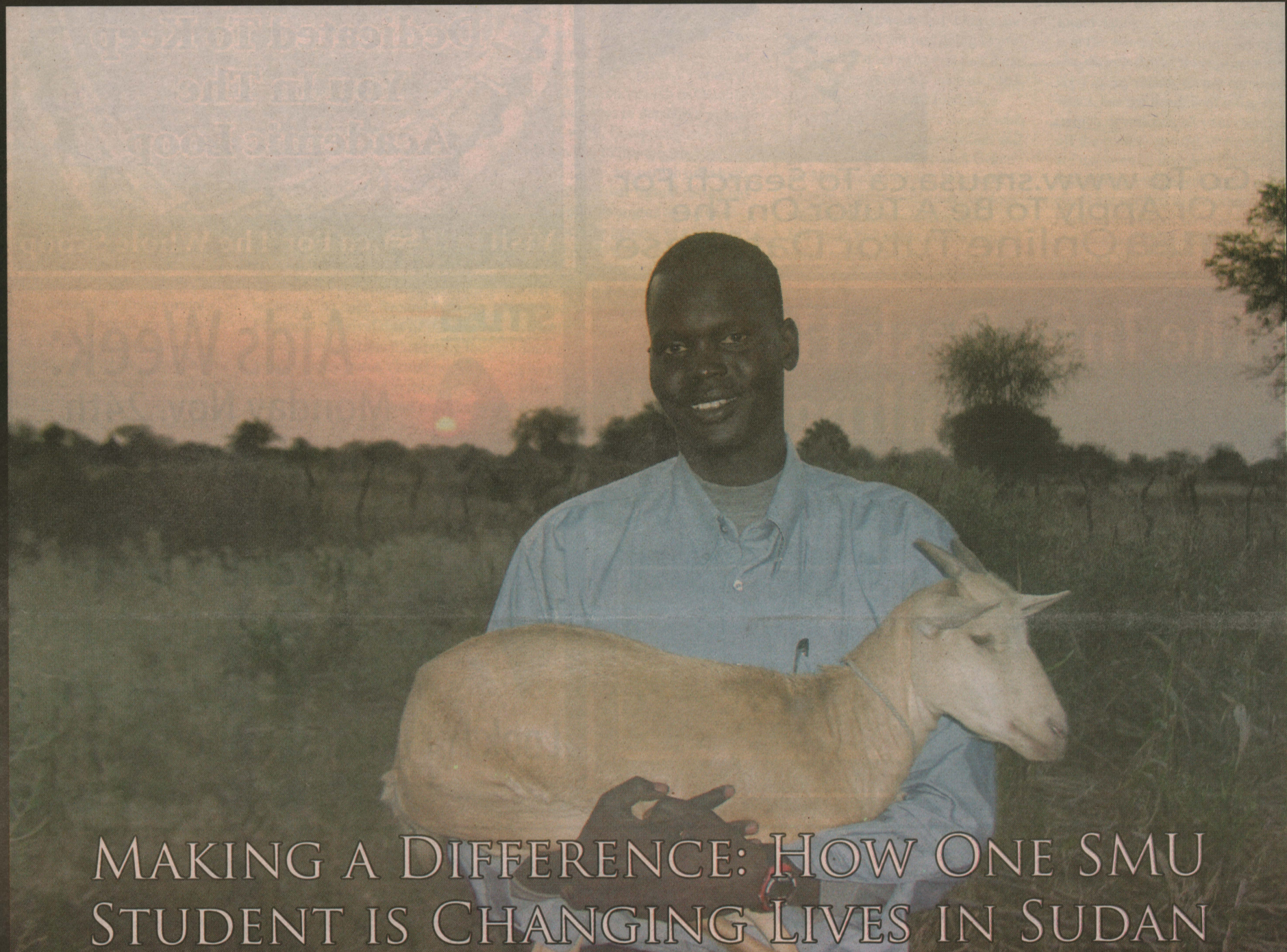


THE JOURNAL



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MAKING A DIFFERENCE: HOW ONE SMU STUDENT IS CHANGING LIVES IN SUDAN

Kimberley Dares

Whoever said one person can't make a difference has never met Jacob Deng.

Jacob was born in Southern Sudan in the village of Duk Padiet. When he was seven, insurgents ravaged the village and killed most of his family. Jacob, as well as thousands of others like him, fled the village and began a four-month journey to Ethiopia where he lived in a refugee camp. In the camp Jacob and the other boys were provided with a very basic education in a make-shift school before the war caught up with them and they were forced to flee once again. This time he ended up in a camp in Kenya. Weekly food rations were provided, but were barely enough for three days, and the hunger and dehydration made trying to get an education in the camp all but impossible.

Even at a young age Jacob understood the importance of education and decided to leave the camp in Kenya to head back to Sudan. Making the most of his resources, Jacob traded his clothing for tobacco, which was then traded for five goats. Jacob returned to Kenya, sold the goats and used the money to pay for boarding school. Once

enrolled, other charitable organizations provided money to keep him in school.

By age 11, Jacob was putting his skills to use; his knowledge of many languages enabled him to work as a translator for medics. Eventually Jacob met a Canadian diplomat, was granted refugee status and allowed to come to Canada in 2003. Coming from Kenya to Nova Scotia was a shock to him; everything is so different here, so structured, and set up.

Jacob kept his goals of education in sight and studied for a year at CompuCollege, before beginning studies at Acadia University. He now attends Saint Mary's as a Commerce student. He has not forgotten where he came from, and from the beginning has felt the need to "do something for those left behind, to be their voice."

When thinking about his own experiences, Jacob realized he needed to do what he could to help, and set about trying to figure out how he could best go about making a difference. Eventually he decided to focus his main efforts on bringing basic education to Southern Sudan, particularly his village, as "people

are only given one chance." The people of Sudan lack basic literacy skills, so Jacob started Wadeng Wings of Hope, which aims to bring education and other resources to Sudan. Education is a building block, with that people will be able to do much more.

Although Wings of Hope has many projects, the main goal is to build a school in Jacob's village of Duk Padiet. Educating the children requires their parents to also have access to similar schooling, so the plan is for the school to offer classes for children as well as workshops for the adults.

In direct connection with this project is the Brick by Brick campaign by which people can purchase one brick for \$25, with the money going directly to the fund for a school as well as other associated costs. These other costs include the drilling and upkeep of a well, the training of teachers, school supplies, as well as the overall cost of operation.

Wadeng Wings of Hope also launched a campaign to buy goats for people in the area. Goats were available for purchase at \$50 each. When Jacob returned to Sudan

in 2006 he was able to take enough money back with him to buy 120 goats. When he returned in April 2008 he took with him the money to buy 305 goats.

Drilling for the well also began this year and over half of the \$12,000 needed for the well has been raised. Weather conditions forced a delay, but it should be completed by late November.

Another campaign recently launched, called Stitch by Stitch bought six sewing machines which will make a huge difference in the community. Clothing is lacking, and many children, especially those entering puberty, are understandably uncomfortable or embarrassed about going to school only half dressed. The sewing machines will not only provide the community with clothing, but provide members of the community with skills to make clothing, and a product in which they can sell to raise money. The eventual goal is for the Stitch by Stitch campaign to help sustain the school, as funds from selling clothing and uniforms to other communities will go to the school.

Jacob has been running Wadeng Wings of Hope for four

years now, and has already accomplished so much, but he stresses the importance, and the need for help. He has spoken at many local Junior and Senior high schools as well as local Universities. It is time for young people to get involved, practical action is needed.

Sudan is a country still suffering, it is not safe or stable, and as a result many larger organizations such as UNICEF are forced or chose to skip countries like Sudan in favor of safer ones. But that does not mean the need for help is not there, it takes the courage to speak up and make a difference to help these people. Even those who want to help themselves cannot, as there are few opportunities or options open to them.

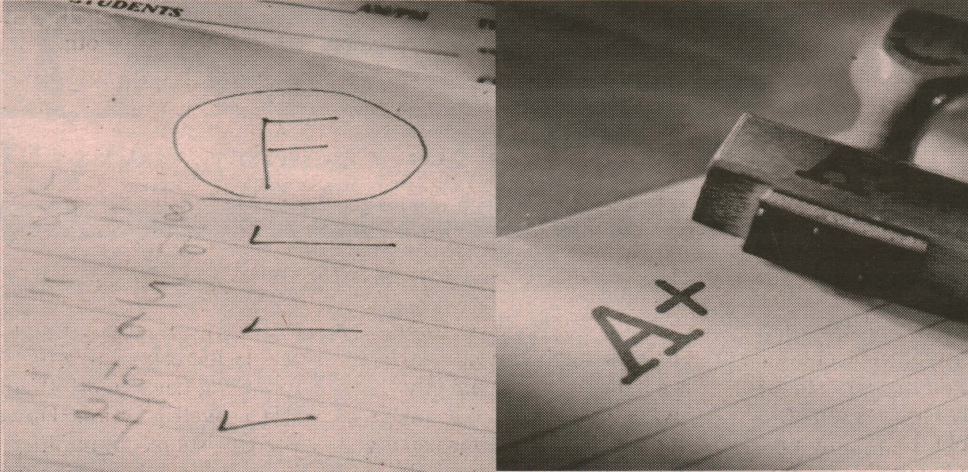
Jacob's message to his fellow Saint Mary's students is simple. "Get involved, when we stand up we can make a difference." Any time, skills, and ideas you would like to share would be more than welcome.

To learn more or to get involved with Wadeng Wings of Hope visit www.wadeng.org

Photo Credit: www.wadeng.org

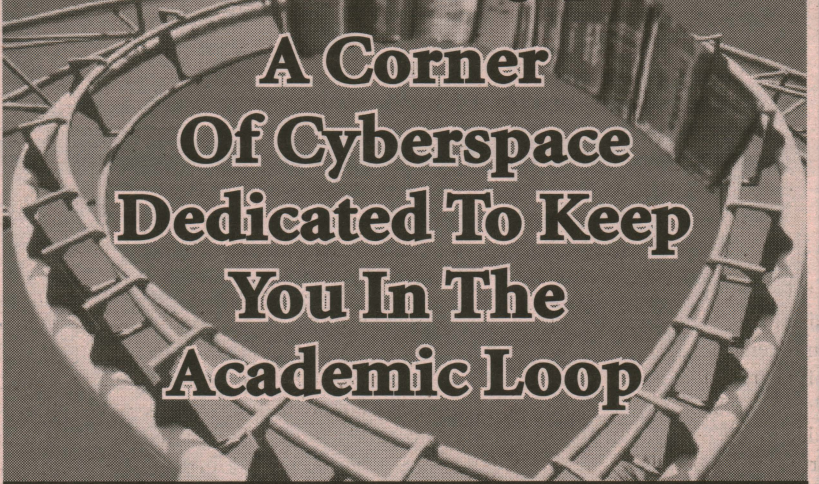
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Aids Week:

Monday Nov. 24th -
Thursday Nov. 27th

Selling Packs
Containing Dentyne
Ice, Condoms, & Red
Ribbons For \$1 Each

Look For Booths Around Campus

Good Luck On All Your Exams

HAPPY HOUR

Monday To Friday 4:30 - 6pm
Wednesday and Thursday 9 - 10:30pm
2 \$ DRAFT

WEDNESDAY
November 26th
**OPEN MIC
NIGHT**

THURSDAY
November 27th
**5.50
DOUBLES**

FRIDAY
November 28th
**FREEDOM
FRIDAYS**

SATURDAY
November 29th
**PRIVATE
PARTY**

SUNDAY
November 30th
CLOSED

MONDAY
December 1st
**WORLD
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LOUNGE**

TUESDAY
December 2nd
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\$6.00**

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PERSPECTIVES

FIND OUT WHAT SMUDENTS ARE SAYING THIS WEEK

TO SILENCE OR NOT TO SILENCE;
THAT IS THE QUESTION

Laura MacIntosh

Those who read this section of the newspaper may have noticed a 'light cap' put on letters to the editor or in response to articles appearing in this paper. 750 words or less; a cap designed not to curb arguments or deter controversy but to allow all writers their voice.

We have had a great number of responses from students, faculty, staff and even off-campus readers this year, which The Journal staff is incredibly thankful for. Raising arguments and starting controversy are things the publishing staff is proud to do.

The unfortunate word cap is due to this overwhelming support for the paper. With the recent referendum not passing and our monetary base not increasing, we

have been stuck publishing 12 page issues up to this point. Articles have gone unpublished, not because of any attempt to censor or derail free thought, but to fulfill our mandate to publish student written articles above all else. This issue of The Journal, as one can easily tell, is thicker than previous, as we the staff have decided to publish a 16 page paper despite the cost it has had on us personally.

And with that I say dear readers; please keep up the arguing, controversy and input; however please understand that we are trying to publish more than just one persons view on any given topic. With this short, concise article; I forfeit my remaining 506 words to you; the readers and writers of The Journal.

LETTER TO THE EDITOR

Professor Robert Dawson

Earlier this semester I responded to Dr Cathy Driscoll's article (Nov. 5, page 3.) Dr Elden Wiebe has now written a further response. As his letter repeats so much of what Dr Driscoll wrote the week before (in some places nearly verbatim), I do not feel the need to respond to all of it. Nonetheless, there are a few points that seem to require a separate response.

Firstly, yes, I remain puzzled by the assertion that "future temporal rewards is [sic] a Christian value". Yes, the Christian message is one of looking forward to future reward - in heaven. Luke 12:33, Matthew 19:21, and other passages make this very clear. Some have tried to make it otherwise - witness the recent fad of the crass "Prayer of Jabez" - but it is difficult to escape the fact that Jesus, as represented in the New Testament, does not seem to have placed great store in worldly forethought, or for learning in general. It is difficult to imagine him having a high regard for institutions such as universities, let alone business schools. (Had the question arisen, his response might have involved the camel driver attempting to precede the camel through the eye of the needle.)

In this regard, my values - and, it would appear, those of Dr Wiebe and Dr Driscoll - differ from those of Jesus, and this is probably a good thing. If either of the good doctors has taken a vow of perpetual poverty, as our Jesuit and Christian Brother founders did, they may say so and I will publicly apologize for suggesting otherwise. Otherwise, I will merely suggest that "tempora mutantur, nos et mutamur in illis". The times change, and we are changed within them.

As far as the story of Abraham's willingness to sacrifice his son Isaac, Dr Wiebe refers to "the trust Abraham had in...God's ability to raise Isaac from the dead." Well, it's a grim little myth of what we would call today ritual child abuse, and I can see why Dr Wiebe wants to add a more optimistic note to it; but I have no idea where he gets that one from. Certainly not Genesis 22, in which there is no suggestion whatsoever of Isaac's resurrection. (Or is it only missing in the "highly edited" Bible that Dr Wiebe implies that I use?)

I am more than a little disturbed to see Dr Wiebe taking an extremely outdated interpretation of what he refers to as the "withering of the fig tree." Let's get this clear: what St Mark describes is not "withering"

in the sense of the Greek "middle voice", with the fig tree withering naturally. Rather, upon coming across a healthy fig tree that was not bearing fruit "for the time of figs was not yet", Jesus is claimed to have said "No man eat fruit of these hereafter for ever", by which curse he withered it.

Dr Wiebe states that this was symbolically "about the lack of 'fruit' produced by Israel". This was once a commonly accepted interpretation; the symbolic meaning being that God had "hereafter for ever" cursed Israel and cut it off from him. Surely we are past this hateful nonsense? This is one so-called "Christian value" that Saint Mary's University can do without.

Dr Wiebe asks what basis I would use for ethics, and how this would differ from faith-based ethics. Well, that's a long question to try to answer here, but let me give an outline. There is simple pragmatic evidence that certain ethical concepts work. Like scientific principles, they work whoever applies them, regardless of religion.

Consider trust. A society in which the concept of trust does not exist cannot progress through cooperation; and life in such a society will be, as Hobbes put it, "solitary, poor, nasty, brutish, and short". A society in which trust is extended to unreasonable levels will fall prey to the untrustworthy. A moderate amount of verification allows trust to be extended more widely than would otherwise be possible.

Similarly, we can argue in favor of honesty, generosity, respect for self and others, honor, courage, obedience (within certain limits) to the law, and many other principles, simply on the grounds that our society functions better with them than without them. The questions of symmetry and stability - why society can survive a few "cheaters" but cannot permit this behaviour - are more subtle but can, I think, be adequately dealt with.

How does this differ from faith-based ethics? The ultimate

LETTER TO THE EDITOR

Professor Robert Dawson

I read with some interest Professor Cathy Driscoll's list of "The Top Ten Reasons to Reconsider Professor Robert Dawson's Letter to the Editor". Well, it's not exactly David Letterman, the order was backwards, and the tenth was a spelling mistake, for which I apologize. But if it's reconsideration that the good doctor wants, let me reconsider.

Dr Driscoll takes me to task for suggesting that she and Elden Wiebe claimed that Christianity was the only basis for ethics. I could quibble and point out that I did not actually state that. But why bother? Their original article claimed that "the values of honesty, trust, fairness, respect and responsibility...derive from the Christian tradition." To say that they derive from the Christian tradition is to suggest that they would not be present otherwise; that is, that there is no other basis for these values. If they were there before Christianity, or would have existed without Christianity, then they do not derive from Christianity. At most they are associated with it.

I mentioned in my previous letter the account (Mark 11:12-14; Matthew 21:18-22) of Jesus cursing a fig tree for not bearing fruit out of season. Nobody reading Dr Driscoll's response, in which she refers to the "parable of the fig tree (Luke 13:6-9) might have been forgiven for assuming that the two episodes were one and the same. They are not, as she surely knows.

The cursing episode (which, whatever we may believe, is twice recounted as fact, not as a parable) is in no way about "God's mercy and grace", except perhaps as a suggestion that he may arbitrarily withhold them. It

has, by the way, been interpreted by some Christians as specifically symbolic of God withdrawing his grace from the Jews "because they were not ready to bear the fruits of Christianity", and used as a justification for anti-Semitism. Surely this was not the original intention, but it is hard to find an uplifting interpretation for this strange passage.

As for the parable of the laborers in the vineyard - which is a parable - I am perfectly aware that it is not to be taken literally. However, it is usually understood that it should be taken symbolically, with a parallel between the actions of the owner of the vineyard and the actions of God. Presumably Jesus would not have selected actions that he considered outrageous or immoral to represent those of God.

In my previous letter, I mentioned two Catholic theologians of past centuries who had encouraged "mental reservation" and "equivocation" - by most people's standards, forms of lying - when they benefited the Church. Dr Driscoll finds this "way too convoluted". Sorry - what's convoluted about that? They were weasels, and the reputation of the Jesuits suffered for centuries as a result.

Dr Driscoll claims that "The Christian Golden Rule transcends the ethic of reciprocity, as Jesus asks us to love our enemies". This is a precise illustration of my point; Dr Driscoll is assuming that Christianity has the real thing while everybody else's version is inferior. But let's take a look at some examples from pre-Christian philosophers:

"Do not do to your neighbour what you would take ill from him." (Pittacus of Mitylene, ca.

600 BCE)

"Never impose on others what you would not choose for yourself" (Confucius, ca. 500 BCE)

"Do not do to others what would anger you if done to you by others." (Isocrates, ca 400 BCE)

No distinction is made here between friends and enemies either. The main difference is that Jesus refers (Luke 10:27, following Leviticus 19:18) to love as well as action. However, Christian communities soon realized that loving your enemy in any practical way was dangerous; and in many cases what resulted was that the professed "love" was a completely theoretical emotion that did not prevent the enemy (or innocent stranger) from being burned at the stake for heresy, killed on the battlefield, exploited or enslaved - frequently with the Church's blessing. On other occasions, both Church and followers did better; but it does not seem to me that, in reality, the Christian version of the ethic of reciprocity differs much from other versions, either in nature or in adherence.

I am in complete agreement with Dr Driscoll that the University should commemorate our founders, and the historical roots whence we sprang, in the Calendar and elsewhere. (Though, please, not "from whence we came", a redundant construction reminiscent of the song "Take Back your Mink".) However, to commemorate our founders by pretending that the University never developed beyond their original vision and the religiously polarized society in which it was born is a poor sort of memorial.

responsibility for determining moral behaviour is not shifted off onto supposed divine inspiration, either of others or of oneself. Rationality, and questioning anything not understood, is paramount. These days, if somebody hears a voice telling him to kill a member of his family, we expect him to get medical help; we do not encourage him to do what the voice suggests and praise him for his "faith and trust."

Of course, most modern Christians do not really believe these stories, if for no other reason than because their own indwelling spirit of reason tells them that the actions attributed to God and Jesus were ethically unworthy. Faith may then add "and therefore God must not have done so"; but a purely faith-based ethics could not logically lead to that conclusion, because any act of God would be good by definition.

Inasmuch as there is conflict between faith and reason, it is the business of a university to choose reason. Inasmuch as there is no conflict, we should recognize that Saint Mary's today draws upon a wealth of different traditions, and not pretend that the Catholic Christian tradition particularly directs our work.

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ACADEMIC AND INTELLECTUAL HONESTY IN CHRISTIANITY

Elden Wiebe, Professor, Dept of Management

John David MacNeil's challenge to our assertion that academic honesty and integrity are examples of Christian values should also not go unchallenged. MacNeil develops a rather novel thesis that at the heart of Christianity is a pervasive academic dishonesty. This thesis is full of problems. First, to be clear, Dr. Driscoll and I did not base our position on Collingwood's argument, but rather our own and others' observations, here and around the world (literally), in both the teaching and practice of Christianity over many years. Academic honesty and integrity for us is not primarily based on the exercise of determining the authenticity of documents purporting to be written by apostles, but from the character of Jesus, how the scriptures teach people to live well, and the witness of those who follow Jesus in all parts of the world.

Second, MacNeil's charge of plagiarism in the Gospels is bizarre. This is simply an anachronistic demand of a present standard in academic learning placed onto a time and task in which that was not the issue. MacNeil is erroneously forcing our present day understanding onto an ancient situation in which it doesn't belong and in which it makes no sense. The capturing of oral tradition, and, in the case of the synoptic gospels, drawing on a common written source (postulated, since we have never found this document), is not plagiarism in the sense connoted by that word as used in our present academic setting. We suggest that MacNeil should heed his own admonishment to pay attention to first century history and context before making his claims. This admonishment also applies to the next point.

Third, pseudepigraphy and pseudonymity are certainly not limited to Christianity. Actually, both were rather common in ancient times. That the Christian community took pains to limit the canonical text to the apostles and other early Christian leaders who spent considerable time with them says something of the commitment to the veracity and integrity of the documents and more broadly to the Christian message. By the way, I would encourage MacNeil to be an academic and exercise academic integrity by recognizing that other scholars, as brilliant as the ones he has read, on the evidence

available have taken contrary positions regarding authorship (among other things) to those he has espoused in his article.

Fourth, MacNeil notes that the Gospels have different theological agendas. I am not sure why he is bothered by this, nor why he insinuates that this represents manipulation or distortion or fact-fudging. When we write, we write for a particular audience. I will include some things in one writing that I do not in others, given the audience I am trying to reach. The writers of the New Testament did the same. (Note: here I am not reading my situation back into the first century, but rather illustrating what the gospel writers actually did.) The Gospel According to Matthew is written to the Jewish community and so addresses Jewish concerns regarding the promised messiah. Luke is writing for a different audience—a largely Greek audience with different concerns. It is not surprising then that, for example, the genealogies of these two writings are different. But it does not mean that they are false. The Apostle Paul's letters are exactly that—letters—and they are addressed to specific communities dealing with specific issues in those communities. A theological agenda does not negate historical veracity.

For these and other reasons we certainly do not agree that there is a pervasive academic dishonesty at the heart of Christianity as MacNeil would have readers believe. I do concede, however, that many Christians are, as MacNeil has noted, 'actively discouraged from reading philosophy or taking courses in the sciences because the research done in those disciplines is thought to undermine faith.' I know some of these people. And I am deeply saddened by this. Part of the problem, as I see it, is that many Christians simply haven't gotten any farther than childhood Sunday School in their understanding of their faith. That level of understanding will certainly be demolished by philosophy and the sciences. My challenge to them is to work at building their understanding of their faith. Get beyond Sunday School. The Christian faith has been held by some of the greatest minds in history—thinkers who have contributed to the philosophical corpus and to the sciences which now some Christians have been told to fear. Deepen your understanding of your faith! Make it

750 WORDS OR LESS – QUANTIFICATION ON HUMAN DISCOURSE

Alexandre Gervais (the now cranky student)

750 words or less. 750 words or less. One could argue that communication can be shortened, yet still hold within its medium the same message one had tried to convey. One could argue that a sentence can be without the use of certain words, yet mean the same thing. A word, a phrase, a sentence, an essay. They could all use revision. But what one fails to see when one revises, is that the revision has distorted the initial vision. The specificity of the concept that one has tried to convey for you has been molded by your imposition. The great works of William Shakespeare are not studied and pondered because they have been revised, but because they attempt to bring us to thoughts that can presumably inform us or enlighten us in spite of our limited internal curiosity. This premise is understood from Noam Chomsky to Gandhi; that while inquiry into that which we are as human beings, that which we think we know, that which we know, that which we don't, and that which we wish to know, is a pursuit that has limitations and those limitations are what we must seek to dismantle. 750 words or less.

It appears that one of those limitations has come to fruition right here on campus. 750 words or less. What if 750 words or less is not enough to convey an argument or proposition, or any other message of thought provocation? Perhaps 800 words might have been ideal, or 2000, or who knows. With a cap on thought, and on contribution, we do nothing but quantify intelligence, thought, and social relations. We take the power of proposition, re-

robust rather than leaving it tepid and trembling. And keep seeking the truth! At least one person who has done this admirably in recent years is Denis Lamoureux, who teaches at the U of Alberta. He holds a doctor of dentistry, a PhD in Old Testament (focus on origins in Genesis 1-11), and a PhD in Biology (all earned doctorates incidentally). He has run the gamut in terms of positions on evolution and Christianity. He has now written a book called *Evolutionary Creation: A Christian Approach to Evolution*, where he outlines his synthesis of all that he has learned through his academic career and faith. I encourage you to pick it up and be challenged. John MacNeil—if you are willing to pursue truth with an open academic mind, you might find yourself challenged by this too.

solve, and discussion and turn it into a game of presence and representation. We ultimately turn the truth into a discourse where complexity, context, relativity, and subjectivity, are frowned upon, for they do not serve time in the same manner that numbers do. It is much easier to decide based upon a number. A digit that somehow represents the decision in favour or against, a matter of deciding which one outweighs the other. This is how truth is told in this framework. 750 words or less. Does 750 words or less properly represent famine, anarchy, fascism, discrimination, religion, science, humanity etc.? I would hope not. IF an argument is limited to an imposed boundary outside of the natural boundaries and limitations of the ability to convey speech, art, language, and communication, then one may only assume that this boundary is without justice, that it silences all that is free, including the freedom of speech, whether that speech be printed on this page or not.

To make matters worse, this limitation is imposed when extraneous items in The Journal clearly take up space for the sole purpose of creating an image that The Journal is somehow part of popular culture, yet simultaneously educational. My squabble is with this pathetic Hot or Not section of the paper. Sounds like a dichotomous and highly quantified way of persuading readers that The Journal is as popular as P. Diddy to me. The only function this waste of space, in my opinion has been successful in serving, is the demise of intellectual inquiry, with the benefit of increasing the number of

readers, not the quality of those reading. I would say more about it, but I'm limited to 750 words or less, and in this case you can definitely 'tie' me off as being opposed to this total waste of space in The Journal. But I am not the least surprised. It just follows suit with my theory of quantifying human discourse. Hence, The Journal with this 750 words or less limit is turning into a paper that promotes people to speak up, but not to formulate argument in fear that their convincing and understandable arguments will be sliced by the limit imposed by The Journal and its now, 750 word or less policy. An example of this quantification is the very real notion that this article I've written for the paper was not one I made because of an argument that I wished to share and present others who may read, but to represent myself as one who is against this policy and hope that it be removed.

I had much more to say and more strengthening of my argument(s) to do. I have only written this to be represented; if we as a people think that is justice enough, then I'm afraid reason has lost a romance with me that I have always been fond of. Take \$20.00 more from my tuition for all I care, I will support this freedom until I reach my grave, I just hope I'm not uttering these words under my breathe as part of this frustration with limiting discourse when I'm old and grey, "750 words or less, is that all we have become?". May your public relations-like reply follow suit....

MEAL PLAN FRUSTRATION

Anon

This may come as a certain shock to some, so brace yourself! I, a student at Saint Mary's University, have a complaint to make about food services on campus. Yes, I am talking about Aramark and their less than satisfactory food.

Recently I went to Student Health Services and while speaking to a doctor, who shall be left unnamed, the topic of food and healthy choices was brought up. The doctor asked what my daily diet entailed, my response was simple, "I eat at the Dockside quite often, so normally a wrap,

a five dollar chicken breast with salad, or occasionally I go for the Center Stage Special!"

The doctor cringed and said, "Oh, you are on the meal plan..." I thought immediately to myself that if the health professionals at our school could cringe over the selection of food the university is providing its students, there is a definite problem.

I watched week by week at the selection available, and if you're looking for food after 6pm, good luck! The Grill is the only available on-campus choice, with

a line up ranging from five to twenty students nightly. I guess the real reason I was inspired to write this article was the Center Stage selection today. It was turkey and veggies. The turkey had run out, so the options were mashed potatoes, fries, carrots, and peas. Thank you for the fried food and carbs Aramark and thank you Saint Mary's for forcing me to purchase such a wonderful meal plan.

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NEWS

CATCH UP ON WHATS BEEN HAPPENING AT SMU AND AROUND THE WORLD



DEAL WITH EXAM STRESS THIS SEMESTER

Adam Harris, SMUSA VP Academic
academicinfo.blogspot.com

It's that time of year again, when the snow starts flying and nights at the library become more popular than Open mic nights at the Gorsebrook. You might be starting to feel a lot more stress and anxiety than usual. Don't worry, there are lots of simple ways to keep your stress level in check and fly smoothly through exam season into the holiday season. It's already the last week of classes, and final exam dates are fast approaching. Some people may even be doing big final presentations and Lab exams this week on top of preparing for final exams. The first official day for formal exams is December first and most exams are finally wrapped up by December 17th. Make sure you manage your time well! If you have a bunch of exams in only a few days, start studying well in advance. This will keep you from cramming last minute or not

doing as well as you'd like. Get lots of sleep over the next few weeks. Sleep is important for retaining information and not passing out on your favorite Calculus textbook by 8pm. Avoid putting off your studying and then putting in a couple all-nighters instead. While you are studying, eat well, lots of healthy fruits and vegetables, and drink lots (of non-alcoholic beverages). If you normally drink coffee or other caffeine, keep on doing it. If you rarely ever do, don't start. It won't help you to chug three energy drinks and power study. Plan out your study schedule in advance, stick to it, and don't cram! Make sure you stay on your study schedule. It's also important to take breaks and find things you like doing to relax yourself. Take a break and get outside, go for a jog (watch the ice!), or get to the gym. If exercise isn't your thing, try reading

something else other than your psychology textbook, or bake your room mates cookies. If you have a routine, it's probably a good idea to stick to it. There are definitely some good things to do while you are studying. If it helps you, study in groups or with someone else in your class. If you're better off studying alone, get to the library early and find a quiet place. Profs are usually available, between all the marking that they have to do, to go over class material or a previous midterm. There are also lots of resources on campus to help you deal with stress and anxiety. Check out Student Services and Counseling services on the fourth floor of the student centre. There is a Chaplaincy office on the first floor of Loyola and a meditation/prayer room on the second floor of Loyola. Don't worry, it will all be over soon!

NEWSFEED

A plane crashed in Manitoba over the weekend, leaving five people including a woman and her baby... alive. The passengers escaped the plane unharmed moments before it exploded into a fireball seen from nearby communities.



Also exploding in Western Canada, a gigantic meteor! The meteor burned up in the middle of the night and lit up the sky for a few seconds. Footage of the explosion is linked to at my blog, which you can find at www.smujournal.ca.

15,000 people packed Vancouver's GM Place in a celebration of the centennial of the Catholic Church's Vancouver Archdiocese. The proceedings included the honouring of Shirley Leon with Papal recognition for her efforts to reconcile the church with the aboriginal community. Outside of GM Place people protested the award, claiming it was being used to whitewash the past. The Catholic Church has suffered the greatest loss of all religious



groups in recent years, with less than one in four people brought up Catholic actually identifying as Catholic.

November 20th marked 'Kick a Ginger Day,' during which several children took things too far and actually started kicking redheads. Several children are now suspended and those who posted 'Kick a Ginger' Facebook groups are being investigated for hate crimes. Many unreliable news agencies such as CanWest Global are perpetuating the notion that South Park is responsible for 'Kick a Ginger Day' due to their episode 'Ginger Kids,' and parents are exploring lawsuits against the show. In fact "Gingerism" (as it's called in the U.K.), has existed for centuries, and during 2003 in the U.K. (two years before 'Ginger Kids' aired) a person was stabbed in the back for having red hair.

A new poll examining public opinion on contenders for the Liberal Leadership shows that Bob Rae hasn't left his past behind him. The poll showed that Rae is seen as the worst of the leadership candidates to lead the economy. The way things are going for the Liberals; this probably means that he'll win the leadership contest.

Hilary Clinton will likely be named Barack Obama's Secretary of State. Exciting! Obama also unveiled his plans to stimulate the U.S. economy on Monday, and his announcement of his new Treasury Secretary caused a jump in the Wall Street stock market.

Shares in Air Canada fell to less than 2 dollars last week, but the airline says it's still in much better shape than its competitors. Since Air Canada has virtually no chance of folding, now might be a time to consider investing in the company before its stock price rebounds.

Debby, previously the world's oldest polar bear and now dead, is gone but not forgotten. The bear was featured on SNL's Weekend Update last week in between jokes about Angelina Jolie and Ashlee Simpson's new baby. Myers quipped, "Debby, the oldest polar bear in captivity, died this week in a zoo at the age of 42. Debby is survived by her two daughters, Cindy, Crystal ... and her stepson Kareem," while an image of a black bear cub appeared on the screen.

DONATIONS VS. GIFTS... THE DEBATE

Jeff Cusack

As Christmas comes, the inevitable topic of gifts arises. Increasingly people are discussing the topic of whether getting gifts is justified, many are instead opting to donate to a charity on someone's behalf rather than to give gifts. Often the reason cited for this is that the gift giver is sick of the materialism involved in Christmas. Such giving is widely accepted in Western society, and surveys generally show that 75% to 80% of people approve of this type of giving (more women than men.) The downside of this type of donation is that gift giving has legitimate value as something which strengthens social bonds more so than a donation can because of the actual material exchanged (anthropology!) Luckily, if you're a type who is set on donating, I have some solutions that will let you keep that bond.

1. Congratulations, you can do both. Just because you want to donate on behalf of someone, there's no need you can't give them something to. If you're on a limited budget then you can do a 50/50 split and just make the gift smaller.

2. Give to a charity that does something specific. If you just say "hey I donated 30 dollars to a charity for you!" the person you donated to will think that you're only after a tax rebate. Make sure that the person knows exactly what their gift gave to someone, for instance, for 25 dollars you can buy 2 chickens.
3. Even better, have the person get something from their donation. When you buy some chickens or a goat on behalf of someone at World Vision, that person gets a card. This means that you can do your good deed and the person still gets some sort of physical acknowledgement from you. Another cool option is a donation to the Trans-Canada Trail. If you donate 50 dollars on behalf of someone, then they get their name put in a trail pavilion. Everyone likes to get immortalized, and you get to help out Canada, good for you.
4. Buy something which has the proceeds go to charity. It can be trickier to get this one done, lots of companies donate part of the proceeds to charity, and

few companies donate everything. However this is a great option if you want to help out a charity and still give a gift. An awesome option for this category is to give to the Terry Fox Foundation, which is the best cancer charity in Canada. Unlike other charities, the foundation gives 100% of their funds to research for cures for all types of cancer, and the researchers themselves get to choose which project needs the funds most. Go to www.terryfoxrun.org, click on merchandise, and everything you buy goes to fight an awful disease.

5. Children still like gifts. Remember the magic you felt on Christmas day? Some children won't get that this Christmas. Eschew your anti-gift giving nature and donate to a charity like Christmas Daddies.
6. Watch for scams. Regardless of what your attitude is, people tend to give more around Christmas, and scammers try to take advantage of this. Research everything before you give. Merry Christmas and Happy Holidays!

HAPPENING @ SMU:

On Thursday, November 27, the Art Gallery is opening up its exhibit of student, faculty, staff and alumni contributed art.

Friday is the last day of class for the semester!

Saturday is a study day, so anybody who did have a normal class that day doesn't.

On Sunday, the Alumni Association is hosting its "Beers of the World" event at the Gorsebrook. Attendees will sample multiple types of beer from around the world, while listening to a talk about the features of each beer. Each beer also comes with a snack that pairs well with it, and an NFL game is playing on the Gorsebrook's big screen throughout the event. Tickets are 25 dollars.

Monday, December 1 and onward: You have exams.

Saint Mary's University Co-operative Education Program

Co-operative Education is a method of learning in which students alternate formal academic studies with paid work terms. Companies or institutions employ these students in projects related to their academic field. This system is becoming increasingly popular worldwide because of the benefits it provides for both students and their employers.

Co-op staff and academic advisors work with employers and students to ensure all participants gain maximum benefit from the program.

Our website lists additional details including the degree programs which offer co-op and the academic requirements to join the co-op program.

<http://www.smu.ca/coop>

Deadline to apply to Co-op Education Program is November 29th Room SC417

Retraction:
The budget information in last week's article by the Model U.N. was incorrect.



Interested in studying abroad in 09/10?

Application deadline for study abroad programs starting in **09/10 academic year** is

February 13, 2009

For application and more information visit www.smu.ca
(international → international learning → learning opportunities)

Funding available for study in 09/10!
Funding application deadline mid-March 2009

For additional information visit the Oaks or contact Miyuki Arai, International Activities, Tel: 496-8725
Email: mobility.international@smu.ca

HARPER-FEED: (BECAUSE HE DESERVES HIS OWN!)

Jeff Cusack

Just a month and a half after telling Canadians that voting for the Liberals would send the country into a recession, and that the economy of Canada was sound, Prime Minister Harper has announced we're probably in a recession... Not only that, but the crisis could be as bad as the Great Depression. Thank God we voted for him. I'm sure it's just an honest mistake and not him saying one thing and believing the other.

This just in, Stephen Harper has just said one thing while believing the other. At the APEC summit in Peru he along with other world leaders signed a document stating that the financial and economic crisis would be over in 18 months. Immediately after this he told reporters that he felt there was no way of knowing if this was actually true.

Continuing on, you know

how Stephen Harper is all about the free market? Turns out: not so much. At the APEC summit Harper admitted that the only way to survive this crisis is to have the government inject large amounts of cash into the economy and to bail out struggling companies... That's how the Great Depression was solved, so hopefully things still work that way.

By the way, for those of you who don't know, APEC stands for Asia-Pacific Economic Co-Operation, and APEC summits are a crucial economic forum. According to a Canadian official that the government allowed to speak on the condition he not be named, Harper doesn't think APEC is worth the trouble. Perhaps he's just jealous that the Chinese President got met by Peru's President and Horse Guards while all he was only met by Peru's Mining Minister.

BOOK BUY BACK

Saint Mary's University Bookstore

2nd Floor Student Center

WE PAY 1/2 PRICE FOR CURRENT EDITIONS CONFIRMED BY INSTRUCTORS FOR FUTURE SEMESTERS

Buyback Dates: Nov. 27 - Dec. 17th, 2008

Hours of Operation: 9 am - 4 pm

CLOSED SATURDAYS AND SUNDAYS

"PRESENT YOUR DEBIT CARD FOR CREDIT"

QUEENS UNIVERSITY FACILITATES FOUL SPEECH

Jeff Cusack



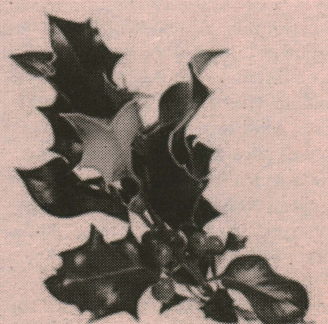
Queen's
UNIVERSITY

Queens University has appointed six student facilitators to intervene when they hear examples of "unacceptable" speech or a discussion of social issues. Students having conversations in the hall, the common room, or an eating area can all find themselves suddenly talking to a facilitator if they use the wrong language.

Examples given for inappropriate language include the use of the phrase "that's gay", and "that's retarded." Some have expressed the opinion that the university should not intervene in what are private conversations, but the Dean of Student affairs at the University, Jason Laker, claims that if a conversation can be overheard then it isn't private. Mr. Laker says the tension created by the introduction of the facilitators is "beneficial."

Some students have expressed concerns that the introduction of the facilitators could stifle public dialogue and make students afraid to have conversations; others have called the program oppressive. There is also concern that the school is prioritizing political correctness over free speech and that it is trying to push its own version of morality onto students. One point in particular, that a facilitator would get involved if someone skips a party for faith based reasons, has been particularly controversial.

What do you think? Send us your thoughts at: thesmujournal@gmail.com



ARTS & ENTERTAINMENT

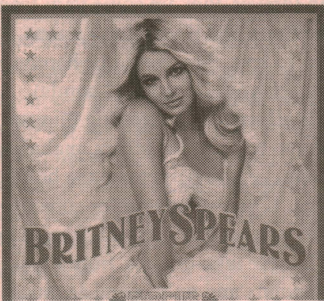
100 Words

Mixed Feelings

This festive season brings in me such joy!
 Happy faces sharing and rejoicing,
 Greens and reds, pine trees and scented berry smells.
 I should be rejoicing with friends and family
 Instead, I am saturated with anxiety.
 Every year my fears catch up to me
 And my mind fills up with dreadful memories
 Fights, cries, confusion, rambling,
 I would prefer to have no remembering.
 Confined in my own world, alone with myself
 I search the streets for hopes, for ease I pray
 Raggedy scarf up my chin; single dollar for coffee
 Dear Santa, all I want for Christmas is inner peace.

Think you can write a story in 100 words? No more, no less. Submit your story to arts.smu@gmail.com this week and enter to win free preview movie passes, thanks to www.sizzlingpopcorn.com

IT'S BRITNEY B*TCH! BRITNEY SPEARS MAKES A SERIOUS COMEBACK



img src: britneyspears.com

Kim Dares and Robert Harris

She shaved her head, lost custody, battled depression, staged a messy comeback on the MTV Awards in 2007, yet somehow Britney Spears' first comeback attempt, *Blackout*, wasn't a total failure. This time the princess of pop is back with a new album and hopes of a real comeback success.

Britney worked hard to get her act together in 2008, she's clean, allowed to see her kids again and has reconciled with her family. With her dad now once again in control of her career Britney's next album is set to be released next Tuesday, December 2nd.

The album, *Circus*, is filled with upbeat dance tracks, as well as ballads. Britney has grown up in the public eye, and some of the songs deal with the break-up of her marriage. Others however take a much more light-hearted look at life, love and of course sex.

The track, *If You Seek Amy*, is actually a clever play on words, and is actually code for a certain four letter word (go ahead, say it out loud). With a catchy beat and hilarious lyrics "Love me hate me, Say what you want about me, But all of the boys and all of the girls are beggin' to If You Seek Amy" (ahh, it makes sense now doesn't it?) It is one of the best

songs on the disc for sure. The sex doesn't stop there; Brit gives a little insight into the wonderful world of phone sex in the song, *Phonology*.

Radar, one of the better dance tracks on *Blackout*, is being re-released on *Circus*. *Womanizer*, the album's first single, which hit number one on *Billboard's* top 100 chart, is a good example of the fun, dance party atmosphere the album aims to create. The title track, *Circus* is another upbeat track.

The track *Blur* should hit home with many of the student population here in Halifax. It talks about having a wonderful night but not being able to remember what, or who, you did the night before. Turns out even Britney apparently can't resist student night at the Palace. The track even has a quieter beat which is suitable for those "morning after" hangovers.

If you love (or have ever loved) Britney, you'll love *Circus*. Even if you aren't the biggest Britney fan, if you like to dance, or laugh you'll probably enjoy *Circus*. Better yet perhaps, if you like to study the brain, or how trauma affects a person, you'll like *Circus*, because Britney is certainly still a perfect case study and if you just happen to be as big of a Britney fan as some of the *Journal* staff feel free to join us in hitting up the *Circus* concert when it comes to North America in the spring.



img src: sizzlingpopcorn.com



Twilight Hits the Big Screen!

Sizzling Popcorn:
Great Movie (Blockbuster/Oscar-bound)
Butter Popcorn:
Great Movie (Not Blockbuster/Oscar-bound)
Popcorn:
Good movie
Kernel:
So, So (Rent it)
Burnt Popcorn:
Don't waste your money...not worth it.

Jean Brunet, sizzlingpopcorn.com

Rating: Popcorn

It's 5:50pm Thursday night. I've just arrived at Empire Theatres Bayers Lake for the advance screening of *The Boy In The Striped Pyjamas*, but tonight's main event is 4 hours and 10 minutes away. This event happens to be the first public showing of *Twilight*, a teen romantic thriller based on the series of novels written by Stephenie Meyer which have created a pop culture phenomenon around the globe. Camping outside the theatre doors of *The Boy In The Striped Pyjamas* are a handful of teenage girls waiting for their movie to start in 4 hours. With them, they've brought their "Twilight" books, all four of them plus the movie companion book, to read as they eagerly await the 10pm show. 2 hours and 40 minutes later, still an hour and a half left before *Twilight* begins, I've just exited the screening of *The Boy In The Striped Pyjamas*, but these 5 teenage girls have turned into a hallway filled with "Twilight" fans who are attending 1 of the 3 10pm showings.

It's now 9pm and I've just arrived in downtown Halifax to Empire Theatres Park Lane to finish my film-filled day. With a long line-up of mostly female teens, the theatre opened up another showing to accommodate the viewers.

All of this goes to show you how one American housewife has created a frenzy around not only the novels she has written, but also around the movie adaptation of her first book in the series. For those of you who have

never heard of the novels or the movie, *Twilight* is a teen boy-meets-girl film involving both humans and vampires. Bella Swan is sent by her mother to go live with her father in the little rainy town of Forks, Washington. During her first day of classes at her new high school, Bella meets Edward Cullen, a boy unlike any others. Edward is intelligent, witty and able to read her mind. The two teens are quickly swept into a passionate but unusual romance. Able to run from point A to point B in a flash and being able to stop moving cars with his bare hands, Edward has not aged since 1918. Although he's immortal like any other vampire, he doesn't have fangs nor does he suck human blood. As Bella and Edward's romantic relationship flourishes, he must resist her scent from controlling his emotions. When the Cullen family's mortal vampire enemies, James, Laurent and Victoria, come into town looking for Bella, what will Edward do?

Summit Entertainment's *Twilight* stars some emerging young actors including Kristen Stewart (*Panic Room*), Robert Pattinson (*Harry Potter* and *The Goblet of Fire*), Cam Gigandet (*Never Back Down*), Edi Gathegi (*Gone Baby Gone*), and Rachel Lefevre (*Confessions of a Dangerous Mind*). Catherine Hardwicke directs the film while the screenplay adaptation of Stephenie Meyer's novel is written by Melissa Rosenberg.

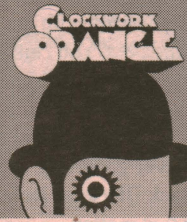
Twilight is the same old romantic story, but with the added twist of vampires. With a small budget of approximately \$37 million, the film and its special effects are well executed, making it an entertaining flick for the girls. *Twilight* attracts a younger female audience with their mothers, but also pulls in some male fans from the "Harry Potter" books. If you loved the books, the film is a must see! If you're not part of these demographics, you might want to see something else as there

BITE SIZED

ENTERTAINMENT

It's Time To Reunite With An Old Friend

After one port of its own while there have been remakes abound, Super Nintendo classic *Chrono Trigger* is finally available on the Nintendo DS. With a new dungeon and a town full of sidequests, it's a new little twist without messing with your nostalgia. It's the new reason to buy a DS, if you don't have one already.



Let's Get With The Ol' In-Out In-Out

The Thrillema returns with its movie classics this week for its December 4th theatre experience of *A Clockwork Orange*. Come out to the theatre 6 on Portland Street in Dartmouth to see the film the way it was meant for \$5. Hang out with other movie geeks and watch some trailers from the 70's before checking out this cult classic.



Now We Can All Shut Up About Chinese Democracy

That's right, the new album by "Guns n' Roses" is out now. And by "Guns n' Roses" I mean Axel Rose and some other people no one knows. Really, the band is no longer. Why did anyone ever think that this was a good idea?



Can't Ever Get Enough Harry P. Potter, that is. On December 4th we will finally see J.K. Rowling's *The Tales of Beedle the Bard*. But relax everyone, it's not really a new Harry Potter Book. It's just a collection of some legends in the HP universe. Of course this doesn't stop people from going postal about this book. Look at this picture, and how crazy beautiful it is. Will this version be available in Canada? I have no idea.

thesmujournal@gmail.com
 thesmujournal@gmail.com

THE JOURNAL WANTS YOU

Interested in writing for *The Journal*? Join our meetings on Thursdays at 6pm or Monday at 10 am in *The Journal* office on the 5th floor of the Student Union Building

Check Out SMUtube!
 www.smutube.ca

WHAT SMUDENTS LUST FOR OVER THE HOLIDAYS

- BY YOUR FRIENDLY NEIGHBOURHOOD A&E CONTRIBUTORS

img src: www.indiatimes.com



Jean Brunet's Top Five DVDs

1. The Dark Knight
2. Wall.E
3. Ironman
4. Kung-Fu Panda
5. Tropic Thunder

Everyone knows at least one person who will want The Dark Knight, so it might not be the greatest idea to throw away the receipt on this one. But if you spend the money on getting the best edition, it might be yours that gets kept. Jean Brunet of sizzlingpopcorn.com is trying to keep things light hearted with his picks for the holidays. "You can't get too heavy during Christmas!" Jean says, standing in the Journal office with his spiffy jacket on November 24th. You can never go wrong with Pixar films or Jack Black, or Robert Downey Jr. for that matter.

img src: www.tvetcine.com



Jean Brunet's Top Five In-Theatres Flicks

1. The Curious Case of Benjamin Button (Dec. 25th)
2. Seven Pounds (Dec. 19th)
3. The Tale of Despereaux (Dec. 19th)
4. The Day The Earth Stood Still (Dec 12th)
5. The Spirit (Dec 25th)

So you've gotten some movie passes from your folks, or say you're getting one for someone else as a bit of a suggestive gift. Now what? Of course we haven't seen them yet, but these are Jean Brunet's top five in-theatre movies to check out over the holiday vacation. Sorely absent is Marley & Me.
Img src: futureshop.ca

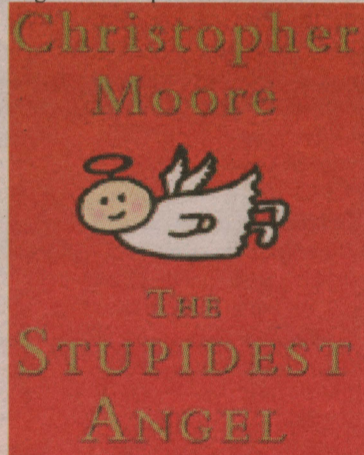


Ressa Peters' Boxed Set Wish List

1. Batman: The Complete Animated Series
2. Lost Season 4
3. Deadwood: The Complete Series
4. The Wire: The Complete Series
5. Fraggles Rock: The Complete Series

Boxed sets go from cheaper than some DVDs to eye-crossingly expensive. While several of these DVD sets won't get released until December 9th, the opus of Ressa's wishlist comes in the Batman Complete Animated Series boxed set. Although elusive, the set is listed on Futureshop.ca as \$89.99. Did anyone not watch and love this series? I think not. Lost Season 4 comes out in December, for those of us who didn't realize it was back on the air until it was already over. Some other complete series are also being released for this holiday season, including Deadwood at \$159.99 and The Wire at \$219.99. Maybe generous friends will be able to get these for us poor, needy students. Finally, there also stands the Fraggles Rock entire series for nostalgic grad students and parents having mid-life crises.

Img src: chistophermoore.com



Dawn and Colleen's Favourite



Fiction for the Fireplace

1. Tales of Beedle the Bard by J.K. Rowling
2. The Stupidest Angel by Christopher Moore
3. A Lump of Coal by Lemony Snicket
4. Downtown Owl by Chuck Klosterman
5. The Hour I First Believed by Wally Lamb

According to some survey I read somewhere, books have increased in popularity as gifts. Really, I can't blame them. You can get books from \$5-\$40 depending on how you like your format, and they all take a really long time to devour. Due to the variety of subjects you can get, they can also be incredibly thoughtful. These are all pieces of fiction for your special getaway after the presents are wrapped. Tales of Beedle the Bard is going to be a top seller after its release on the twelfth. The Stupidest Angel is a hysterical choice for almost anyone, along with Downtown Hour by non-fiction writer Chuck Klosterman. The Hour I First Believed is an emotional roller-coaster if you like that kind of thing, and A Lump of Coal makes a dreaded gift seem somewhat useful.

Img src: www.gram.pl



Top Five Games to Push a Fan's Buttons

1. Chrono Trigger
2. Left 4 Dead
3. LittleBigPlanet
4. Gears of War 2
5. Sonic Unleashed

What will you do this vacation? Will it be destroying zombies with a bunch of your friends? Going back in time with a classic on the hand held? Downloading levels off of the internet to explore with little sack boys and girls? Or maybe you

choose to massacre aliens from outer space, or run around as a hedgehog that turns into a werewolf. Whatever your fancy, the odds are you'll find one of them on this list to buy for your special someone. And if these don't work, there's a new edition of Cooking Mama!

Img src: picasaweb.google.com



Five Things From the Heart to Make Yourself

1. Something Personal from Clay Café
2. A Knitted Scarf or Mittens
3. A Painted Trinket from Deserres
4. Decorated Take-Out Boxes of Candy
5. Cookies!

Can't decide what to get someone? Just make something! You can paint an inside joke on a bowl at Clay Cafe and it will be immortalized forever. Pick up some yarn from The Loop and if you don't know how to knit, they would be happy to teach you. Deserres (Loomis) sells all sorts of interesting things for you to paint for others, including nutcrackers to perpetuate the holiday spirit. If you're buying for someone with a sweet tooth, take a shar,ie to a Chinese take-out box from Freak Lunchbox and only spend as much as you can afford. And when all else fails, bake cookies! If nothing here seems quite like what you're looking for, you can buy local hand-made crafts all over the city, such as at the Love, Me Boutique on Birmingham Street and Jennifer's on Spring Garden.

UP FOR A WHITE CHRISTMAS?

Dawn Davis

The Oxford Theatre is playing "White Christmas" as a fundraiser for Feed Nova Scotia. It's a pay-what-you-can event (cash please!) set for Sunday, December 14th and 1pm. The Christmas Classic will be on the big screen just in time for all of your last-minute shopping to begin. The film about army

buddies making it big on Broadway and retreating with auditioning sisters to a hotel in Vermont for the holidays was a massive hit when it was originally released in 1954. Now you can see it the way it was meant to be seen up in lights at the Oxford.

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DO YOU KNOW WHAT YOU NEED? WAITING FOR ELVIS

Dawn Davis

If you read, the odds are you've had a relationship with a book. There's one that's gotten you through hard times, and one you like because it's light-hearted and lifting. The fascinating thing about books is that they open us up, we surrender ourselves to them and all they intend to do with us. We lay ourselves bare, and they will itch spots for us that need scratching. They might make us uncomfortable, or make us laugh, or make us scared. Books are unique in this way, and *Waiting for Elvis* reminded me of this. whole idea.

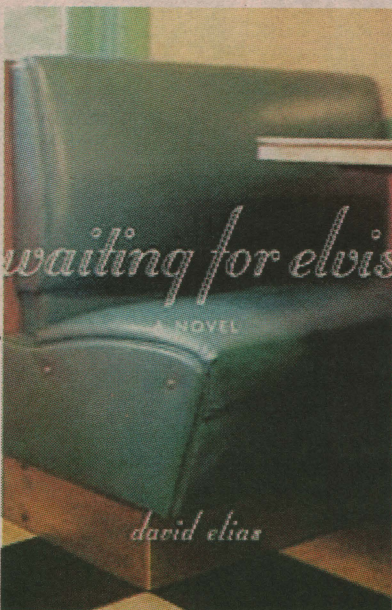
The story follows "forty-something" Betty, a married mother with an evil son and a controlling husband running a highway-side diner. She forms a curious connection with Sal, a wandering homeless hermit who happens in one day. These two souls find themselves in depriving conditions that could make it so easy just to slip away, fall out of your body and become a stranger machine. They fight to keep their humanity by reaching out to one another. In Sal, Betty finds her caring attention accepted in quiet. In Betty, Sal understands the caring aspect of people.

When I started reading this

book, I was frustrated and stressed with school work and everything else that happens in life. As I began, I felt a little alienated and disturbed by the content. After a while I realized this was probably the case because *Waiting for Elvis* was sticking its fingers into the little holes of my doubts and pulling them open. Elias states that he can sometimes see the world as a problem, and writes in order to explore that problem. It feels like this novel made me sit in a quiet neutral room with the biggest issues that surround me as a twenty-something. What I want to do, who I want to be with. While Betty's life takes place quite a bit further down this path, I still felt an incredible pull into a relationship with her and the troubles that we share one way or another. These troubles are simply part of the human experience, and Elias manipulates this concept expertly.

While I was thoroughly impressed by this novel, I still managed to pinpoint locations of improvement. The moment of waiting for Elvis was not so deeply explored and as a result, not well understood. While the abuse in the novel - undeniable and yet sometimes subtle

and ambiguously beautiful - was at times extreme to the point of ridiculousness. That's a big challenge when it comes to writing violence or sex. Perhaps Elias has little experience with abuse, or perhaps a little too much.



GARRET MASON ROCKED THE HOUSE ON SATURDAY NIGHT AT BEARLYS.

Korey Mac Innis

The son of the great Dutchie Mason (who inherited the Dutchie Mason Blue Festival on-going every summer) Garret, rocks a three piece band and does it well. All of his stuff is original and that makes it worth seeing. You don't have to wait more than half a song for the entire bar to be up on the dance floor...rookies and veterans alike. What strikes me the most is that he completely fills the age gap. He's played three times this year and may play once more so next time

he's in you better get an early seat by the stand...but don't stand too close to the band! Bearly's is friendly but its cozy, so there's no place to abuse the space you stand in. If you're up dancing, leave your beer on the table and keep on the lookout for a bouncy partner. The ladies at Bearly's know what they want, and that's to dance all night! I've been a steady go'er to all things blues on Barrington-- for a few years now. Take my advice when I say that a Gerret Mason show is not to be missed. If you're new to the scene and on a date, grab the two seater that overlooks the stage,

its just in front of the pool table— perfect for the first one. That being said, any Saturday night is good at Bearly's so check it out, if you can "barley" remember what happened the next day then you can always pick yourself up with the Sunday brunch, it goes until 4 and you can catch Doyle and David Dobson playing a Matinee while you eat. Wash away your hangover with a \$3 Caesar. If there were any more Blues Taverns in Halifax I'd write about 'em, but there isn't so I'll say this, Bearly's is ROCK headquarters.

REVIEWS IN HAIKUS

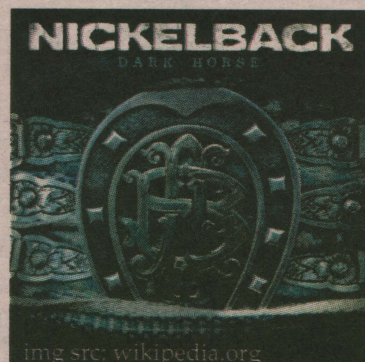
Dawn Davis

Several times a week, this Arts and Entertainment Editor walks out of the elevator at the fifth floor of the student union building and enters the Journal office to find a new array of CDs for her listening pleasure. While the motion is flattering, a lot of the CDs that appear are simply not up her alley, or even appeal to any of her editing peers. Music also isn't the easiest thing to criticize, as anything could be liked by someone. So all are welcome to peruse the albums of their choice and review, but the music side of *The Journal* has been weak this year. Therefore, I have done what I can to review these CDs my own way - short, sweet, and to the point - in a haiku. If you wish to write for *The Journal*, you can write your reviews however you like.

I've heard all these songs before, and will hear again.



Lonely Drifter Karen: Grass is Singing



Having your work published is just an elevator away.

Nickelback: Dark Horse

It's a new CD?



Lonely Drifter songs, All sleepy folky music. Cute voice, but samey.

"Okay" is spelled wrong. Catchy tunes with thoughtful lines,



IN TRANSIT

by adam myatt



I feel like pavlov's dogs must have.

The snow hits; I go into debt.

ILLEGALLY POSSESSING LIQUOR, INCLUDING POSSESSING IT UNDERAGE OR HAVING OPEN LIQUOR IN PUBLIC, (THIS INCLUDES GOING NEXT DOOR/ACROSS THE STREET) CARRIES A FINE OF \$452.00 IN THE HRM (HALIFAX REGIONAL MUNICIPALITY). IF YOU ARE PUBLICALLY INTOXICATED YOU CAN BE CHARGED AND/OR HELD UNTIL SOBER.

DONT-PAY MORE FOR YOUR NIGHT OUT THAN YOU HAVE TO

Whats the REAL Cost of an open Beer?

Good global citizens start with their community.



How many holly branches can you find?

FEATURES

WHAT'S THE HYPE AROUND VEGETARIAN DIETS?

Angela Banks-Emmerson, PDt.

Are you considering a vegan or vegetarian diet?

A vegan or vegetarian diet can benefit your health, the environment, and animals!

Vegetarian diets were once thought to be for animal rights advocates only. Today's vegetarians choose this lifestyle for many other reasons. Some common motivators include the environment, health, food safety, cultural & religious beliefs and more! If appropriately planned, a vegan or vegetarian diet can benefit your health. In fact, the American Dietetic Association states that vegetarian diets can be nutritionally adequate and provide healthful benefits in the prevention and treatment of chronic diseases. Going vegan or vegetarian is an individual decision and one that should not be made overnight.

What is the difference between Vegan and Vegetarian?

Vegans eat only plant food, meaning no animal byproducts including fish, meat, dairy, eggs, and honey.

Vegetarians eat some animal byproducts. There are many different types:

Lactovegetarian – a person who eats plant products and dairy products only (milk, yogurt, butter, cheese).

Ovovegetarian – a person who eats plant products and eggs only.

Lacto-ovo-vegetarian – a person who eats plant products, dairy products and eggs only.

Semi-vegetarian or Flexitarian – a diet largely of vegetarian foods, but may include fish and sometimes even poultry, as well as dairy products and eggs.

Regardless of the type of vegetarian diet you choose, they all share the same basics. They are all high in plant foods like fruits and vegetables, beans & lentils, and whole grain breads and cereals. This is what makes this diet extremely healthy. Seem simple so far? If you are ready to become a vegetarian, take time to consider your nutrition.

Simply making the switch from steak to cheese will leave you missing out on important nutrients from your diet! Possible nutrient downfalls include protein, calcium, iron, zinc, and Vitamin B12 and Vitamin D. The good news – you can easily include these nutrients! If you are going the semi-vegetarian route and plan to eat some fish or poultry along with dairy and eggs, there is less to be concerned about. Whichever route you choose, become famili-

ar with the high risk nutrients.

Make friends with the vegan Protein Powerhouses! Beans and lentils are not only a great source of vegan protein; they are also high in fiber and low in fat! Try snacking on veggies and hummus (made from the legume "chick pea") or adding kidney beans to a stir fry or pasta. Soy protein, including; tofu, soy milk, soy nuts, edamame (the actual soy bean pod) and products such as the boca burger, provide a complete protein – which is comparable to animal protein. Look at the new Eating Well with Canada's Food Guide and you will find that the Meat & Alternatives section displays more alternatives than meat!

Don't forget about your bones! Lactovegetarians, Lacto-ovo-vegetarians and Semi-vegetarians include milk and other dairy products and have less to be concerned about. Milk especially is a great source of calcium and vitamin D (milk is fortified with vitamin D). Vitamin D is a key factor in calcium absorption and metabolism and is therefore essential in maintaining good bone health. Today, many yogurts are also fortified with vitamin D, check the nutritional label! If you are leaving milk and milk products behind, choose a soy beverage instead. Many, but not all, soy milks have the same great nutrients as milk because they are fortified with calcium and vitamin D.

Calcium and Vitamin D fortified soy beverages

Tofu processed with calcium (check the label)

Kale, Broccoli, Bok Choy

Kidney beans, Navy beans, Chickpeas

Sunflower seeds and sesame seeds

Almonds

Pump up the iron! Iron helps move oxygen out of the lungs so that it can be carried to the body parts that require it. Iron also helps to prevent anemia. There are two types of iron; plant sources (non-heme iron) and animal sources (heme iron). Non-heme iron is not absorbed as well as heme iron. The absorption rate of non-heme iron can be improved by including meat, fish and or vitamin C when consuming non-heme iron. For this reason, people who do not eat meat should focus on their iron requirements. Excellent vegetarian iron sources include legumes, dark leafy greens, dried fruits, whole grains and cereals fortified with iron.

Vitamin B-12, found natu-

rally in animal sources only. Vegetarians can find some vitamin B-12 in fortified foods such as soy beverages and cereals. However, these amounts are minimal. To meet vitamin B-12 recommendations, a vitamin supplement may be necessary. Milk and milk products, eggs and fish are all excellent sources of vitamin B-12.

Increase your Zinc Intake! Since zinc is largely found in animal protein, be sure to include vegetarian sources of zinc in your diet. Vegetarian sources of zinc include; tofu, legumes, nuts, dairy products and eggs.

Just 4U Nutrition Program at the Docks!

Looking for vegan or vegetarian options on campus? Check out the new Just 4U nutrition program at the Docks and find not only vegan and vegetarian options but whole grain and healthier choice options. Everyone has unique dietary concerns, whether it is Celiac Disease, vegan diet or simply wanting to eat healthier. This program helps you create your own meal with confidence. Try a vegetarian option today!

Vegetarian Options on Campus

Try the daily vegetarian option at the Center Stage – ie. Bean Burrito, Tofu Stir Fry, Pasta with Refried Bean Sauce, Quiche and more!

Deli – Create a vegetarian sandwich, sub, wrap or pita with hummus, soy based meats or egg salad

Soup – Enjoy the daily vegetarian soup

Salad Bar – Add hummus, chick peas, kidney beans or cottage cheese to your salad entrée!

Grill – Try a veggie burger, veggie hot dog, eggs and peanut butter!

SUB – A must have - Hasna's lentils & rice, falafel pita or individual falafel - Extreme Pita's falafel pita.

To Go – Grab a vegetarian sushi platter, egg salad sandwich and more!

If you are looking for more nutrition related information contact ARA-MARK's on campus dietician at dietitian@smu.ca or visit our website at www.smu.ca.campusdish.com.

FIGHTING THE WINTER BLAHS

Kimberley Dares

The day we are all waiting for is quickly approaching, the last day of classes, and then *gasp* the last day of exams and the long awaited VACATION!! If you are staying in Halifax for the break, or if you are that unlucky soul with an exam on December 3rd and December 16th and need something to fill the weeks in between, look no further, your guide to December in Halifax is right here!

□ Looking for unique gifts this year? Head over to Dalplex for the 24th annual Christmas Craft Market. It happens this weekend November 28th-30th so you may have to take a break from studying to check it out. Its open 12-9:30pm Friday, 9:30-6pm Saturday, and Sunday 10-5pm. It's \$6 to get in, or get a weekend pass for \$10 if you think you'll be back. For more information: www.athletics.dal.ca/craftmarket

□ Like Hockey? Too busy to catch a game during the semester? For the relatively cheap price of \$10.75 you can go to a game and hope they finally win. Or at least maybe you'll win the foot long sub from Subway. Whether they win or lose, chances are it'll be a good time, and a good chance to release some of that pent up energy. All games are at the Metro Centre.

Halifax Mooseheads vs Acadie-Bathurst Titan Nov 30 at 4pm
Halifax Mooseheads vs Drummondville Voltigeurs Dec 6 at 7pm
Halifax Mooseheads vs Victoriaville Tigres Dec 7 at 4pm
Halifax Mooseheads vs Moncton Wildcats Dec 13 at 7pm
Halifax Mooseheads vs PEI Rocket Dec 30 at 7pm

□ Like Eating and Entertainment? The Grafton Street Dinner Theatre presents "Too Many Fish in the Sea". Dinner Theatre is always a good time; this show looks at what it would be like finding love in a world without technology (yes that means talking face to face). The show runs until January 18th so there should be lots of opportunity for you to check it out.

The Dinner Theatre also has a Holiday themed show "Eat, Drink and Be Merry" running until December 21st if you are looking for something to get you in the spirit of things. For more information: www.graftonstreetdinnertheatre.com

□ If you're a Charles Dickens fan, or have just watched A Christmas Carol every year since birth, here's your chance to check it out live. Neptune Theatre is presenting the show from now until December 4th and then again December 16th to the 27th. For more information: www.bah-humbug.ca

The Australian Pink Floyd Show is coming to Halifax December 20th. The show will include lasers, inflatables, and animation. The concert presents The Wall in its entirety as well as a greatest hits encore. It's at the Metro Centre, and tickets are \$45.50. Purchase them online for \$4 more at www.ticketatlantic.com

□ Halifax is home to many museums that are open year round, and offer many interesting exhibitions,

as well as a unique way to spend a snowy afternoon. In addition to the two mentioned below the city is also home to many smaller museums that often run on donation, for a complete list visit the HRM website <http://visitors.halifax.ca/museums-galleries.shtml?getSearch=65>

The Maritime Museum of the Atlantic located on Lower Water Street. The Museum is home to exhibits of the Titanic, Halifax Explosion, Days of Sail, the age of steam and more.

Museum of Natural History located on Summer Street, offers fossils, dinosaur, bird and bug displays as well as lots of background on Nova Scotia nature.

Both Museums are open daily year round, including most holidays, although they are both closed on Monday. Both also charge an admission fee of around \$10, and have gift shops for a little last minute shopping.

□ With classes finally over you'll *hopefully* finally have a little time for yourself, why not read a good book. Getting a library card is free so what are you waiting for? Head down to the library on Spring Garden Road now, and start reading! Or if you like to own your own books there are quite a few shops on Barrington Street where you can buy used books for cheap or even trade in old books for new books, so it's pretty much like a library.

□ On one of those pretty winter days, grab your camera and head to Citadel Hill, Point Pleasant Park, the Public Gardens or any other place you like and take a few pictures. These can be used later to make cards, gift tags or postcards for family and friends!

□ Still need to finish up some holiday shopping? Or just feel like going for a walk? Bundle up and take a stroll down Spring Garden, it's sure to put you in the Holiday spirit.



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THE CRANKY PROFESSOR

The Journal, the student newspaper at Saint Mary's
DOES SECULARITY PUT RELIGION AT RISK?

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Does secularity put religion at risk? Yes, it does. Does it put religion at risk unfairly? No, not at all, and at least not in liberal democratic communities like ours.

A secular society is one in which no public position is open only to people of a certain faith, or only to people of faith. Moreover, it is one in which religious authorities—in their capacity as religious authorities, that is—have no political power. Priests, ministers, rabbis, and the rest do not vet candidates for public office or review legislation. In a secular society, that a proposal is in keeping with a religious tradition, or with religion generally, gives it no special status. That a proposal is offensive to religion does not count against it in the play of interest-based politics.

Secularity does not forbid religion to enter the public square, of course, for we may, as citizens, laud or criticise whatever we want for whatever reasons we want, including reasons of religion. And our elected representatives may support or oppose

on religious grounds whatever they support or oppose.

Secularity puts religion at risk because it makes religion a private matter, and that fact has repercussions all the way down. Public support and validation enable religion to flourish; without them, religion might whither. The risk is particularly acute in multi-cultural states, where no one religious tradition predominates.

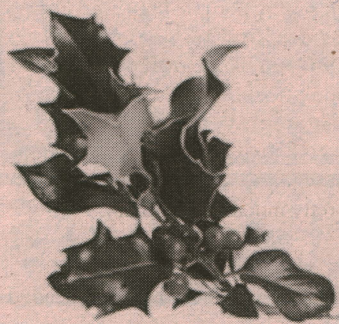
Consider children in a secular, multi-cultural society. A secular state does not make it its business to see that children acquire a religion or even acquire respect for religion. That's left up to parents, if the parents choose. Parents may try to inculcate in their children religious attitudes and loyalty to a particular religion, but the state doesn't help them, beyond maintaining a large space within which parents may raise their children as they wish.

Children in such a society will be exposed to a variety of religious traditions as well as to people who live happily and well without any religion at all. As they grow into their teens, attentive children who have acquired religious attitudes will note that that they believe and practice what they do merely because of their upbringing, not because of evidence or argument. Doubts will cross their minds that the stories that illustrate and nourish the doctrines of their religion are more than just stories, more than just mythology. Their interactions with others who do not believe as they do will urge on them non-religious justifications for the rules and values they accept—and they will puzzle over those rules and values for which they can find no non-religious justification. If they continue to be religious into

adulthood, likely the quality of their religious life will be very different than it would have been had the stories, doctrines, and morals of their tradition gone unchallenged as part of the fabric of their society.

That's the risk in which secularity in multi-cultural, democratic, liberal society places religion. But this risk is not one that has been imposed on religion unfairly. Each religious way of life is another experiment in living among all the rest. It must compete or co-operate with the others on whatever terms it can find. Religious people are free to live within their traditions and to honour them and to attempt to keep them alive as best they can. If a tradition becomes attenuated and thin under such conditions, or is abandoned, well, that is how things went. There's nothing unfair about it.

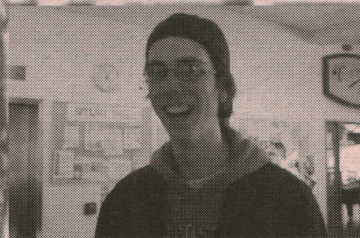
Multi-culturalism, democracy, and liberalism: these are essential to how we live, whichever specific way of life, religious or non-religious, we settle on. That a religion, or that religion generally, fails to flourish within our secular culture because of our commitments to multi-culturalism, democracy, and liberalism would give us no reason to go soft on these commitments, even if we happen to be religious.



ON THE STREET

With The Journal Staff

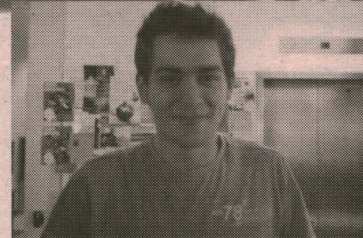
If you only got one gift this holiday season what would you want it to be?



"World Peace"
Alex Dawe
1st Year Computer Science



"My Tuition Paid"
Adam Terrio
1st Year BA



"My Little Pony"
Stephen Donahue
1st Year Commerce



"Ghandi"
Danielle Walker
1st Year linguistic



"The Twilight Soundtrack"
Kristin Molloy
1st Year History



"For school to be over"
Danielle Gaudet
4th Year English

"To go home, see my family"
Sarah Matte
4th Year Anthro/Classics

"Money"
Katie Fomerton
3rd Year English

KEEP IT GREEN THIS HOLIDAY SEASON

Kimberley Dares

The holiday season is a joyous one, but can be a wasteful one as well. It doesn't have to be though; the environment doesn't have to take a back seat to the festivities. Follow these simple tips for a holiday season as green as the mistletoe.

- 1) Buy wrapping paper made of recycled content, or better yet use newspapers or old magazines instead (which will save you money as well!). Keep the recycle bin handy when opening presents rather than throwing it in the trash.
- 2) Send E-Cards (again saving you money!) or buy cards free of sparkles or plastic decorations as these cannot be recycled.
- 3) Having a party? Skip the disposable serving ware, if you don't have enough reusable dishes plastic dishware can be purchased for about the same price as the disposable stuff. Or have everyone bring their own, bonus: if they break it they're short a dish not you!
- 4) Carpool with friends if you're going shopping, take the bus or make one big trip rather than a bunch of little trips. Don't forget the reusable bags!!
- 5) Try and buy in bulk, or pick items with minimal packaging. Instead of buying pre-packaged chocolates, buy some in bulk and put them in cute re-usable containers making your own custom gift that is both more thoughtful and environmentally friendly.
- 6) Don't forget the regular recycling. Be sure the eggnog contain-

ers and wine bottles are recycled, and then you'll have money for boxing day sales!!

7) Try to buy, or cook only what you plan to use for big dinners, if you end up with too much be sure to save it for lunch or compost it. Also when it is an option buy local, this serves two purposes: supporting local farmers, and helping the environment by reducing the distance travelled before it reaches your plate. Another tip, skip the pre-packaged veggies buy them loose, they are usually better quality anyway.

8) Did Santa (or your parents) hear your wishes and finally get you the iPod touch you've been dreaming about? Be sure to recycle, donate or sell the old one (or any other old electronics) rather than dumping them in the trash. The same goes with old clothes, be sure to drop them off at the Salvation Army, or a local shelter if you no longer need them.

9) If you celebrate with a Christmas tree or Poinsettia, buy one that has been locally grown and be sure to recycle it when the festivities are over.

10) Unplug the lights!! Sure twinkling lights are beautiful to look at, but when you're going out for the night or to bed, unplug them. If you are still using the old school lights upgrade to L.E.D lights, they last longer, use less power, and are less of a fire hazard, not to mention they are very pretty. In the past many stores and local fire departments have offered trade-ins, so you may even be able to trade the old ones in for a new set without spending a penny.



SAINT MARY'S UNIVERSITY ENVIRONMENTAL SOCIETY

get caught recycling! Wall of Fame



'Officer' Laura Sims (who is also the Get Caught Recycling Coordinator) and 'Officer' Jana Henderson (who is also the SMUES Secretary) caught a real police officer in the recycling act!

For two weeks, the SMUES Recycle Police will be patrolling the halls of SMU, scoping out recycle saints and sinners on a mission to reduce recycle bin contamination.

If we catch you putting the right items in the right bins, you will receive an instant thank-you prize, and your name will be put in a draw for a gift certificate for the Wooden Monkey.. All prizes are environmentally friendly of course!

So be on the lookout! We'll be!



[Name] Andrew Smith

[Status] Student

[Item Recycled] Pop can

[Recycled correctly?] Yes! Andrew threw his pop can in the "recyclables" container.

[Prize] Andrew chose a SMUES BetterSide Notebook. Paper that was printed on one side in a SMU computer lab was collected and bound into this awesome writing pad!



[Name] Melanie Trott

[Status] Student

[Item Recycled] Paper

[Recycled correctly?] Yes! Melanie threw her paper in the "paper" bin

[Prize] A yummy fair-trade, organic chocolate bar from Just Us! (a Nova Scotia based company that promotes environmental, social and economic sustainability).



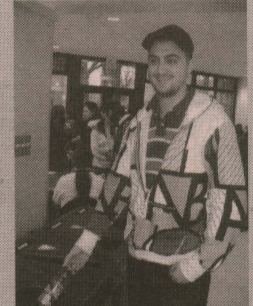
[Name] Kim Squires

[Status] Staff. Kim is Saint Mary's Director of Human Resources

[Item Recycled] Banana

[Recycled correctly?] Yes! Kim threw her banana in the "organics" bin

[Prize] A yummy fair-trade, organic chocolate bar from Just Us! (a Nova Scotia based company that promotes environmental, social and economic sustainability).



[Name] Andrew Daub

[Status] Fourth year commerce student

[Item Recycled] Plastic bottle

[Recycled correctly?]

[Prize]

THE



SPOT

Hey Gingersnatch,

Sometimes I feel as though my balls don't get enough play. I want my girlfriend to pay more attention to them and I want her to know what to do when she gets there.

You're feeling as though the balls are being orphaned when you and your lady are getting down to business and you want her to know what she's doing when she's handling your family jewels. These two things go together quite well.

Some easy ways to get her started are to let her see you playing with them a little when you're getting down to business. That'll send her the message that you really like

how that feels. Also, you could just ask her. Sometimes the best approach is the simplest and most direct method. Tell her what she is doing is great but that if she adds a little ball handling to the menu then it will be even better. Another way to get her playing is to make the playground conducive to the action. This entails washing and trimming or even shaving. Funky smells and/or tastes are quite repellant. If she doesn't like being down there then she is going to avoid it at all cost and with good reason. This is a courtesy that you would want extended both ways.

The harder part is to get her to treat your boys right. Testicle action can be painful if poorly executed. This may be the reason why she has shied away from it. She may be nervous of doing the wrong thing and hurting you. That, for the record, would be a big mood killer. I have heard many analogies for testicles but I tend to liken them to hardboiled eggs without the shell. They have a little give to them but can easily damage if you play too rough. Every action made with them should always take into account that they are sensitive and therefore just as prone to pain as they are to pleasure. There are many times during a good romp in the sack that some testicle action can be added to turn up the pleasure factor. Ball play is highly accessible and easily executed during oral sex. This can be as simple as her cupping the balls or gently massaging them as she goes to town on the shaft. She can massage them in circles or up and down. If your partner feels comfortable she could even add a little kissing, licking and sucking of the general area. Hygiene is paramount if you want her to do this. No body likes a dirty, smelly, old teabag. Also, any of the girl-on-top positions allows for the female to reach around or over to the testicles to give them a little attention. Giving the testicles a little massage or tug as the male is ejaculating also often increases the strength of the male orgasm. This is because as he is cumming the testicles contract towards his body and are highly sensitive. This should be done carefully of course.

No matter what your preference may be, the best way to encourage her in the right direction is to reinforce the things she is doing correctly and lead her in the right direction towards the things that she isn't doing that you like as well. Every person is different and therefore has his or her own preferences so be patient while she is learning how to not treat your junk like it's junk.

Under the Kilt

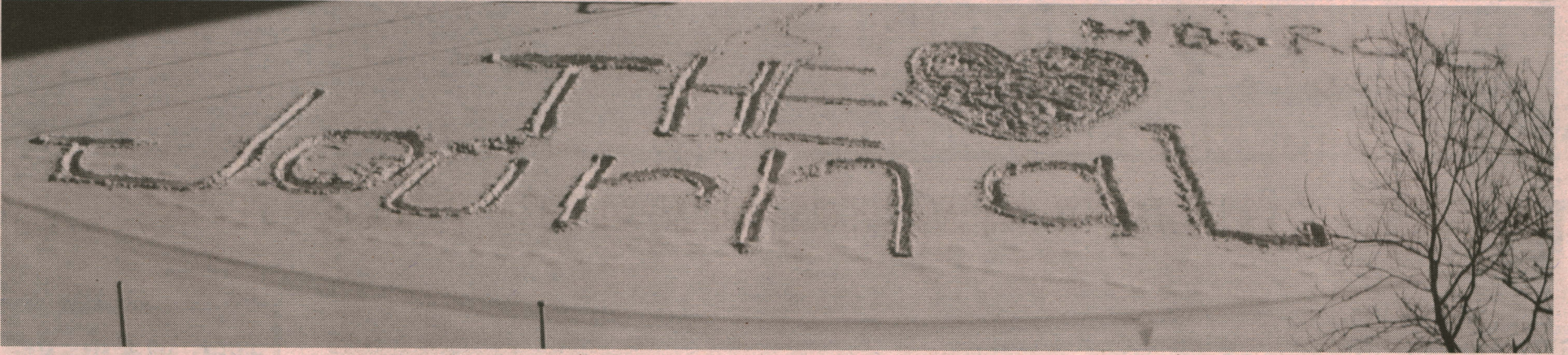
Its an Under the Kilt Xmas!

I love Christmas. It was insane, the things that would come my way on December 24th...I was always up to my arse in toys, the cool ones. Toys that would never break or lose my interest...in fact if you look at my dresser drawer, you'll find Optimus Prime, Donatello, Felix the Cat, Hulk Hogan—the all stars, in salute to a decade of my vigilance. My dinky car mat welcomes guest shoes in my apartment, Super Mario Bros. 3 sits snug between my dvd's and cassettes of Alladin and Toy Story...speaking of which, when I reach

for a pillow at night I sometimes find myself resting my head on a stuffed Mr. Potato Head. It comes down to how awesome Christmas is...I am so glad things turned out the way they did and I think now I'm ready to give back. What better way to celebrate the birth of Jesus than to dish out a slew of random kindness. I can't speak on behalf of everyone who goes here, but I can say that up until this point we've experienced some degree of being well-fed, well-slept, well-liked and well educated. We're here! Let's celebrate early and chase down our not so fortunate neighbours, give them a hand. I know people who just need a smile to make their day. Remember that this world will be soon handed over to our generation, we must make it a more generous one. Whether you're Christian or not, you can still possess what are considered Christ-like qualities. I hope everyone can put their hearts into fifth gear and drive it full throttle this coming year, melt those hearts of stone and re-establish a personal rapport with one another. If you don't know what to give someone for Christmas, its your company—the loneliest of our brothers and sisters need it the most and they're counting on you. Shatter the cold this season with your affection and dish out heaping spoonfuls of kind acts.

Nollaig chridheil! Tapadh leibh!! (Merry Christmas)





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BUSINESS & SCIENCE

ENTERPRISES MONEY STOCKS FINANCE TECHNOLOGY \$700 BILLION DOLLAR BAIL OUTS

THE A, B, C'S OF HOLIDAY GIFT GIVING

Laura MacIntosh

A- Affordability. We all know how hard it is to be on a student budget, especially around the holidays. Make a list, check it twice and chop off anyone you can afford not to buy a gift for. Then check your finances; see how much money you have to spend and allot amounts to those you need to purchase gifts for. Hint: Spend more on significant others and parents than that friend you only see when they return from school twice a year.

B- Breakable. If you're buying that which you can purchase an extended warrantee for, you probably want to buy that warrantee. If you're willing to buy an ipod for your boyfriend, get that 3 year extension plan... there's nothing worse than a gift that breaks the day after the warrantee expires.



C- Childproof. We're all getting to that age where children are coming into many of our lives; nieces, nephews, cousins, friends' kids etc. We all know we're big kids at heart and looking through the toy section around the holidays is the BEST THING EVER! (You know it's true). Remember to purchase age-appropriate gifts for whomever you're buying for; don't buy a 2 year old something she can choke on! But... try and get the car with the doors that open and hood that pops so you can play with it too.

D- Dirty. Ok, this is one grouping of holiday's where plenty of college students think getting their beau or beauty something dirty is a good idea. Well, it CAN be... but make sure your other will be responsive to it. A bottle of lube when your gf is on her period... not going to go over well. Also, these are gifts that should be given... uhh... alone, as in not in front of family members.



E- Elegant. When nothing else pops into your head for a present idea; buy boys dress clothes

and girls jewelry. If you're buying for someone with a piercing, it might be a good idea to pick up a nice tongue ring or two over a necklace. Everyone has a neck but if you pay enough attention to notice the piercing, you're less likely to end up in the dog house. When buying a tie, make sure it's in the man's taste, otherwise it's going to come off as "Hey, this is what I want you to look like."

F- Flings. This is a bad time of year to start a fling. If you're looking for just a fling; not giving a present may get you in trouble but giving one can send the wrong message.

G- re-Gifting. If you're going to re-gift a present, please, make sure you're not sending it to the person who gave it to you in the first place. Don't even keep it in the family! Family talks, that 'cute' set of earrings your aunt gave you last year; don't give it to another aunt, they'll find out. They always find out.

H- Hosting a Party. This is a great way to give a gift without paying much money. A great gathering with friends is better than any \$10 gift you can give. Invite some pals over for some good times and cheer, provide a little food and maybe some booze, you'll save plenty of money and have a much better time.



I- Improvise. Figure out a way to kill a few birds with one stone (so to speak). If you have movie money or restaurant coupons kicking around; take a friend out for a free appetizer or pick up the tab at the concession stand. Also, using reward points like airmiles can be a great way to get gifts without spending a dime.

J- Joy. Remember, holidays are about more than presents. Bringing a little joy into someone's life can be a lot more profound than the new Britney cd.

K- Keep the first gift. This is one I see all the time; ending up with more than you expected for one person on your list. So many times shoppers buy a present then see something else they think will be 'perfect'. After shifting it around in their head, they convince themselves that the first gift they bought will work for someone else. Then of course they forget about it and are left going over budget and having way more than they thought. The truth is presents are presents; I'm not going to know that there was a more perfect gift than what you first bought me. This is especially true of gifts bought for friends.

L- made with Love. Home-made gifts, while they can be cheesy most of the time; can't get you in trouble. Just say you poured your heart and soul into it! But seriously, swing by clay café and

make something nice, nothing beats a home-made gift you can actually use.

M- Mind. Use your brain when buying presents. You have one for a reason; this is a good time to use it. Just because your gf says she likes the pattern on the handle of a sword at the kiosk in the mall, doesn't mean that will make a great gift idea. Maybe look for something with a similar pattern, like a ring... or a t-shirt. Also, don't buy significant others something you want; resist the temptation to pick up that war game for her playstation 3, when you know she doesn't get more violent than TMNT.

N- Nice. One of the best



gifts you can give over the holidays is civility. Don't start random arguments just because you can. Be nice, even if that means plastering a smile on your face for a day. You'll get further ahead in the end.

O- Old people. You know it as well as I do, old people are hard to buy for. They usually have everything they need and even want, so what do you get your grandparents? Dated ornaments, hickory farms stuff, coupons to the pharmacy?

P- Pucker up Presents. If you're looking for that gift which your gf/bf or wannabe gf/bf will love you for here's a hint. Girls either like pretty shiny things; or anything but pretty shiny things. Once you know what kind of girl you have, the present buying gets a lot easier. Boys, on the other hand, like electronics or toys that do stuff... seriously, it's pretty much that easy.

Q- Umm... ok this is the A-Z list minus Q!

R- Religion. Make sure you're celebrating the right holiday... don't buy Christmas gifts for someone who doesn't celebrate it. There are plenty of holidays to celebrate around this time of the year, just make sure you're hitting the right one.

S- Sales. Start checking flyers now for good deals on what you want to buy. Last-minute shoppers typically have the prices jacked on them, so avoid the rush and price hike. Ipods are on sale for up to \$70 less than normal in some stores right



now, other electronics like the PS3 probably won't see as much of a drop. Shop smart and shop sales.

T- Treat them. Offer to cook the holiday meal for your parents, or cook a nice dinner for that special someone. Nothing beats a night where you don't have to lift a finger for someone who's used to doing all the cooking and cleaning up after you.

U- Unicorns... yes unicorns.

V- VERY IMPORTANT NOTE: Remember to buy for the giftee, not the gift giver. Don't necessarily buy something you like, buy what you know the other person will like. I can not stress this

enough; so here's a scenario. Buying perfume or cologne for that someone you're seeing because you want them to smell better... first off that's pretty much a dead give away. Second, the times I've seen or heard of this happening when the giftee is allergic to strong scents is innumerable. Please know something about the person you're buying for.

W- Winter clothes. If you're going to buy clothes, unless you're planning on taking the person on a Caribbean cruise, don't buy summer wear. A hoodie or mittens will suffice.

X- Xylophones always make great gifts! (Oh you knew it was coming since Q!)

Y- Youth. Gifts that bring back memories of youth can be great! A classic Astroboy t-shirt or some other retro memorabilia can make the perfect gift for friends, siblings and significant others.

Z- Zellers. So many people shop at Wal Mart they forget about Zellers. Zellers quite often has deals that rival even Wal Mart's at this time of the year, so be sure to shop around and remember the underdogs of retail shopping.



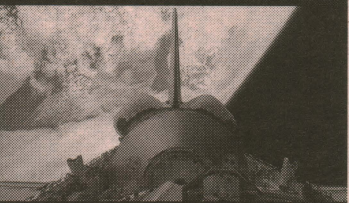
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TECH AT A GLANCE

Bell Canada hikes satellite tv fees for the new year. The hike will affect the average customer by \$4 a month, depending on how many subscription channels they order. Happy Holidays indeed!



NASA delays the return of space shuttle Endeavor. The mission will last one extra day, leaving the shuttle docked at the International Space Station until Friday. The crew will use the extra day to fix the urine and sweat recycling system on board. I'd say that's a good call.



Meteorite hunters are flocking to Alberta after the weekends blast to search for rock pieces of the space object. While most if not all of the meteor would have been evaporated in the atmosphere, there is a chance that small chunks up to 1kg made it through and showered across small communities in Alberta. This expedition is being called "Rockstock".



Apparently the US Army is a mean, lean, gaming machine! The army uses games including DARWARS Ambush to train soldiers and have just been granted a \$50 million budget for a new unit. This unit's mandate; to find and procure video games and systems for use in the training of soldiers. If all I do is play games all day... sign me up Sam!



In an attempt to monitor the AIDS epidemic, an Indonesian province has chosen to support a controversial plan which would force AIDS carriers to be implanted with a micro chip. Apparently, by tracking the sexual activity of these patients, they would fine or jail "sexually aggressive" patients who purposely spread the disease.

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THE VIRTUAL BUSINESS WORLD

Marlon Solis

Virtual reality games are steadily becoming just as revolutionary as the internet. It is beginning to be a place where e-commerce can thrive beyond the boundaries of a simple two-dimensional website. Well known online RPG games such as Second life and World of Warcraft are beginning to be sought after by business and firms as a potential new market place to increase profits and expand corporate image. Companies such as Telus, American Apparel, IBM, and SUN Microsystems have set up their own virtual presence in Second life.

Virtual reality systems first started gaining popularity in the 1980s but most of it involved using cumbersome headsets that produced low quality images. But with its advancement from the clunky headsets to computer software, it now provides millions of people with an addiction that can't be ignored by the Business world.

There is definitely a growing demand for these virtual realities and businesses are beginning to see them as powerful tools rather than a recreation. Since 2006 the user to user transactions and the rapid growth rate in the virtual land mass allowed Second Life, unlike World of Warcraft, to create an almost direct representation of reality where digital avatars can imitate daily life from earning profit to creating families. Individuals have even been able to create their own objects and even sell them and gain actually

profit. These give investment opportunities not just for individuals but also for businesses. Companies such as Telus and American Apparel have actually been able to set up their own branches and sell virtual representations of their products to individual's avatars using a currency called Linden dollars that can be exchanged into US currency. The truth of the matter is that these items are useless to the consumer but there is an increasing demand for escapist factor, and these products help satisfy an individual live their dream lives in these virtual realities. Other companies such as Teasa Coprue of Detroit can make real money selling virtual property and create virtual clothes. With millions of users of these virtual reality games, businesses seek the opportunity of developing their real life brand names in these virtual realities. As a result this new virtual market can even provide jobs for individuals. In the last four years Second Life has seen a boom in its economy. As such, Second Life's Economy can rival that of the real world economy thus illustrating the revolutionary status virtual reality systems have gained in recent years. The rapid growth in land mass has allowed for the creation of a virtual real estate industry. One real estate broker from Germany holds assets that value 200 million Linden dollars, which is equivalent to 1 million USD. In business, virtual reality is more than just a game. They take it seriously as an innovative tool

to improve product design. These are used by automakers and aircraft manufacturers when designing safety features by testing them in an array of different simulations.

For example Mechanical simulation is used to predict the safety features of a new car design. It is a \$1.5 billion business that is growing 10 to 12 percent each year. These simulations have become much more effective because virtual reality is less expensive and quicker than building and testing complex prototypes. In fact the Joshi Center at Wright State University opened up a \$2 million vis. lab in October to allow business to outsource virtual reality work. Companies can pay \$1,000 a day to use the lab.

We see here, by the high level of use, that Virtual reality has grown past its stigma as a technology used for gaming to a level of maturity. But will it ever dominate as the main medium of E-commerce? First of all it has to overcome many technical issues in maneuvering in a virtual environment. Many individuals perceive such a problem when playing games such as the Sims where the technical design poses as an obstructive factor. But when we considered the launch of the internet, Businesses themselves have experienced the same problem when setting up websites and communicating through it.

THE JOURNEY TO THE PERFECT EMAIL CLIENT

Tech Geek

Now I don't mean the web based kind when I am talking about email client here (Gmail wins hands down), I am talking about the mysterious software on your computer that you may not have used (if you are using a Mac it's Mail.app on Windows it's Outlook Express).

Believe it or not there are more than just these two applications. Microsoft Office comes with the famed Microsoft Outlook, which I have to use at work and it hurts me to no end, so I am just going to pretend that it does exist and that it can use popular protocols such as Pop3, IMAP, and Microsoft Exchange. Now for the Mac if you do not wish to use Apple's Mail application and you did purchase Microsoft Office for Mac then you have Microsoft Entourage, which in all essences does what its Windows cousin does. But wait! You might not be using either operating system, or just not happy with either email client! Enter Mozilla Thunderbird, a FREE, cross platform, and open source email client that is just as good, if not better than any windows email client you could find!

Why would a person want to use a desktop client? Isn't that what business people and people who work in an office do? Maybe that's true, but using an email client

also could save a copy of the email on your computer for when the time that you are not connected to the internet (yes such time exist, shocking I know).

Now here is the deal, I have used all of the email clients that I have mentioned. And I will say the best one I have used so far was Mozilla Thunderbird, it was lightweight and very easy to deal with. BUT, there is always a but, I found Apple's Mail.app to "one-up" it in the aspect that when I set up my Gmail with IMAP it keeps an offline copy of my emails on my computer which has the benefits of using POP3 (which downloads all your emails off the server) and IMAP (best if you are using more than one computer so that all the settings you apply in one email get applied to the other). Popular free email services you can use include, Yahoo! Mail, Gmail, and your SMU Email (though I hesitate to say this is free or as reliable as Yahoo or Gmail), you can find instructions on how to set them up with popular email clients in the settings or Help sections of the email services... well except for your SMU email, because certain people wish you to be stuck with the most awful interface that is SMU Port.



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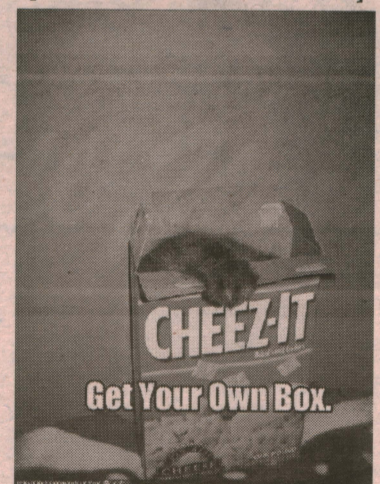
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'TIS THE SEASON, WHAT TO DO AROUND HALIFAX THIS WINTER

Jason MacDonald

Due to a noticeable lack of Huskies home games this week and an early first snow fall, I have decided that instead of reporting on the sports I am going to give you the low down on what to do this winter at SMU and around Halifax.

The first thing I'd recommend has 4 essential steps. Step 1: Grab a friend. Step 2: Grab a sled, toboggan, crazy carpet, hell steal a tray from the Cafeteria. Step 3: Find a hill; the most likely candidates are the hills of the field behind Goresbrook Junior High School, Citadel Hill or any other hill in the city with a suitable length or incline. Step 4: Rinse and Repeat.

Next why not take a trip out to Martock or Wentworth and enjoy a day of skiing or snow boarding. With everything from "learn to ski" programs to runs for the more experienced, skiers and boarders can

take advantage of an early snowfall and get as much out of the season as possible and have some fun while doing it.

Once the weather has stayed cold enough for long enough and the lakes and ponds are safe to skate on, take an afternoon and go for a leisurely skate or play some pond hockey shinny with your buddies, it's a great way to meet or get to know new people.

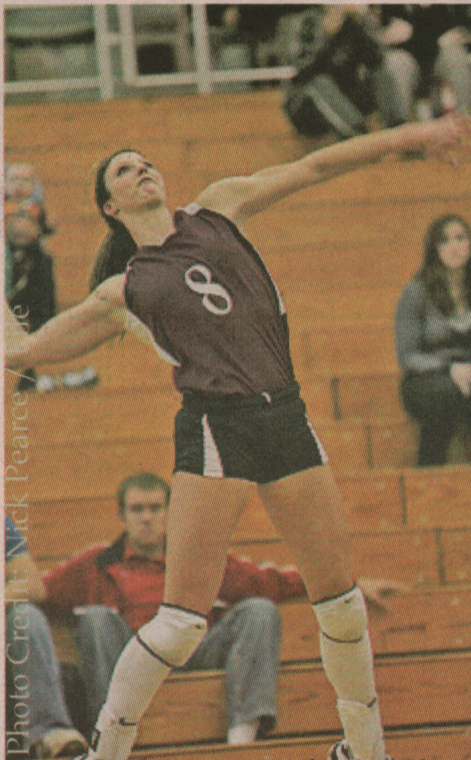
If you don't feel like leaving the city, or even going more than 10 minutes from campus why not ask your favorite person out for a walk through Point Pleasant Park on a bright, beautiful snowy day. Not only will you spend some quality time with your number one, you will also see some of the most stunning scenery Halifax has to offer.

For people interested in organized team sports rather than

spending time in quiet reflection, find a local club offering the winter sport of your choice. From pick-up hockey and club ringette to curling and biathlon, there are certainly more than ample opportunities to participate in the team sport that holds your interest.

For those of you who aren't so big on the outdoors, or if you have no use for the cold weather, hit up The Tower, they offer lots of indoor activities, intramural sports and club teams. If those aren't what you're after just drop by for a workout, I'm sure all of the staff would be happy to see you come in.

I know that exams and term papers can be a stressful time. Why not unwind, take part in one of the above activities or anything else that will help you de-stress, your friends and marks will thank you.



Amy Crider goes up for a spike



Huskies netminder Brandon Verge



The Huskies Celebrate a Goal by Fergus

Asshole of the Week!

This goes out to the asshole who left his coat in the pub, called the coat check girl a Fucking Cunt and his girlfriend the wrong name. All in the span of two minutes.

Way to Go!

Asshole of the week submissions can be sent to sports.smu@gmail.com and can do not have to be sports related. Assholes can be found anywhere.

Assholes can be found anywhere!

Huskies at Home This Week

Men's Basketball at The Tower

Thu, Jan 08
StFX @ SMU

8 p.m.

Women's Basketball at The Tower

Thu, Jan 08
StFX @ SMU

6 p.m.

Men's Hockey at Dalhousie Memorial Arena

Sat, Jan 03
SMU @ DAL

7 p.m.

at The Forum

Fri, Jan 09

STU @ SMU

7 p.m.

Sat, Jan 10
UdeM @ SMU

7 p.m.

Women's Hockey at Dalhousie Memorial Arena

Sat, Nov 29
SMU @ DAL

7 p.m.

at Alumni Arena

Wed, Jan 07
DAL @ SMU

7:30 p.m.

Women's Volleyball

at The Tower

Fri, Nov 28
UNB @ SMU

6 p.m.

You can find scores and more at smuhuskies.ca

ATTENTION ATHLETES:

Feel like your sport isn't getting enough coverage in The Journal? Submit an article about your latest game, tournament or championship to sports.smu@gmail.com.