

Helping to Make the 2010 Olympics Possible. pg 10

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# THE JOURNAL

Est. 1935 · Vol. 75 · No. 18 · February 3 · 2010

The Student Newspaper of Saint Mary's University · Halifax · NS

**SMUSA ELECTION  
POSTPONED pg 5**

**Looking for a Summer  
Job? pg 4**

**SMU Students attend  
the Inter-Collegiate  
Business Competition  
(ICBC ) pg 10**





Saint Mary's University Students' Association

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>CAMPUS CALENDAR</b> <b>LEGEND</b> Presented by SMUSA Sporting Event / SMU Athletics Academic Event or Presented by SMU Alcohol Available No Entry Fee for SMU Students No Minors (19 years+ only) Gorsebrook Special <small>To get your event added to the Campus Calendar, send an email to marketing.manager@smusa.ca</small>		<b>February 3</b> <b>OPEN MIC NIGHT</b> The Gorsebrook Lounge 9:30 pm 50/50 Draw for Haiti Relief 	<b>4</b> <b>\$5.50 DOUBLES</b> The Gorsebrook Lounge	<b>5</b> <b>I.D.S. TRIVIA NIGHT</b> The Gorsebrook Lounge 7:00 pm 	<b>6/7</b> <b>WOMEN'S HOCKEY</b> Sat: MtAvsSMU @ 4:00 pm Alumni Arena <b>SUPERBOWL PARTY!</b> The Gorsebrook Lounge 50/50 Draw for Haiti Relief prizes! food! Drink specials 4:30 pm 
	<b>8</b> <b>FUN-da-MENTAL</b> <small>(Winter Carnival &amp; Wellness Week)                      Calendar @ bottom of Page</small>	<b>9</b> <b>MINI PUB TRIVIA</b> All Ages Welcome - wet/dry! The Gorsebrook Lounge 7:00 pm - 8:00pm  <b>TREVOR BORIS &amp; EDIE DELLA SIEPE</b> Comedians - All Ages Welcome! The Gorsebrook Lounge 8:00 pm - 9:30pm 	<b>10</b> <b>OPEN MIC NIGHT</b> The Gorsebrook Lounge 9:30 pm 50/50 Draw for Haiti Relief  <b>BACARDI RAZ PROMO!</b>	<b>11</b> <b>DIRTY BINGO</b> All Ages Welcome! Student Centre Cafeteria 7:00 pm - 9:00pm 	<b>12</b> <b>MEN'S HOCKEY</b> UdeMvsSMU @ 8:00 pm Halifax Forum

Elections 2010

**SMUSA ELECTIONS INFORMATION POSTPONED 1 WEEK!**

February:  
 8th - Campaigning Begins  
 15th - Board Candidates Forum  
 16th - Presidential Debate  
 17th-18th - Voting Days

For more information and a Nomination Package visit 5th floor Students' Center or [www.smusa.ca/elections](http://www.smusa.ca/elections)

contact the CRO: [elections@smu.ca](mailto:elections@smu.ca)

**CONGRATULATIONS SAMANTHA MCCORMICK**

Winner of the SMUSA Student Satisfaction Survey's prize draw!

you've won your choice of a \$300 tuition credit or a netbook computer valued at up to \$300 + taxes! Come to the SMUSA offices to claim your prize!

Results from the survey will be released shortly in the Journal and on our website!

present:

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**FUN-da-MENTAL** FESTIVAL: WELLNESS FOR THE MIND, BODY AND SOUL

**Winter Carnival and Wellness Week EVENT CALENDAR**

<b>Friday Feb 5th</b> 2:30-4:30 - Eating for Wellness. - Sobey 255 - A presentation to RAs and interested floor members about making healthy food choices.	<b>Monday Feb 8th</b> All Day - Go Banana's Fruit Give-aways - Volunteers from SMUSA will go around campus giving away Bananas to anyone that would like one. 12:00 - 4:00 - Score Your Wellness Booth - SUB - A booth set up with different self assessments to check up on your social and mental health. Dr. Brent Conrad (psychologist) will be available for same day appointments on a first come, first serve basis (topics: relationships, depression, stress, self esteem, anger, alcohol, assertiveness, loneliness, conflict resolution). 4:00 - 6:00 - Ask the Dietician Interactive Booth -An interactive booth about physical fitness. Sandra Jamieson (Coordinator of programs, intramurals & clubs) and Erica Savage (Dietician) will be available for questions.	<b>Tuesday Feb 9th</b> 11:00 - 2:30 - Free Skate Alumni Arena - Take a break from studying and go for a skate! SMUSA will be hosting a free skate at the alumni arena. 12:00 - 3:00 - Catch Your Z's Booth - SUB - Jane Collins, a nurse manager from Student Health Services will have an interactive sleep booth. A Large bed will be displayed to promote healthy sleep habits. 12:00 - 1:00 - Finding God, Finding You In Everyday Life - Chaplancy - Father Earl will be speaking on spiritual direction and discernment for the everyday life and how students can use spiritual exercises to improve their own lives 2:30 - 3:30 - Time management workshop - L179 - A 1 hr workshop on the basics of time management with Chris Harman 7:00 - 10:00 Pub Trivia & Comedians - ALL AGES - Gorsebrook Lounge -Come out for a night of laughs with Eddie Della Siepe and Trevor Boris	<b>Wednesday Feb 10th</b> 11:00 - 2:00 - Dodgeball - Tower Field House - Dodgeball tournament hosted by SMUSA 12:00 - 1:30 - Wellness Booth at Dockside - Dockside Dining Lounge - Information booth on healthy food choices and Erica Savage (Dietician) will be available for questions. 12:00 - 1:00 - Time Management Workshop - L179 - A Time management workshop with Chris Harman. It is a 1-hr workshop on the basics of time management, which Chris uses as a start point for a larger, 3-hour session.(Capacity:30)	<b>Thursday Feb 11th</b> 10:00 - 1:00 - Be Comfortable in your own Genes - jean depot - Loyola - Don't change your body, change your jeans. Counselling services is supporting healthy body image and self esteem by accepting jean donations for LAING house and other local charities. Helpful information from the Eating Disorder Action Group will also be there. 11:00 - 2:00 - Dodgeball - Tower Field House - Jane Collins, a nurse manager from Student Health Services will have an interactive sleep booth. A Large bed will be displayed to promote healthy sleep habits. 11:00 - 2:00 - Dirty Bingo - Student Centre Cafeteria - Free to play! lots of prizes! Promotes safe sexual practices	<b>Friday Feb 12th</b> 2:30 - 4:30 - Mental Health 101 - Sobey Building - Tony Primer, an instructor with the Department of Health/Mental Health Services, will teach RAs and RSOs some basic responding skills with students in a mental health crisis. <b>Monday Feb 15th</b> 7:00pm - Guest Speaker: Jason Mewes - McNally Theatre Aud. - Jay from the duo Jay and Silent Bob and Zack and Miri Make a Porno comes to campus to talk about life in the movies, drugs, and life after drugs. Jay is the COCA 2009 recipient of the Speaker of the Year award.
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# PERSPECTIVES

JEFF CUSACK  
Editor-In-Chief



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IF YOU WOULD LIKE TO PROOF-READ, VISIT THE OFFICE ON MONDAY MORNINGS. ALL PIECES ARE SUBJECT TO THE JOURNAL GUIDELINES FOR SUBMISSION. (AVAILABLE ON REQUEST). THE OPINIONS EXPRESSED IN THE JOURNAL ARE THOSE OF THE AUTHORS AND NOT NECESSARILY OF THE JOURNAL OR SAINT MARY'S UNIVERSITY.

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### LETTER FROM THE EDITOR

## Abuses of power are a tricky subject

JEFF CUSACK  
Editor-In-Chief

Abuses of power are a tricky subject, because the person who is abusing power usually won't admit what's they're doing. The nature of power is often that the ones with power will argue, and possibly even believe, that what they're doing is in the best interests of the group as a whole. On the world stage, China has frequently used its power to try and intimidate other nations. While most nations shy away from open criticism of other states, China has criticized Canada openly for not visiting them enough and for hosting the Dalai Lama, whom they deem a separatist rebel. Canada, wanting to be on China's good side, said nothing. Nations with less power than Canada have faced harsher consequences. When Denmark hosted the Dalai Lama, China suspended relationships with them until they issued a letter of apology which denounced Tibetan Independence. Most recently China has threatened to sanction the U.S. for selling arms to Taiwan, which they believe is part of their territory (the arms sale was in response to China pointing dozens of missiles at Taiwan.) Thus far the U.S. has issued no real response.

The only group which has opposed China recently is not a country, but a business. In response to their servers being hacked by the Chinese government, Google has decided to stop censoring its search results in China (previously, a search for Tiananmen Square resulted in a stern warning from the government rather than search results), and is threatening to pull out.

The reason that China has the power to manipulate other nations is simple: They have money, lots and lots of money. They also have a huge consumer market which is very attractive to any business with something to sell (unless they're selling Tibetan flags.) With such strong economic power, any nation which angers China could face a severe economic backlash. Moral complications result. The Dalai Lama is a winner of the Nobel Peace prize and a noted crusader for justice, and yet Denmark readily condemned his cause in order to get back into the good graces of a nation known for its abysmal human rights record and continuous abuses of power. If the Danish had not bowed to Chinese pressure however, they would have suffered a loss of access to one of the greatest powers on the earth, a potentially huge political and economic blow. This situation begs the question of where Denmark's moral responsibility lies. Should the nation stand up for its principles, or for the welfare of its people? Throughout history, people

in warring nations have had to make a decision of whether to protect their families or put them at risk based on their ideals. What decision is right, neutral, or wrong is a complex question that cannot be easily answered.

It is significant that the only group to stand up to China has been Google, a corporation. Companies are not generally seen as paragons of morality, however going forward, with the power of the state being weakened by increased economic integration, moral decisions could increasingly be put into corporate hands. If companies around the world (or even just from the U.S.) threaten to withdraw from China, that nation's ability to interfere with the sovereignty of other nations would weaken dramatically. Unlike nation-states, which have obligations to their citizens, corporations have obligations only to themselves (some of you could argue that companies have an obligation to their employees, but as Conan O'Brien knows all too well, they usually don't). Because of this, corporations do not have to worry about their stance affecting those outside of themselves. Time will tell whether Google's principled stand is the start of a trend or an anomaly.

Discussions of power are relevant not only to global issues, but also here at Saint Mary's. Over the weekend, SMUSA's Board of Directors called an emergency meeting, resulting in one person losing their job and a delay of the election by a week. The Board also displayed its ability to ignore policy in favour of its own opinions, and to hold meetings without oversight when it deems necessary. There are concerns that our current slate of candidates could result in a "clique"-style system of governance with limited accountability. As students, we have a stake in this, and like corporations, we can make decisions without worrying about how we'll affect those around us. In order to ensure that the best interests of the student body are served by next year's elected students, we should actively ask questions about how each candidate's election could affect the empowerment of the student body as a whole.

For more information on the election controversy, see Kim Dares' article in the News section.

Haiti update: So far Saint Mary's has raised \$4096.50 for relief effort in Haiti. This will be matched by the university, and then by the federal government, for a total contribution of \$16,400. The fundraising isn't over however, and it is hoped that we can get our total up to \$6,000 by the time we donate the money.

Actor Update: The dude who plays Jay of Clerks fame, Jason Mewes, is coming to SMU on the fifteenth. Nice.

### LETTER TO THE EDITOR

P.J. MCLEAN  
Writer

Your recent editorial asking for public commentary has inspired me to write a letter that has been a year in the making. As a business student here at Saint Mary's University I am highly disappointed with the content in the "Business and Science" section as of late.

In past years content has focused on the business ventures and society activities of SMU students and alumni but this year the focus seems to have shifted. No longer are student business highlighted, or society events given press, it is instead a random collection of unrelated and uninteresting stories with little or no tie to business.

I am unclear what an entire page of "the best of Craigslist" has to do with business, science or technology. Headlines from Craigslist might give a laugh but an entire page just looks lazy and unintelligent. It drags the credibility of the whole paper down and contributes to SMU's image of "Robie Street High."

While some of the articles have had a business or science undertone they are nothing more than the Editor's thinly veiled opinion and the few facts included can be found from any on-line news source. Others, such as "Not your Average Veterinarian" have nothing to do with business, and very

little to do with Saint Mary's. Aside from the ACE Society's box there is seldom anything clearly business related in the section.

I understand that The Journal is written by students who, like myself are strapped for time, and I certainly would not want to be responsible for writing that much every week. That being said, what is the point of writing things no one wants to read, I would rather read one really compelling article about a SMU entrepreneur than five short stories that are old news. It is not the quality of writing that I am disappointed in, but the subject matter.

There are many student entrepreneurs and business/commerce society events that would be much more relevant and interesting to read about. I would suggest the Business Editor make contact with individuals in these societies and try and provide SMU students with relevant news and maybe start a blog to share her personal opinions.

Sincerely,

P.J. McLean

Note from the Editor in Chief: I feel that this is a great place to make my weekly shill for writers. A good way to see the content you want in The Journal is to write it yourself! Send submissions to thesmujournal@gmail.com.

### LETTER TO THE EDITOR

KAITLYN SKINNER  
Writer

In response to an article by Monique Johnson "Obesity in Children" in the January 20 edition of The Journal, I feel that she came down too harshly on parents for failing to make the "right" choice for their children.

This issue is not so simple as choosing clementines over cookies.

The average cost of child care for children aged 0-5 in HRM is between \$30 and \$35 per day per child. That's \$700.00 a month. for a single parent earning minimum wage, after day care bills, rent, utilities, diapers... well, there's often not much left. And the nasty truth is that healthy food is expensive.

Processed foods like macaroni and cheese or canned noodles are laden not only with fat, salt and preservatives, but the cans are lined with BPA, and that bright orange powder you shake all over the noodles? It's filled with genetically modified soy and dye (Yellow #5) that is banned in

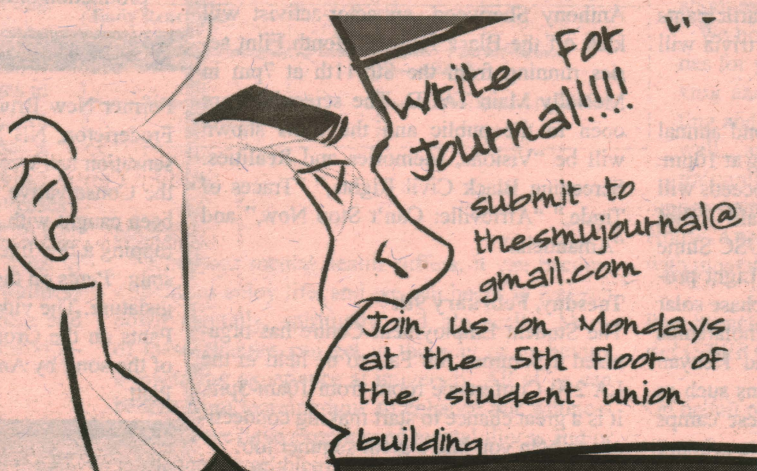
other countries. (For more disturbing information, pick up a copy of Jillian Michael's "Master Your Metabolism" or Robyn O'Brien's "The Unhealthy Truth").

Does Johnson know that hormones given to animals that we happily and blissfully eat have a greater link to Type 2 Diabetes, heart disease and high blood pressure than obesity? Do you, reader, realize that the pesticides routinely sprayed on crops latch onto your fat cells, eventually causing testicular, prostate, ovarian and breast cancer? And then that you, female readers, will pass these carcinogens onto your children through the placenta during pregnancy and through breast milk afterwards?

The real issue here is not parents who make right or wrong choices for their children (regardless of the reason), it is the fact that our government does not protect us from the corporations who want to produce more, sell more, make more no matter the cost.

And the cost is high. To us, our health and our earth.

Kaitlyn Skinner



## NEWS

## Looking for a Summer Job?

KIMBERLEY DARES  
News Editor

Students looking for summer employment are in luck this year because the Saint Mary's Student Employment Centre has brought the Summer Job Fair back to campus.

There will be a variety of employers on campus to talk with students about potentially employment over the summer months. Mary Ellen MacEachern said students often describe the Summer Job Fair as "the camp fair" but that is not the case as there will be employers offering a range of employment to students in all faculties.

That is not to discount the value of a summer working at a children's camp. Experience working with children is an asset for those interested in becoming teachers, doctors, nurses, social workers as well as many other careers. Also that is three or four months without expenses such as rent and food which means more money in your pocket! There will also be government job oppor-

tunities on the Federal, Provincial and Municipal level. Hotels including the Prince George and Cambridge Suites will be recruiting students, as will Enterprise Rent-A-Car, Costco, and J.D. Irving Limited. There will also be employers from Katimavik and Glow Parties looking to speak with students. A full listing of employment opportunities can be found on the website [www.smu.ca/sec/SJF2010](http://www.smu.ca/sec/SJF2010).

Admittance to the Fair will be free to all university students in the Province, and it will be held Tuesday February 9th in Loyola 290 from 10am-3pm. There will be prizes for the first twenty students to arrive, and also a variety of prize draws throughout the day for gift cards to grocery stores, the movies, and Tim Hortons, to name a few.

The Fair is being sponsored by the Province of Nova Scotia Department of Labour and Workforce Development. Mary Ellen said they are "as concerned as the Student Employment Centre about finding students summer jobs."

Like past career fairs, be sure to bring your

student ID and come prepared. Take a look at the list of employers beforehand and come up with a few questions you may want to ask them. It is also recommended you write down their contact information and a summary of what you discussed to allow for a follow up email to keep you fresh in their mind as a candidate. Asking intelligent, well thought out questions will help you to stand out from the crowd.

If you cannot make it to Tuesday's Fair, Dalhousie is holding one of its own on Wednesday February 10th and it is free for SMU students with their ID as well. The Student Employment Centre website also has listings of summer jobs that is updated often. Summer may seem far off in the distance now but it is much easier to find a job now, than in May when all the positions have been filled. Summer jobs offer more than the chance to make money, they also offer the opportunity to gain experience in a related field that can help when you begin the job or grad school search in the future!

## SMU to Match SMUSA Fundraising Efforts for Haiti Relief

KIMBERLEY DARES  
News Editor

Hopefully you've had the chance to empty your pocket change into one of the SMUSA Haiti Relief funds on campus, or are planning to this week. The fundraising efforts by SMUSA are set to continue until February 12th. In addition to the \$1000 SMUSA is matching in donated funds, Saint Mary's University Administration has committed to matching what students donate up to \$5000!

Donations from societies and individuals have already surpassed \$3000 without any fund matching. Upcoming 50/50 draws and donation boxes being placed at SMU athletic games over the next few weekends have placed SMUSA within reach of its goal of \$10,000 with fund matching. On top of what is raised and matched by SMU the Canadian Government has lifted the \$52 million dollar cap and will match all donations by indi-

viduals bringing the potential donation total up to roughly \$20,000.

For donations greater than \$20, tax receipts are being issued by the Canadian Red Cross. All you need to do is provide your mailing information and a receipt will be sent to you.

In the larger Halifax community there are many ways to make a contribution to the relief efforts. Just Us! locations on Barrington Street and Spring Garden Road are accepting cash donations as well as clothes, blankets and bottled water which will be sent to Haiti through the Halifax based organization Salutary Angels.

The gym at Saint Andrew's United Church will host Halifax to Haiti, a coffee house style entertainment fundraiser on February 6th at 7pm. The Church is on Coburg Road, admission is \$10 and there will be beverages and baked goods for sale as well with all proceeds going to Free the Children's Haiti Earthquake Relief Fund.

A benefit concert, Halifax for Haiti, will be held February 8th at the Metro Centre.

The concert will feature over fifteen East Coast performers including Joel Plaskett, DRUM!, Classified, Charlie A'Court, Lennie Gallant, and more. Tickets are \$20 with all proceeds going to the Canadian Red Cross Relief Fund and can be purchased through Ticket Atlantic. Prior to the concert Brussels Restaurant & Brasserie will be holding the fundraiser 'Halifax Helps' with live music, beer and appetizers to get people pumped for the concert at the Metro Centre. Tickets are \$20 and all proceeds will be donated to the Canadian Red Cross. Purchasing a ticket will enter your name in a draw to win a seat in the Molson Skybox for the Halifax for Haiti concert.

Texted donations are still being accepted; just text HAITI to 45678 and a \$5 donation will be taken off your next phone bill for the Salvation Army Haiti Earthquake Relief Fund. If you do text your donation be sure to confirm it or the donation will not be counted. Anything you can donate will make a difference!

## This Week At SMU

## Thursday, February 4th

Audrey Macklin, a law professor from the University of Toronto will be at Saint Mary's to present her knowledge on the case of Omar Khadr. The discussion 'Omar Khadr: Citizenship, Politics and the Rule of Law' will be held in the McNally Main TAUD at 4pm. Macklin has been working on Khadr's case since 2007 and will share her response to the recently released supreme court decision. Canadian born, Khadr spent seven years in Guantanamo Bay detention camp, on charges of throwing a grenade that killed an American soldier, although evidence was leaked that suggested he had not thrown the grenade.

As International Week wraps up there are still a few presentations left to check out. Dr. Raj Patel will present a free lecture in the Scotiabank Theatre from 7:00-9:00pm. Patel has written several books about issues surrounding food availability and security (the theme of International Week this year), and the books will be on sale at the event.

## Friday, February 5th

If you are interested in being Valedictorian at May Convocation, time is ticking. Applications are available from Student Services (4th Floor Student Centre) and need to be handed in by 4:00pm on Friday. The competition date will be the following Friday

February 12th.

If you are interested in what SMUSA is doing, how decisions are made, and what issues are being discussed perhaps attending a Board of Directors Meeting would be of interest. All meetings are open to the students. The meeting will be in the SMUSA Office Boardroom (5th floor Student Centre), starts at 4:30pm and should end around 6:30pm. The agenda should be posted before the meeting on [www.smu.ca](http://www.smu.ca).

Friday is a good night to spend at The Gorsebrook. International Night Trivia will kick off a night of fun at the Pub, teams of no more than 5 can enter with a cost of \$2 and proceeds going to charity. Participants must be 19 years of age and the trivia will run from 7:00-10:00pm.

SMU-WUSC is holding its second annual Rock for Refugees concert starting at 10pm. Admission is \$5 and half of all proceeds will be donated to the Red Cross Haiti Relief Fund and the other half to the WUSC Shine a Light Campaign. The Shine a Light program will use funds raised to purchase solar lamps, remedial classes and scholarships for girls living in Malawian and Kenyan refugee camps. Without campaigns such as this, the young girls living in these camps often do not complete more than a primary

level education. Performers at the event included Kayo, The Martins, Ceeceefield and Saa Andrews! It is a great chance to spend Friday night with friends enjoying great music, while making a difference in the lives of people who need it!

## Saturday February 6th

International Week ends with Drumming for Food with Samba Nova Saturday afternoon at 2:00pm in the Student Centre. You don't need to bring your own drum and entrance is by donation to the SMU foodbank or money for the Canadian Red Cross Haiti Relief Fund.

## Monday, February 8th

Anthony Sherwood, an actor-activist will kick off the Black History Month Film series running from the 8th-11th at 7pm in McNally Main TAUD. The screenings are open to the public and the films shown will be "Visions, Memories and Realities: Screening Black Civil Rights," "Traces of Trade," "Africville: Can't Stop Now," and "Amandela."

## Tuesday, February 9th

The Student Employment Centre has organized a Summer Job Fair to be held in the LA 290 Conference room from 10am-3pm. It is a great chance to start making connections to help you find a great summer job!

KIMBERLEY DARES  
News Editor



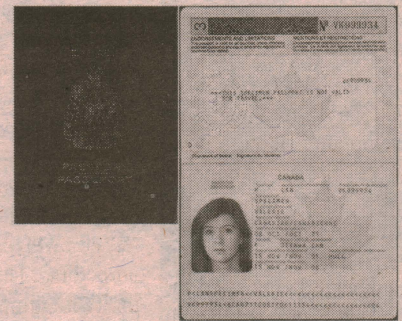
## Newsfeed

## Bust a Move is a Huge Success



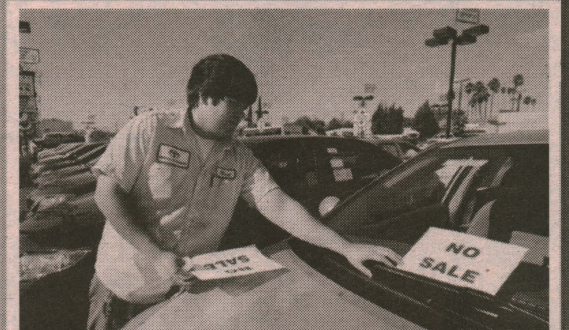
The much hyped Bust a Move fundraiser for Breast Cancer raised over \$1.1 million for much needed detection equipment in Halifax hospitals. The fundraiser at the Halifax Metro Centre on January 30th engaged 751 people in a day of dancing and stretching. Richard Simmons, fitness guru led a marathon workout session for the crowd. Participants also worked up a sweat doing Zumba, Yoga, Pilates and more. Participants set two World Records one for the longest line of people sharing a massage and another for the largest group hug.

## 300 Linked in Citizenship Fraud



RCMP are said to be investigating what appears to be a case of citizenship fraud committed by over 300 individuals all claiming to live at the same address in Mississauga, Ontario. The address is the site of "Palestine House" which offers services to new immigrants, but no one actually resides there. The investigation has been ongoing for over three years without resolution. It is still unknown how many of the 300 applicants actually gained citizenship while "living" at Palestine House. The problem is not with the address being used, but that in many cases the applicants were not and had not lived in Canada the required 3-4 years to gain permanent citizenship.

## Toyota Begins Repairs on Recalled Vehicles



After recalling more than 2.3 million vehicles in the US and 270,000 in Canada Toyota has found a way to fix the sticky pedal problem. Reinforcement bars will be installed to prevent the accelerator pedal from generating too much friction and sticking. The recall is the largest in Toyota's history and has affected eight models manufactured since 2007. The recall has also led to a halt in production of the vehicles experiencing problems.

## NB Politician a YouTube Sensation

Former New Brunswick Attorney General and current Fredericton, NB MLA T.J. Burke became a YouTube sensation last week. While speaking about the leader of the Conservative party, Mr. Burke said the leader had been caught with his "Pants on the Ground" and began rapping a few lines of the now infamous American Idol song "Pants on the Ground" in the New Brunswick Legislature. The video can be found on YouTube (search: Pants on the Ground NB), as can the original version of the song by American Idol contestant General Larry Platt.

# SMUSA ELECTION POSTPONED

KIMBERLEY DARES  
News Editor

Friday night, a SMUSA Elections Appeal Committee meeting attracted a small but opinionated crowd to the SMUSA board room. The topic at hand, a controversial docket provided by Ali Hamed, one of the candidates for the 2010 Board of Directors.

The candidate expressed concern with several elements of the SMUSA Elections Policy as well as with the actions of the Elections Chief Returning Officer (CRO) and Deputy Returning Officer (DRO). The docket consisted of ten motions, many of which were divided into many subsections, making for a lengthy, and at times confusing, meeting.

Before even looking at the motions being presented there was concern regarding the composition of the Elections Appeals Committee. Usually there are faculty members and students at large comprising the Appeals Committee but this meeting was called on short notice before such people could be recruited. As a result four members of the current SMUSA Board of Directors sat in as the Appeals Committee, based on a decision that had been made at an earlier Board of Directors meeting.

One of the most controversial motions requested the current CRO, Adrian Lake and DRO, Tim Rose, be removed from their positions due to a variety of violations. These violations ranged from complaints about a lack of advertising the call for nominations of candidates to complaints regarding a potential conflict of interest of the CRO as well as the allowance of campaign language being used in candidate bios that were published before the campaign officially began. There were also issues expressed by the complainant regarding a lack of transparency of CRO decisions and the potential result of certain decisions in giving candidates of the group "Students First" an unfair advantage.

The motion failed as the CRO informed the Appeals Committee of his resignation, effective immediately. The resignation was given, due to Adrian's concerns with how the complaints were being handled as the Election Policy clearly outlines a procedure far different from what occurred Friday night. The CRO was not given appropriate amount of time to deal with the issue as the official complaint was delivered to an independent third party (SMUSA) rather than to the CRO himself.

The CRO also expressed concern with the lack of a third party member on the Appeals Committee as it left room for bias, and conflicts of interest as Board of Directors members could have friends running in the election. The Board of Directors Chair Alwyn Gomez responded that all Board members are required to sign an oath of office to remain unbiased. Gomez also said that while the Board creates policy it is not bound by it as the Board is a "free thinking body and group that can override policy when necessary."

The complainant stated that the

complaint was not submitted directly to the CRO as it was an issue with policy that was above the CRO's position.

The Appeals Committee therefore did not vote on the issue of firing the CRO as the resignation had already been given. There was a vote regarding the DRO and the decision was made to allow him to remain in the position, or potentially move into the role of the CRO if desired. This decision was made as the issues were described as "not their judgement call as the DRO is merely an assistant." In explaining what happened the DRO, Tim, called the past few weeks "f\*\*king bulls\*\*t" and said trying to follow the policies was extremely difficult.

Despite many differences of opinion on other issues the complainant, CRO and DRO all expressed serious objection to the current SMUSA Elections Policy, describing it as "corrupt." Charles Toula, a member of the Appeals Committee, agreed the policy was corrupt as complaints were able to be handed to the Board of Directors which overrules both the CRO and DRO.

The second motion tabled regarded the candidate group "Students First," and requested candidates not be allowed to run for office as part of a group as this amongst other reasons would "violate the spirit and purpose of SMUSA...to have a clique attaining office." Individuals on both sides of the issue immediately objected to the word clique, and much of the point of the motion was briefly lost. There was also a concern regarding the potential lack of separation between the Office of President and the Board of Directors. The separation between the two is important as it is the duty of the Board to hold the President responsible for their actions.

Alwyn Gomez, Board of Directors Chair, said "If you run as a group with affiliation there is no opportunity for accountability" and that "the Board needs to be capable of holding the President accountable." The problem with the "Students First" group, was that a Presidential Candidate, Jeff Mitchell was running with four Board of Directors candidates. The concern was that if all four were elected they may push another agenda.

The (former at this point) CRO, pointed out that nowhere in the Elections Policy does it say candidate groups cannot form, it only says that candidates cannot explicitly endorse each other. The CRO explained his decision for letting a group form around a similar agenda, as "it would have been almost discriminatory to exclude them."

Members of the Appeals Committee all expressed concern over letting a group of candidates run under any banner. Kerry O'Rourke said, "No association is needed to retain the integrity of both [President and Board]" Charles Toula went on to say "The Board wouldn't fulfill its duties if working in co-operation with the President."

It was determined that the motion needed to be re-worded as passing a motion against one group of individuals would be unfair. The motion was

amended to read "Be it resolved that the Board of Directors will not permit candidates to run for office under any banner shared between multiple candidates and that the group should not have any mention, undue influence, or participation in the upcoming election." The amended motion passed, and no members of Students First were removed as candidates or penalized as the problem was with policy.

Perhaps the largest issue tackled at the meeting was what to do about the current election. Candidates had already printed pictures and bios in The Journal and online and posters were already made as campaigning was set to start February 1st. Without a CRO, and with so many policy issues, the question was raised of how the election could go on.

One of the previous complaints made against the CRO had been that nominations had not been advertised long enough which raised concerns amongst Appeals Committee members about whether to extend the nomination period to allow more candidates to get involved. One of the candidates for the Board made argued that re-opening nominations was kind of like saying the first batch was not good enough.

In order to ensure enough time for the elections and appeals before the end of March, it was determined the election period should be postponed one week to allow a new CRO to be hired and the necessary policy changes to be made and approved. Campaigning will now start Monday February 8th, voting days will be February 17-18th. There will be a week for appeals immediately following Reading Week.

The DRO, Tim Rose, was offered the CRO position, but opted to remain in place as DRO and a new CRO would be hired to fill the void. It was decided things will start with a clean slate as candidates wearing "Students First" buttons were given the chance to have photos retaken, as were all other candidates. SMUSA also covered the costs of the initial poster printings as they could no longer be used and all campaigning materials have to be re-approved to ensure they follow the new guidelines.

Ultimately this meeting was to discuss policy issues that could have been brought to light in a different manner that did not implicate any group or individual in the problems as many of the problems were bigger than any one person. There was a lot of talk about the policy being corrupt but not a lot of specific examples. If those calling it "corrupt" evaluated the policy and provided SMUSA with a list of the most problematic aspects, situations like this could hopefully be prevented. Perhaps in the future there needs to be a clearer outline of how situations like this should be handled, so no one ends up feeling overruled, and to prevent policy issues from becoming personal.

All current issues with the Elections Policy appear to be fixed up, so be sure to pick up The Journal next week for revised candidate biographies and remember to vote!

## Dear Students of Saint Mary's University,

ALWYN GOMEZ  
Board of Directors Chair

Dear Students of Saint Mary's University,

My name is Alwyn Gomez and I am currently the Chair of the SMUSA Board of Directors. I am writing this letter, on behalf of the board, in order to both explain and apologies for the events that have occurred over the last week with regards to the SMUSA elections. I am sure that by now you have heard that the elections have been delayed for one week and campaigning is set to start on the 8th of February with voting taking place on the 17th and 18th of February.

I would first like to explain the events that have lead up to this decision and the logic behind the postponement of the elections. At the start of the last week in January the SMUSA Board of Directors along with the rest of the students on campuses became aware of the group "Students First" when the bios of the candidates were made public. The group "Students First" consisted of one presidential candidate and four Board candidates that were running under a similar slogan and platform. While this may appear to be a benign and not exactly novel idea it struck a chord with many of the other candidates as we as many of the members of the current board. Allow me to explain the three main reasons why it was felt that such a group is not in the spirit of the elections.

The first reason really centers on the purpose of the Board of Directors. One of the board's major tasks is to insure that the president is being held accountable for their actions. It is a governing body that makes sure that president is acting in the best interests of the students of the University. It is for this reason that it is so important that the board be free from any allegiance to the president. A group like "Students First" which consists of both a presidential candidate and board candidates can hardly be seen as giving the proper distinction between the president and the board. The second reason also pertains to the purpose of the board. When any organization puts together a board it is done with diversity being the major goal. If that were not the case a single person would suffice. When voting for a board candidate it is this diversity that the student body is selecting for. The voter is trying to insure that their point of view, which is most likely different that other students, will be present at the board table when the board is making decisions of any sort. This becomes difficult for the student body to do when the bulk of the candidates become homogenized under a single group.

son has to do with the candidates that are not part of the group. It is hard enough for all the candidates to campaign with so many other candidates in the running but this task becomes much more difficult when running as a lone candidate against a large group. It gives an unfair advantage to the group as there are simply more of them and every member of the group is essentially campaigning for one another. This is especially troubling when considering that exclusion from the group may have nothing to do with differing points of view, opinions or goals for the organization.

On Friday January 29th the SMUSA Board of Directors held a meeting to examine this issue and to find a solution. The preceding three arguments are what precipitated from that meeting and as a result it was decided that no campaigning as a group would be allowed in this or any election of SMUSA. An extra week was given to the candidates so that they would be able to readjust their campaigns.

I would like to apologies to the general student body. The board has already taken a great deal of criticism for the manner in which this meeting was held. Admittedly it was a rushed process that did not follow the policy that the board has set out for itself and for this we are truly sorry. We do feel however that in breaking our policy we were acting in the best interest of the students of the University. As a board of elected officials sworn to represent the students we felt that it was more important to provide a fair and just election than to adhere to written policy.

I would also like to apologies to all the candidates. It should be realized that the members of "Students First" did not intentionally break any election rules. Prior to this there were no specific rules that dealt with a situation like this one. This is obviously something that was overlooked by the board when the rules for SMUSA elections were created. We are sorry for the trouble that this has undoubtedly caused you but we hope that you see that it is in the best interest of everyone.

Thank you for taking the time to read this letter. I hope that it has provided you with information you need in order to understand why the elections have been postponed. I also hope that I have managed to convey how sorry we are for this inconvenience. Finally I hope that you make the most out of the campaigning period and get to know your candidates so that you can make an educated vote on February 17th and 18th.

Sincerely,

Alwyn Gomez  
Board of Directors Chair

**smusa**  
Saint Mary's University Students' Association

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## ARTS &amp; ENTERTAINMENT

NICK MADORE  
Arts & Entertainment

## Mass Effect 2 Review

NICK MADORE  
Arts & Entertainment

In November 2007, Edmonton-based developer Bioware released Mass Effect, a science fiction-themed action RPG. Mass Effect went on to sell millions of copies, becoming one of Bioware's most successful games. Critically praised, the game focused heavily on moral choices, rewarding you points for every righteous or reprehensible act you commit, and changing the way you complete missions based on your personality. The game was acclaimed for having a strong story, steeped in its own rich lore. Always intended to be a trilogy, the writer's of the Mass Effect lore certainly know how to write a story. While the first game definitely did a great job setting up the characters and the conflict (a la Star Wars: A New Hope, to make connections to another science fiction canon), Mass Effect 2 for the most part definitely feels like the Empire Strikes Back of Mass Effect; the middle chapter.

(At the risk of spoiling major plot points, for the purposes of this review I'll try to stay away from anything story-related.)

Mass Effect 2 is about 50% longer than the first game. My longest playthrough of ME1 was 30 hours, finishing every side quest and doing everything possible in the game. Finishing ME2 100% took me 46 hours; a good length for a Western-developed action RPG. I can't remember the last time I completed a

game of that length and not getting fatigued at all. Not once did I ever feel like I just wanted the game to end already so I could move on to something else. The pacing of the game was great; not too slow. There was always something to do. While the game never lulled or seemed to carry on at times, the beginning and end of the game were exceptionally exciting, beginning and ending on high notes. Much of the game involves recruiting team members for a seemingly impossible mission. With each recruit come opportunities to develop relationships with that character, pulling you deeper into the story and actually making you care about your squad and what happens to them.

The game is a bit more action-centric than its predecessor, focusing more on the shooting aspect. The use of abilities is much smoother this time around, though the menus and executions are still quite familiar. The introduction of ammunition may seem like a hindrance at first, but if anything it just convinces you to line up your shots a bit better, making the whole experience more rewarding. There's a wider range of guns this time around. Along with the classic assault rifles, sniper rifles and shotguns, ME2 introduces heavy weapons (very strong with limited ammo, including a flamethrower and grenade launcher) and heavy pistols. Each of the classes have two guns each to use. That is to say, guns are restricted to certain classes, with the exception of a default, relatively weak pistol and your choice of heavy weapon. That said, you eventually become a master.

Mass Effect 2 makes a number of much-needed improvements over the first game. It's as if Bioware took a good hard look at everything that wasn't so great about the first game and made it better. One may recall filling their inventory with useless bits of weapons, armour, and upgrades, only to sell them or convert them to the dangerously-versatile "omni-gel." No longer! Players have one suit of armour and guns that they can upgrade throughout the game, eliminating any sort of inventory system. A welcome change if you ask me, although this intrinsically makes it harder to earn money to buy said upgrades. Omni-gel is a thing of the past as well; there are separate mini-games for hacking computer terminals or bypassing door locks, involving matching symbols or bits of code. Experience points are awarded at the end of each mission, as opposed to earning XP for each kill you make. One of the most significant (and welcome) improvements is the way exploring new planets and doing side quests is handled. One of the worst things about the first game was that every planet looked like the same, empty world, with the same lone building to complete whatever mission you were on. This time around, each and every side mission is unique. No more exploring empty planets to find mineral nodes or prefabricated buildings. Each mission has its own unique environments, objectives, buildings, scenery, etc.

Mass Effect 2's detailed science fiction lore, colourful (and I use that term ambiguously), likeable characters, and exceptional amount of polish make this one of the best games to hit the Xbox 360 (and PC). It's currently the second-highest rated game on the platform (below Grand Theft Auto IV, which, come on, was a little overrated anyway), according to the ratings aggregate site Metacritic. Barely a month into 2010 and we already the first major contender for Game of the Year.



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quote: Bill Spurr, Chronicle Herald

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## Grammys

Another week, another award show. This time around it's the Grammys! Celebrities showed up, had their picture taken, Lady Gaga wore something outrageous followed by something even more outrageous. You know how it goes by now. Notable winners were Taylor Swift, the poor girl whose acceptance speech at the MTV Music Awards last year was infamously interrupted by Kanye West, who won four out of her eight nominations, including Album of the Year for her album "Fearless," and Beyonce, who won awards for Best Female R&B Vocal Performance, Best R&B Song and Song of the Year for "Single Ladies (Put A Ring On It)." Rock group AC/DC won their first Grammy ever, in the category of Best Hard Rock Performance. Other winners include:

Best dance recording - Lady Gaga

Best electronic/dance album - Lady Gaga - "The Fame"

Best pop vocal album - The Black Eyed Peas - The E.N.D.

Best long form music video - Various Artists - "The Beatles Love - All Together Now"

## Razzies

For those jaded individuals among us who could care less about pop culture or what celebrities are wearing, this year's Razzie nominations have been announced. The Golden Raspberry Awards (shorthand the "Razzies") started in 1980 as an alternative during the typical Hollywood award season, commemorating the year's worst films. The awards are held annually on the night before the annual Academy Awards ceremony, along with nominations being announced the day before the Oscar nominations are announced. This year's Razzie nominees for worst film include Transformers: Revenge of the Fallen, G.I. Joe: Rise of Cobra, Old Dogs, Land of the Lost, and All About Steve. With Sandra Bullock picking up a nomination for Worst Actress for her performance in All About Steve as well as a nomination for an Oscar for her performance in The Blind Side, it's possible that Bullock could be named the best and worst actress of 2009 in the same weekend. Other noms for worst actress include Miley Cyrus (Hannah Montana: The Movie), Megan Fox (Jennifer's Body, Transformers: Revenge of the Fallen), Sarah Jessica Parker (Did You Hear About The Morgans?) and Beyonce (Obsessed). Worst actor nominations are all three of the Jonas Brothers (Jonas Brothers: The 3-D Concert Experience), Will Ferrell (Land of the Lost), Steve Martin (Pink Panther 2), Eddie Murphy (Imagine That), and John Travolta (Old Dogs). For complete list of nominations and more information about the Golden Raspberry Awards, visit [www.razzies.com](http://www.razzies.com).

Rip Torn - Still totally  
rock and roll

At 78 years old, one would expect actor Rip Torn to settling down in life. Retiring, spending time at home with his family, perhaps. Not so! In a completely rock and roll move for a geriatric, Rip Torn was arrested last week for armed robbery of a bank. Granted, it was after-hours, so no one was there, but the dude still busted into a bank with a gun at 78 years old. The actor, best known for his roles in Men In Black and The Larry Sanders Show, was taken into custody after being found in a Connecticut bank, intoxicated, with a loaded revolver last Friday night. He was booked on charges including burglary and possession of a firearm without a permit. He is being held with a bond set at \$100,000 and was scheduled for a court appearance this past Monday. Last year, Torn was put on probation for driving drunk, also in Connecticut, where he lives. He also had two previous drunk driving charges in New York.

# Super Bowl Ad Controversy

NICK MADORE  
Arts & Entertainment

Not that much of this matters to those of you actually watching the Super Bowl, since we don't even get to see these ads in Canada, but CBS has sold out advertising space for this year's Super Bowl game. The Super Bowl is known for its big, expensive advertisements. This year's acceptances and rejections for ads raise controversy. Until recently, CBS, among other networks, have declined to run "advocacy" ads during the Super Bowl, with the defense that many believe the Super Bowl to be a time when Americans come together to enjoy themselves for a big event. This year, however, CBS has accepted Christian group Focus on the Family's anti-abortion ad. Focus on the Family's ad features a conversation between college football star Tim Tebow and his mother,

recounting the complications of her pregnancy with him, and how she decided against an abortion despite her doctors' advice. Public backlash has run rampant since the announcement of the ad's acceptance was made. Various groups have called on CBS to reject the ad. Kierra Johnson, executive director of Choice USA, says of the ad, "This un-American hate doesn't have a place in this all-American pastime."

The acceptance of Focus on the Family's ad fuels flames for the fire burning after CBS rejected an ad from gay men's dating site, ManCrunch.com. In the ad, two sports fans spontaneously discover their mutual affection. The network

cited several reasons for the rejection, among them that all ad space was filled. In a letter to ManCrunch.com,



CBS editor Kristen Bartlett writes, "CBS Standards and Practices has reviewed your proposed Super Bowl ad and concluded that the creative is not within the Network's Broadcast Standards for Super

Bowl Sunday." While the network also cited financial reasons for the rejection, owners of the website believe there is more to it than credit, given that they offered to pay cash. CBS also came under fire in 2004 when they rejected an ad from The United Church of Christ, which openly accepts LGBT individuals. Times have changed, however, according to CBS, who claims that if the ad were submitted this year it would be accepted. A rep from

ManCrunch.com is quoted, "We are very disappointed that in 2010 such discrimination is happening especially given the fact that Focus on the

Family is allowed to promote their way of life during the Super Bowl." The website is urging all advocacy groups to protest this decision, and are joining various women's groups currently fighting against the airing of Focus on the Family's ad. Another rejected, gay-ish ad comes from GoDaddy.com, whose rejected ad features fictional retired football player "Lola" using his post-career finances to launch his own line of lingerie. Lola is seen acting effeminate throughout.

The rejection of these ads and approval of certain others leads some to believe that the network is more comfortable with conservatism than accepting alternative lifestyles. Others still find this ironic, given the homosocial nature of football already.

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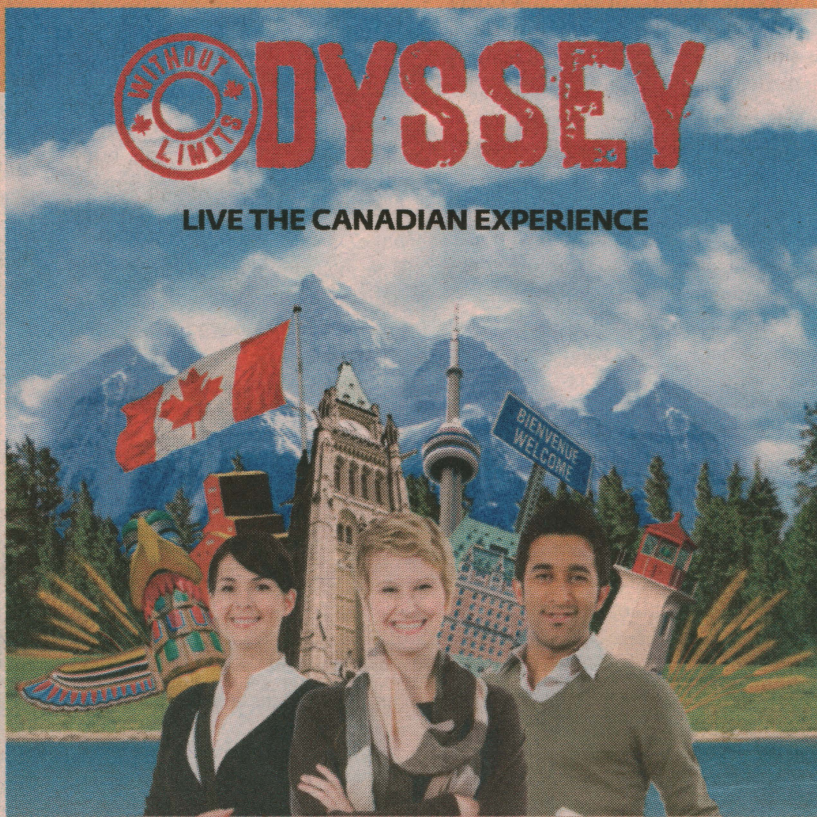
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# FEATURES

ALEX CLARKE  
Features Editor



## The CRANKY Professor

THE JOURNAL, THE STUDENT NEWSPAPER AT SAINT MARY'S



### No one is honest just for the sake of honesty

The idea that honesty is the best policy does not stand up to scrutiny. Speaking truthfully and candidly might often be a wise course of action, but a person prepared to lie when he judges it best to lie will do better overall than an honest person will, at least so long as he's a person of good judgement.

Of course, honesty is certainly the best policy for those who lack judgement. But that's hardly to speak well of honesty. To note that people who fall down a lot ought to wear helmets isn't to praise helmets.

And so we who are clever and resourceful should try to overcome our debilitating prejudice against mendacity. We would do better in our own terms—that is, for what we want from life, whatever it is—were we prepared to lie when lying advances our cause.

But this argument neglects a live possibility. The premise is that a commitment to honesty is inefficient as a means to our ends, while the conclusion is that we would be better off without any such commitment. The possibility neglected is that honesty counts as one of our ends. The argument, that is, fails to note that a commitment to honesty might be its own reward.

Distinct from the idea of honesty as a policy is the idea of honesty as a way of living. We can commit ourselves to honesty for honesty's sake, as one of our ends, as a part of who we are and what we want from life. Our reason to be honest is simply that we like honesty, just as that one reason for playing hockey is that we like hockey, one reason for being stylish is that we're keen on style.

An objection to this idea is that it is fanciful. Just as a matter of fact, no one would actually want to be honest for the sake of honesty. Now we might be able to imagine some-

one devoted, for instance, to a saucer of mud, but really we're not going to find any such person, and there are facts about human psychology that explain this well. Likewise, we might be able in the abstract to conceive of a lover of honesty, but that's just a compliment to our powers of imagination.

That as a plain matter of fact no one is honest out of a love for honesty is a conclusion defended in a passage from Plato's Republic, a passage reproduced widely in introduction to philosophy anthologies. The character Glaucon directs us to consider two men, one of whom tells lies easily when pursuing his ends, the other of whom doesn't lie at all, not even when he recognizes it to be to his advantage to lie. Now imagine that each of these men acquires a device that enables him to lie without being found out. With the device, neither man will fear that lying will bring him punishment or even cost him his good name. How would each man behave?

The man originally given to lying in pursuit of his ends will continue to lie. But the man who had always been honest will give up honesty. He, too, will pursue his ends with lies whenever he judges lying will serve him well. (Or so at least Glaucon proposes.) And this shows that the man formerly committed to honesty wasn't committed to it for its own sake.

More explicitly, Glaucon's argument is this: No one able to lie with impunity would remain committed to honesty; therefore, no one presently committed to honesty is committed to it for its own sake.

Now clearly this argument is missing a premise. We find in the conclusion the concept of being committed to something for its own sake, yet we do not find that concept in the stated premise. The argument is missing a premise that says something about being committed to things for their own sake, a premise that ties the stated premise to the conclusion.

I think Glaucon's argument is unsound, and that it is unsound because its unstated premise is false. What is this unstated premise? On what grounds can we dismiss that premise as false?

## Capoeira, Fitness, and Feminism

HEATHER MACLEAN  
Women's Centre

Body image is a topic many women feel strongly about. How do we negotiate the difference between how we feel about our bodies, and the messages we get from the culture, our family, and our peers? As feminists, it can be an even more painful experience, because we know how the cultural pressure is constructed, but that knowledge offers little solace when we look at ourselves in the mirror. Many feminists, myself included, want to end gender discrimination, but also care about physical fitness. These two things don't have to contradict each other. Some people are committed to bringing feminism to fitness, and vice versa.

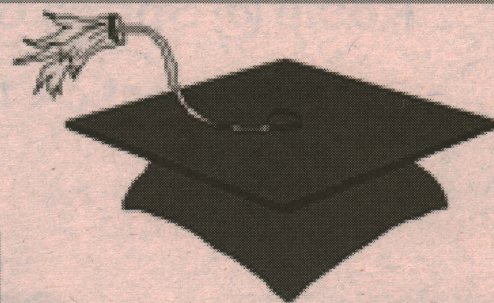
We have to reframe the way we think about fitness, not as a billion-dollar industry devoted to quick fixes, but instead think about what fitness can do for our bodies and minds. Exercise releases endorphins, feel-good chemicals. Exercise also helps

you run farther and faster, and lives more exuberantly. It is amazing how the empowerment you feel through physical activity can be transferred to other aspects of your life. Many studies have shown that girls who participate in sports are less likely to become pregnant, probably because the sense of mastery they experience in sports leads to control over their sexuality.

Being physically active also makes you strong, which flies in the face of popular ideas that portray women as victims. Yet, the mainstream fitness industry often discourages women from lifting anything over 10 pounds, feeding the myth that lifting heavy weights will turn women into raging She-Hulks. Toronto-based feminist Krista Scott-Dixon runs the weight-training website [www.stumptuous.com](http://www.stumptuous.com) (well worth checking out). She told Bitch magazine that "Our foremothers would have been in deep \*\*\*\* if they sat around fainting over lifting a bale of hay." Feminists are reclaiming fitness, focusing on the sense of strength it can give women.

I am thrilled that the SMU Women's Centre has Women's Sports Days, so women can get their sweat on. This semester, the Centre is offering Capoeira classes. Capoeira is an Afro-Brazilian art form that combines elements of martial arts, music, and dance. In traditional Capoeira, participants form a circle and spar in pairs in the centre of the circle. The sparring is notable for its fluid acrobatic play (lots of cartwheels), feints, and extensive use of sweeps and kicks. It is a very beautiful, stylized martial art, and a great workout. I encourage all women to check out the Capoeira classes at the Tower. The first class was January 26, but there are four more, Tuesdays 1-2:30 p.m. on February 2, February 9, February 16, and March 2. It is open to all skill levels, and it is FREE to all SMU women. Donations are appreciated, of course. Feminism encourages us to embrace all of our strengths: political, emotional, and physical, and the SMU Women's Centre is committed to that philosophy.

# VALEDICTORIAN



## Spring 2010

# Valedictorian Contest

Application deadline:

February 5, 2010 @ 4:00pm

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\*Details available with application forms\*

Competition date:

February 12, 2010



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Disappointed in Life? Feeling worn out? Not having fun? Not happy with yourself? If your answer is YES, you are not alone. It is normal to feel down on ourselves. Half of us will experience problems with mental health at some point in our lives. Good mental health is as important as physical health. Combine these with spiritual, cultural and social well-being, and we are talking about WELLNESS.

Balancing wellness at university is not easy. As students, we need to study a lot, work at paid or volunteer work, invest in romantic relationships, friends and family, figure out the meaning of life and where we fit in...and eat properly, get enough sleep, workout and have FUN. All this so we can feel good about ourselves, be energized, productive, healthy, and satisfied with life.

So what is your wellness score?

### What is your wellness level?

Read each statement and circle the response that best reflects how you have been feeling during the past month. Add up your circled responses to find out your Total Wellness Score.

	Never	Rarely	Half the Time	Frequently	Almost Always
I felt self-confident	1	2	3	4	5
I felt satisfied with what I am able to accomplish—I felt proud of myself	1	2	3	4	5
I was a “go-getter”—I take on lots of projects	1	2	3	4	5
I felt emotionally balanced	1	2	3	4	5
I felt loved and appreciated	1	2	3	4	5
I had goals and ambitions	1	2	3	4	5
I felt like having fun, participating in sports and all my favorite activities and hobbies	1	2	3	4	5
I felt useful	1	2	3	4	5
I smiled easily	1	2	3	4	5
I was true to myself, being natural at all times	1	2	3	4	5
I did a good job of listening to my friends	1	2	3	4	5
I was curious and interested in all sorts of things	1	2	3	4	5
I was able to clearly sort things out when faced with complicated situations	1	2	3	4	5
I found life exciting and I wanted to enjoy every moment of it	1	2	3	4	5
My life was well-balanced between my family, personal and professional activities	1	2	3	4	5
I was quite calm and level-headed	1	2	3	4	5
I was able to easily find answers to my problems	1	2	3	4	5
I got along well with everyone around me	1	2	3	4	5
I lived at a normal pace, not doing everything excessively	1	2	3	4	5
I had the impression of really enjoying life	1	2	3	4	5
I had a good sense of humor, easily making my friends laugh	1	2	3	4	5
I felt good, at peace with myself	1	2	3	4	5
I felt healthy and in good shape	1	2	3	4	5
I was able to face difficult situations in a positive way	1	2	3	4	5
My morale was good	1	2	3	4	5

**MY TOTAL WELLNESS SCORE**

(Add up all circled items)



**What does my score mean?**

Your score reflects the degree of balance you have across the different areas in your life, how well you are coping, and how good you feel about things. These are all important aspects of wellness and mental health. There is no magic score that guarantees perfect wellness so we have not included any guidelines regarding “high” or “low” scores and what they mean. Instead, we recommend using this self-test to track your own wellness status over time.

If you are actively working on ways to improve your health, then your score will probably go up over time. Increases usually mean we are feeling better about things and feel more able to cope with life’s challenges while still finding time for fun. If you are experiencing stress or changes in your overall health, then your score may go down for a period of time. Decreases usually mean it is harder to feel good about things and we are struggling to find a sense of balance. Decreases in scores can be an important sign we need to take action to make things better for ourselves. Most of us will experience ups and downs in our wellness scores over time. To track your own wellness and general mental health over time, we recommend taking this test once a month.

Partners for Mental Health and Addictions Information

Mental health is determined by our overall patterns of thoughts, emotions, behaviours and body reactions. Each of the 4 dimensions can influence the

<p><b>Thoughts</b></p> <p>Negative: “I’m stupid. I can’t do this work”</p> <p>Positive: “I worked hard for this mark with the help of my friend”</p>	<p><b>Behaviours</b></p> <p>Negative: “I procrastinated, played video games and missed the deadline”</p> <p>Positive: “I rewarded myself with a movie”</p>
<p><b>Body Reactions</b></p> <p>Negative: “My heart is racing and my stomach hurts”</p> <p>Positive: “My muscles feel relaxed”</p>	<p><b>Emotions</b></p> <p>Negative: “I feel anxious and overwhelmed”</p> <p>Positive: “I feel happy and confident”</p>

others.

When our mental health suffers, it can become difficult to enjoy life, and we can begin to feel run down mentally, spiritually and physically. Many of these changes can get in the way of us having a rewarding experience at university. All of us can benefit from learning how to enhance our wellness (whether we have experienced mental illness and/or substance use problems or not).

For this reason, SMUSA, the Counselling Services, Athletic Services, Chaplaincy Services, Food Services (Aramark), Student Health Services, and Residence Life, have all teamed up to highlight their support for student wellness (in addition to the programming and services available all year round)

Our theme “FUN-da-mental Wellness Festival: balancing mind, body and soul” takes the form of a week long series of activities that show cases just that...making and taking time to balance the important parts of our lives that will help us live fully and successfully as students. Visit the SMU website: [www.smusa.ca](http://www.smusa.ca) to read more about each activity, time and location.

We hope you enjoy the balance of opportunities for you to learn or experience healthy thinking and feeling, playing and socializing, eating and exercise, and spiritual reflection...be well...and remember to donate your “too tight for comfort” jeans for someone who would feel more comfortable in them (proceeds for Laing House- a peer support organization for young adults with mental illness. visit [www.lainghouse.org](http://www.lainghouse.org))

Pam Stonehouse (clinical therapist) and Nikita Poirier (SEEP student)

On behalf of Your Wellness Team at Saint Mary’s

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# BUSINESS & SCIENCE

MONIQUE JOHNSON  
Business & Science



## Helping to Make the 2010 Olympics Possible

SARA CAUCHON  
Contributor

TORONTO (January 28, 2010) – Go behind the scenes at the Vancouver Olympics, take a closer look at the spectacular venues and athletic performances, and you'll discover something that is helping to make the 2010 Winter Games possible.

From helmets and jerseys to the plumbing system of the Athletes' Village, from skis, skates and bobsleighs to 'ag bags' for composting, from speed suits to the 'green' roof on the convention and exhibition centre – plastics are playing a major role.

Athletes from around the world will be pushing their limits and breaking records with state-of-the-art equipment made of plastic materials and composites. And in what is one of the most sustainable developments in North America, the site infrastructure itself relies on advanced and innovative uses of these materials.

Hockey players will each be wearing some nine kilograms of protective gear, mostly made of plastics (clear polycarbonate plastic face shields, high density polyethylene pads, high impact-resistant helmets made of composite plastic lined with plastic foam core padding).

Goalie facemasks are constructed of kevlar, the netting installed in the goals is a sturdy nylon mesh, and the

windows around the hockey rink are plexiglass.

The Vancouver Convention & Exhibition Centre features Canada's largest 'green' roof. More than three million board feet of energy-saving STYROFOAM™ extruded polystyrene foam insulation materials manufactured by Dow Chemical Canada

Over 30,000 cubic yards of wood waste from cleared timber was chipped, mixed with organic material, and stuffed into large plastic 'ag bags' for composting. Once composted, this material was removed from the bags, mixed with indigenous wildflower seeds and then applied to the disturbed soil sites to facilitate re-growth.

Before the venues were completed, Canadian athletes were training at Farnham Glacier in south eastern B.C. Skiers and snow boarders stayed in high-tech polyester tents.

Much of Vancouver's Olympic 'feel' will come from the huge vinyl banners and wraps created by 3M Canada (an official supplier to the Winter Games) and applied to buildings, bridges, cars, buses and ferries.

Much of the outerwear worn by athletes incorporates plastics because these materials are light-weight, waterproof, wear-resistant, snug and highly stretchable – all important factors in peak performance.

"As Canadians, we can be proud of the innovations our industry has brought to the 2010 Olympics. Today's intelligent plastics are vital to the modern world. These materials enhance our lifestyles, our economy and the environment," said Mark Badger, President and CEO of the Canadian Plastics Industry Association (CPIA).

ULC (the official supplier of insulation to the 2010 Winter Games) went into its construction

Bobsleighs are built to be highly aerodynamic. With fiberglass cowlings on steel frames, the sleds are both incredibly strong and efficiently sleek, allowing crews to reach bone-jarring speeds in excess of 140 km/h.

The plumbing system at the Athletes Village is made entirely of plastic pipe. This system is more sustainable and efficient than conventional materials.

Today, hockey skates are often made of synthetic leather or ballistic-proof nylon for protection against cuts and the high velocity impact of pucks. Figure skates have foam padding that can be heat molded to meet the fitting needs of each skater.



## SMU Students attend the Inter-Collegiate Business Competition (ICBC)

ANDREW HILL & LIAM MURPHY

On a cold morning in early January, seven SMU students gathered at the Halifax International Airport. They were headed to Montreal, and eventually to Queen's University in Kingston, Ontario, where they would compete at the Inter-Collegiate Business Competition, or ICBC, Canada's premiere undergraduate business competition.

ICBC began in 1979 and SMU has been competing since 1992. The competition features teams of two to three students competing in Marketing, Accounting, Finance, Business Policy, Ethics, Human Resources, MIS and Debating. The first round begins in October, when teams are given a month to complete a case report on a real life business situation. In the first round, each category features 20-28 teams from across Canada and increasingly from abroad. The six teams with the top reports in each category will move on to the final round in Kingston in January, and the six schools that garner the most points will send a debating team. This year SMU entered teams in all seven categories in the first round and earned enough points to send a debating team to Kingston. The Ethics and Business Policy teams made the top

six in their categories and went on to the final round.

When the teams arrived in Kingston in January, they were met by tough competition from some of Canada's leading business schools. Each team was given five and a half hours to prepare a case presentation which they



presented in front of a panel of judges comprised of corporate executives, consultants and academics. This year, SMU's Ethics team earned a second place finish in their event, beating out perennial favourites like UBC and the University of Calgary.

Even though the competition has just ended, SMU's enthusiastic ICBC coordinator Dr. Barry Gorman is already recruiting for next year. So

why should students compete in ICBC? According to Ethics finalist Liam Murphy, "ICBC gives students a chance to separate themselves from the herd, meet like-minded students from across the country and show their skills in front of executives and recruiters from some of Canada's leading employers." ICBC challenges competitors and allows them to distinguish themselves as the elite business students in Canada. Dr. Gorman frequently emphasizes that these case studies require a level of work that is beyond what would earn an A+ in a typical business course. The result is that students rise to the occasion and produce work that most will consider the best that they have done during their time at SMU.

One final aspect that draws students to ICBC is the social element. The student organizers at Queen's do a great job of providing social events and networking opportunities for competitors. Every night features a different event where teams can demonstrate school spirit, drink beer and party with their rivals. Then there is the infamous final banquet and after-party where teams can celebrate a win or lament a loss until the early hours of the morning.

To learn more about ICBC contact Dr. Barry Gorman at lgorman@ns.sympatico.ca or visit Sobey 345.



## IN THE NEWS

The Bill and Melinda Gates Foundation pledged \$10 billion for vaccines for poor countries. The money will be used for research, development, and delivery of the vaccines.

Princess and the Frog jewelry recalled because of the high levels of the toxic heavy metal cadmium. This can hinder the brain development in children.

Honda is recalling 646,000 Fit hatchbacks cars worldwide. If water were to enter the power window mechanism, the components will overheat. The recall affects Asia, Latin America, Europe, South Africa and North America

A People for the Ethical Treatment of Animals (PETA) protester was pined in the face by an individual dressed up in a Newfoundland dog costume in St. Johns. The protest was against the seal hunt. Prime Minister Stephen Harper was in town for a speech.

Apple launches the iPad tablet computer. It has a 10-inch flat screen that resembles the iPhone. iBooks store has also been launched where users can download books to their iPhone.

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## Stronger Form Of Contraceptive!

MONIQUE JOHNSON  
*Business & Science*

A report published in the British medical journal Lancet revealed that a new morning after pill: Ulipristal acetate, works for up to five days. It is sold as ellaOne in Europe, but only with a doctor's prescription. This will be more effective than the average birth control pills that are issued on the market to date. It is a fairly new drug, almost two years old, so medical professionals are being very cautious about distributing it without a prescription.

Currently, Levonorgestrel is the emergency contraceptive. It is also distributed under brand names Plan B and Levonelle. The Levonorgestrel

pill is only effective if taken within three days of having unprotected sex. These drugs are currently in many countries around the world including Canada, the United States and Europe. In most of the countries including Canada, women can get the pill without a prescription.

EllaOne is not legally on the market anywhere other than Europe. However, more than 1,700 women ranging from 16 to 36 have received it in Europe. Though Plan B is still a favourite, most women are opting for ellaOne. Further tests were conducted and it was found that there were more pregnancies with Plan B than there were with ellaOne. The only side effect reported was headache. The research was funded by HRA Pharma. HRA Pharma makes ellaOne and also

assisted in designing the research. There were also comparisons to other morning after pills and the results were in favour of ellaOne because it was found that women who took it within five days of being intimate had a smaller chance of becoming pregnant than those who took other contraceptive including Plan B.

In May of last year, ellaOne was approved by the European drug regulator. It is uncertain as to where else the drug will be distributed. Though it's new to the market, EllaOne has had more consistency than the drugs that are currently on the market. Health officials have warned that users should not place all hope on the new drug. It is also important that women research as much as possible about what drug to take know what the side effects are.

Plan B replicates natural hormones which interfere with ovulation in the early stages of the egg developing. What makes ellaOne successful is that it delays ovulation. This could also be the reason why ellaOne works for two more days than its counterparts. Anna Glasier of the Family Planning and Well Woman Services at Dean Terrace Centre in Edinburgh, Scotland, who led the Lancet study, also mentioned that more data in terms of safety needs to be researched before the drug is used over-the-counter. It is estimated that ellaOne may be more expensive than Plan B because it works more effectively and it results have proven to be consistent.

## Trumped ... It's On

MONIQUE JOHNSON  
*Business & Science*

The Trumped Competition creates real-world experience for university students. They work closely with businesses which help to build their resumes. Trumped, established in 2007, is a non-profit organization that promotes "teamwork, creativity, and leadership [that helps students] to prepare for the challenges of a global marketplace."

The competition started last Wednesday. In addition to gaining experience, contestants can win \$10,000. Real businesses create the tasks for the contestants and they perform them to the best of their ability with creativity, stamina and drive. Just the name of the competition highlights the determination of one willing to succeed in the business world.

Entrepreneur and real-estate guru, Donald Trump, is the star of a reality show called the "Apprentice." It has similar assets of the Trumped competition; however the big prize is working closely with Mr. Trump himself and being his apprentice. Students are given three weeks to complete each task. There are three challenges over a three month period:

- Raising awareness for the Canadian Cancer Society with the help of Egg Films

THE 2010  
**TRUMPED**  
COMPETITION

Real World Experience for Tomorrow's Leaders

- Developing an advertising package for a small Nova Scotia business with the help of Extreme Group
- Developing a marketing and promotional plan for a major corporation's major event

On January 27 contestants meet at the Saint Mary's University, Scotia Bank Theatre for the unveiling of task one. Students were given the opportunity to inquire about the tasks at hand and receive their paperwork. The next meeting will be on February 17th.

The Trumped motto "Building Tomorrow's Leaders, Through Hands On Experience," speaks for itself. As a business student myself, I know the importance of teamwork and the need to be a cohesive unit. Most of our coursework is centered on group work and a majority of the grade is assigned to a group project.

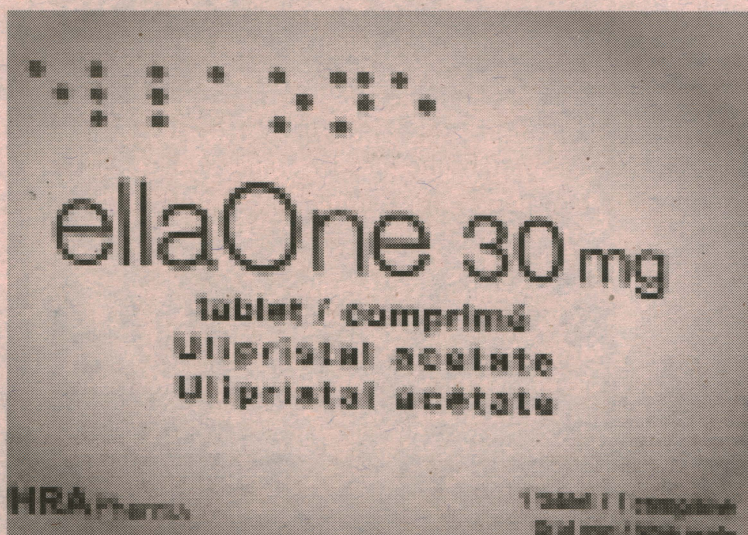
With a long list of influential board members including our president Dr. Colin Dodds and Michael Sanderson (SMU Business Development Centre), the Trumped competition is one to keep an eye on, as the minds of tomorrow are in action. Good Luck to all the contestants!

**Task dates are as follows:**

**Task One:** January 27, 2010 – February 16, 2010

**Task Two:** February 17, 2010 – March 9, 2010

**Task Three:** March 10, 2010 –



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## Trumped

LEAH SKERRY  
Project Manager  
[leah@trumped.ca](mailto:leah@trumped.ca)

The 2010 Trumped Competition got off to a great start last night, as over two hundred of Nova Scotia's best and brightest young entrepreneurial minds packed the Scotiabank Theatre at Saint Mary's University to learn about the ever-expanding competition pitting post-secondary students from around the province against one another in a series of three grueling tasks.

Speakers from Egg Films and the Canadian Cancer Society provided inspiration as participating teams of students eager to get started gathered to hear what they would be tasked with completing over the next three weeks. The students will certainly be busy - the first task challenges teams to craft a storyboard from scratch for the Canadian Cancer Society's new "Join The Fight" ad campaign, in addition to raising awareness through a grassroots fundraising initiative.

The Trumped Competition's slogan this year is "Real. Big. Challenges." Fitting, as these students hope to match then surpass last year's astounding total of \$62,000 raised for cancer research in the first task. Real big challenges, all right. Judging by last night's reaction, these students are ready.



## SPORTS

JASON MACDONALD  
Sports Editor

## Women's Volleyball Team Extend AUS Lead To 9-5

JASON MACDONALD  
Sports Editor

The Huskies maintained their perfect at home record with a 3-0 win over the Acadia Axewomen. The Huskies dominated the play of the first set; the first points of the set came following long rallies but they began to come quickly soon after. The Huskies did an excellent job keeping balls up and the play alive. There were a few mistakes made but overall the Huskies were playing extremely well. A big difference maker in the game were the digs being made on both sides of the net and the serves. The Axewomen managed to turn the momentum of the first set around thanks to the great serving skill of Katrina Clow. The Huskies suffered a bit of a breakdown when Acadia began a 10 point comeback. The Axewomen and Huskies played point for point for a number of serves but thanks to a couple of lucky breaks the Huskies won the first set 27-25.



The second set began where the first had left off, the teams were still going point for point but SMU managed a small comeback again. The Huskies were able

under pressure, winning the second set 25-21, however Acadia led more of the set and scored more points consecutively.

The Huskies clinched the game with a tight 25-19 win in the third set. The Huskies continued to find the holes in the Acadia court and forced them to commit at the net sooner than they would have liked, making it impossible for them to make their digs and keep the balls in play. Acadia seemed to lose some control late in the third set, sending balls too long and getting caught off-guard by tricky plays at the net. SMU turned the momentum late in the third set in their favour following a long rally with a few big digs that finally ended with the Huskies earning the point.

Earlier last week the Huskies defeated city rivals Dalhousie Tigers 3-0 at Dal. Allison Beaver and Liz Cosulich lead scoring for the Huskies with 13.5 points, Bryanne Hogue had 10.5 points, and Kerri Smit rounded out the scoring leaders with 9.5 points and 9 digs. The Huskies won all 3 sets and had 13 tied scores with 8 lead changes.

to put balls exactly where they needed them. The Huskies played better on the shorter rallies, the longer the rallies went the more the Huskies tended to get caught out of position and gave up their control and possession. The Huskies played well

## Women's Hockey Team Drop St. Thomas 4-0

JASON MACDONALD  
Sports Editor

The Huskies managed an extra day of practice before their game against the Tommies thanks to a snow storm that forced the Friday night game to be rescheduled. SMU are currently 4th in the AUS and have secured a play-off position but are now on the hunt to improve their seeding within the tournament.

Huskies scoring was lead by Kyla Thurston who scored the Huskies first and fourth goals, Lauren McCusker and Kori Chevarie each added a marker as well. The Huskies outshot the Tommies 49-25, had a 3-for-10 power-play record with 20 shots on goal and took far fewer penalties than the Tommies. Jillian MacLassac got the shut-out win.

The Huskies played the AUS's 2nd place team on Sunday, the game was an extremely well played game of hockey and was very high scoring. The first period ended tied at 1, Rebecca Mosher had tied the game with 55 seconds left to play in the 1st.

In the 2nd period UdeM came back with 2 quick goals but once again Rebecca Mosher pulled it to within a goal with a power-play goal. The game was getting extremely chippy towards the end of the 2nd period, 14 minutes in penalties were given out in the 2nd period alone, there were some big hits and a few instances of roughing after the whistle during scrums in front of the net.

The 3rd period was where the majority of scoring happened, UdeM scored 4 unanswered goals in the span of 3:58 including 2 power-play goals. The Huskies then struck back scoring 4 goals in 10 minutes and having numerous chances to tie the game. The Huskies played extremely well and should continue to improve their record if they continue to play the way they did this weekend.

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in a minute

**Women's Basketball:** The women's basketball team played a pair of games this week and were victorious in both games. The team played St. FX Wednesday night, taking on the 2nd place AUS team and giving them their 4th loss of the season. Justine Colley and Laure Pitfield led Huskies scoring with 15 and 14 points respectively. The Huskies trailed the first half of the game, the score was 32-26 for the X-Women heading into the second half. SMU stepped up their game in the fourth quarter, scoring 21 points to X's eight, winning the game 63-56. Saturday night the women took on Acadia; the Huskies played extremely well against the Axewomen, leading the entire first half and controlling much of the scoring in the entire game. Leading scorers for the Huskies were Justine Colley with 32 points and Robbi Daley with 15 points and 5 rebounds. The Huskies went on to win the game 77-71, improving their record to 8-8. The basketball teams will be back at the Tower February 5th and 6th when they play the University of PEI.

**Men's Basketball:** Following on the heels of two big wins in the women's division the men's basketball team had two tough losses at home. The St. FX X-Men are always dominant in AUS basketball and have always been a difficult team for the Huskies to match-up against. Despite Joey Haywood and Demetri Harris posting almost 40 points between them, the X-Men were too much for the Huskies to handle. Charlie Spurr led scoring for X with 18 points and 1 rebound. The Huskies were outscored and generally outplayed in all 4 quarters of their game against St. FX. The Huskies defeated the Acadia Axemen 87-79 on Saturday. Acadia is currently 10 points behind the Huskies in the standings and may not make the play-offs this season.

**Men's Hockey:** The men's hockey team is currently on a three game losing streak following their three games during the last week. The Huskies first played the #4 Axemen on Wednesday night, Wednesday's game at the Forum was the debut of former NHL player Mike Danton. More than 3700 fans came out to watch the Huskies and Danton perform. Danton scored the Huskies only goal in their 4-1 loss to Acadia. Scoring for Acadia were Spencer Jezegou on the Power-play, James Klie, Andrew Clark and David Lomas who had a last minute empty-net goal. The Huskies outshot the Axemen and had more power-play chances but were unable to convert their shots. The Huskies travelled to Fredericton Friday night where they played the #1 ranked UNB Varsity Reds before a huge crowd at the Aitken Centre. The Reds won the game 3-1, extending their winning streak even further. SMU's only goal was scored by veteran Cody Thornton with assists from Chris Morrison and Marc Rancourt. The Reds outshot the Huskies 28-18, and had fewer power-play opportunities than the Reds. The Reds took a considerably greater number of penalties than the Huskies including a Goaltender Interference, Roughing after the whistle and Unsportsmanlike conduct. The Huskies next game was at the University of PEI when the Huskies and Panthers faced off. Saturday's game was more high scoring than the previous two Huskies games but the unranked Panthers still managed to outscore the #7 Huskies 5-3. The three Huskies goals were scored by Justin Munden and Cam Fergus who had two goals. Andrew Hotham had two assists; Macdonald, Tanaka and Rorabeck each had an assist as well. A serum at the end of the third period resulted in 52 penalty minutes being awarded. Cuthbert and Danton each received 10-minute misconducts as did Psynter and Quail of the Panthers.

## Huskies at Home

Saturday 6 Feb.  
Women's Hockey  
Mt. A @ SMU, 4pm

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