

facebook

Facebook Is Changing | Page 5



Asbestos & Canada | Page 4



SMU Football: Jahmeek Murray Taylor | Page 14



THE JOURNAL

THE STUDENT NEWSPAPER OF SAINT MARY'S UNIVERSITY - HALIFAX, NS

OCTOBER 31, 2011 - ISSUE 4

Women's rugby : blood, sweat and tears



Photo: Wes Wilcox



Victoria McKay
Contributor

"Playing rugby for SMU is very different than playing for other teams"

Nothing sums up the women's varsity rugby team better than Pauline McLeod's statement, "Playing rugby for SMU is very different than playing for other teams, like my summer team, Enfield

RFC. It's a very competitive atmosphere, and we're definitely not as friendly towards the other teams as we would be playing in the summer. I mean, I play against half my teammates throughout the summer because we all play for different teams, and it's common practice to go for a few beers at the local pub or clubhouse after every game in the summer. With SMU, the school rivalries are big. Personally, I hate playing Acadia. They

are my least favorite team to play because we are so evenly matched and the games get so intense (and violent). "However, I'm much closer to my teammates on the SMU team than I am to teammates on other teams. For two months I spend about two hours every single day with these girls, so you can't help but become close. You go through grueling practices, compare bruises and slog through hill sprints together. You have

common goals and common enemies (Acadia) and this helps bring you together as a team. I feel intense Husky Pride every time I play." The Saint Mary's varsity rugby team consists of an amazing group of twenty-eight girls and three very inspirational coaches, Rod MacDonald, Megan Kinsman and Rick Horsman. **Continued on Page 6**

"With SMU, the school rivalries are big. Personally, I hate playing Acadia. They are my least favorite team to play because we are so evenly matched and the games get so intense (and violent)."

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PAGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
			October 27 Wing Night 6:00 - 9:00 pm @ The Gorsebrook Lounge	28 Men's Hockey St Thomas @ SMU 7:00 pm	29/30 Saturday October 29: Men's Hockey Moncton @ SMU 7:00 pm Football: Mount Allison @ SMU 2:00 pm
31	November 1 10% Student Discount at Sobeys (1120 Queen St.) * Valid student ID required Pub Trivia 7:00 pm @ The Gorsebrook Lounge 	2 Open Mic Night 9:30 pm @ The Gorsebrook Lounge 	3 Wing Night 6:00 - 9:00 pm @ The Gorsebrook Lounge	4	5/6
7	8 10% Student Discount at Sobeys (1120 Queen St.) * Valid student ID required Pub Trivia 7:00 pm @ The Gorsebrook Lounge Imaginus Poster Sale	9 Open Mic Night 9:30 pm @ The Gorsebrook Lounge Imaginus Poster Sale 	10 Wing Night 6:00 - 9:00 pm @ The Gorsebrook Lounge	11 Remembrance Day University closed. No Classes	12/13 Saturday November 12: Saint Mary's Volleyball: StFX @ SMU 7:00 pm Women's Hockey: St. Thomas @ SMU 7:00 pm

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OPINION

Letter from the Editor

Cold weather, hockey, moustaches, and costumes



John MacKenzie - Editor



Fall is in and summer is out. The wind, the rain, and the chilly temperatures have returned to signal the dying breaths of the warmer months. Awful stuff like sweater, hats, and coats have been seen around the city. Personally, I don't mind the cooler temperature, but it's the wind and the rain which make waiting for the bus an altogether unpleasant experience. On a lighter note, the change of seasons also means the celebration of Halloween in the form of costume parties and chocolate bars.

Also consider Movember this month, the annual fundraiser which supports research into prostate cancer. The shave-off party takes place at the Gorsebrook Lounge on November 1st with Thunder Mugs, no cover, and a whole lotta' fun. The Journal will be covering Movember events in the next issue on November 16th. Keep an eye out for guys sporting the 'stache and show some support by donating your change to the boxes around campus.

In terms of sporting events, Men's and Women's hockey kicked off their home openers last week with the Men's team winning 4-1 over UPEI

and the Women's team coming out on top at 4-3 over Dalhousie (Go SMU!). The schedule of their games can be found at www.smu.ca under "Current Students," and subsequently "Athletics and Recreation." Come show your support and cheer on your huskies as they start off the season.

If you or any of your friends like to write but can't commit to anything time-consuming, come talk to the

Journal to become a contributor. We are always searching for new tal-

How to send a letter to the editor

Send your opinions to editor@smu-journal.ca in a Microsoft Word document and you might see it published in the "Opinion" section. Letters should be 300 words or less and be

"Also consider Movember this month, the annual fundraiser which supports research into prostate cancer. The shave-off party takes place at the Gorsebrook Lounge on November 1st with Thunder Mugs, no cover, and a whole lotta' fun."

ent to produce journalistic stories and for photographers to cover SMU events. Our society meetings are held once a week on Tuesdays at 5:30pm in our office on the 5th floor of the Student Center. Everyone is welcome and there are rumors of pizza happening over the next few weeks.

If you have something to rant about, check out the guidelines for submitting a letter to the editor below. We want to hear your opinions in your own words, so drop us a line.

Finally, a big shout out to the Journal staff and contributors this week. They've been bogged down with schoolwork but have still managed to come through for this issue. Your work is greatly appreciated and the next issue will be even better.

All the best,
John MacKenzie, Editor-in-Chief

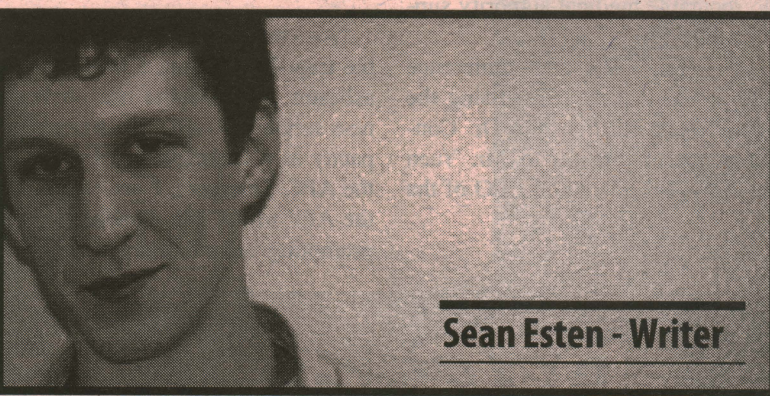
persuasive but well-written. In order to publish your letters, we require your full name, but will never publish or distribute your email address to anyone. Let us know what you think!

Contributors

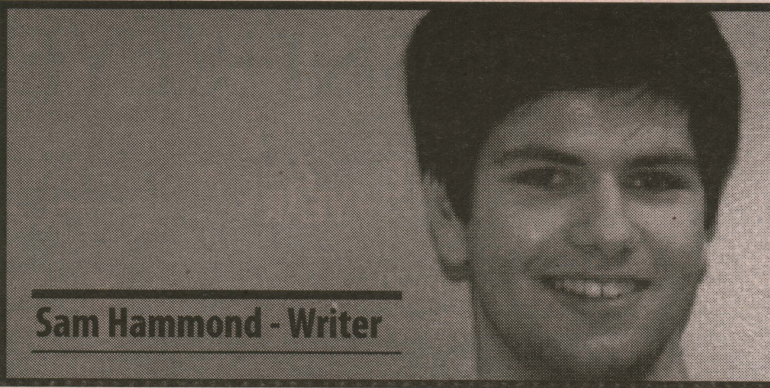
- Prasanna Balakrishnan**
- Victoria McKay**
- Amanda Dickie**
- Kaylyn Jeffrey**
- Felix Reummelin**
- Kyle Trimper**
- Donika Shala**
- Juliana Frizzo**

Retractions

1. Page headings that show the date of the issue on each page have been incorrect for the last two issues. We have corrected the mistake and have updated the text. Thanks to our readers for letting us know!
2. In October 5th's "Letter from the Editor," a story about onions was mentioned as being included in the issue, but was not, in fact, published in that issue. This correction came from several sources.



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Sam Hammond - Writer



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Artwork can be emailed as attachments (up to 10mb)
To: adsales.thejournal@smu.ca.

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- October :**
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- November :**
16th, 28th (8 page spread)
- January :**
4th, 18th
- February :**
1st, 15th (8 page spread), 29th
- March :**
14th, 28th
- April : 4th**
(8 page spread)

(All publication dates are tentative and The Journal Publishing Society reserves the right to change publication dates without prior notice.)

NEWS

Asbestos & Canada - our dirty little secret

Did you know that Canada is the only country in the 40 of the developed world that still exports asbestos?



The use of asbestos has long been banned all across Canada. Why? Because it is one of the most deadly substances on Earth. However, did you know that despite this fact, Canada is the only country in the 40 of the developed world, that still exports asbestos? Much of this goes to third-world and developing countries without the provision of sufficient information of its carcinogenic properties. This inevitably leaves a morbid trail of innocent sick and dying workers who have no idea that they are handling a potential killer.

When our own professor of Geography, Dr. Cathy Conrad, lost her father to Mesothelioma in May 2011, an asbestos-caused cancer, she began investigating what is now common knowledge as 'Canada's Ugly Secret'. What she found shocked her. Canadian asbestos traders have found customers in most parts of Asia. There, profits running into the millions are made at the expense of naive workers, who do not have access to any safety equipment. Tons of asbestos is still shipped in, while jeopardizing not only people's lives but also the domestic environment of workers. India happens to be one of the largest importers of asbestos, most of which arrives from Canada. Last year alone, it imported over 40 million tons of Chrysotile asbestos. Chrysotile asbestos contributes to all of the global trade of asbestos. Although asbestos is an unwanted and illegal product in Canada, it is still exported to other countries around the world.

Currently, Dr. Conrad is protesting against the Asia Pacific Foundation (APF) for the hypocritical attitude shown by authorities (The Asia Pacific Foundation, created by an Act of Parliament in 1984, is an independent, not-for-profit think-tank on Canada's relations with Asia). Dr. Conrad is protesting for the immediate seizure of asbestos exports and the resignation of Mr. Baljit Chadha,



Dr. Cathy Conrad of SMU speaks out about Canada's "dirty secret".

a Distinguished Fellow on the Asia Pacific Foundation. Chadha has been exporting asbestos from Quebec to Asia for the past 16 years through his company, Balcop Limited. Chadha is looking to open a new mine that will feed toxic Chrysotile asbestos into Asia for the next 25 years. When questioned about his difference in opinion about Chrysotile asbestos and its export, he maintains that Chrysotile can be safely used. No reputable medical authority supports this view.

On October 6th, at a conference held at Saint Mary's discussing the Canada-Asia relationship, Dr. Conrad appealed directly to Mr. Yuen Pau Woo, President and CEO of the APF:

"Much of (asbestos) goes to third-world and developing countries without the provision of sufficient information of its carcinogenic properties"

"As a person who has experienced the tragedy of losing a loved-one to asbestos, Mr. Chadha has no business serving in such a prestigious capacity as a Distinguished Fellow of the APF. Therefore, I am calling on the APF to ask Mr. Chadha to stop promoting misinformation that will

lead to loss of life and, if Mr. Chadha will not do so, then

to dismiss him as one of their respected policy advisers."

The Canadian Medical Association, the Canadian Cancer Society and the Quebec Government's public health directors have taken strong stands against Chadha's project, stating that it will result in increased deaths from asbestos-related diseases. In 2010, an extensive documentary by CBC news called "Canada's Ugly Secret," showed images of workers in cement factories handling asbestos with their bare hands and without any respiratory aid. Dr. Conrad is not surprised by this.

Exposure to asbestos usually causes the onset of Asbestosis and other diseases within 5-10 years of

exposure. Under Canadian safety regulations, working with asbestos calls for a well-protected fume-proof suit with a respirator and independent air tank. The Canadian Government blocked it from being listed as a hazardous substance at the recent Rotterdam Convention. Bags of Canadian asbestos will keep being shipped to dozens of places without so much as a "handle with care" label. (SPECIAL THANKS -- Dr. Cathy Conrad: Faculty Of Arts, Saint Mary's University).

Go online to sign the petition at www.avaaz.org/en/canada_causes_cancer/

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NEWS

Gerry Dee's new CBC sitcom "Mr. D" shot at Saint Mary's

Samuel Hammond
Staff Writer

It has been a wild decade for Gerry Dee. He's perhaps best known for his third place finish in the 2006 reality show, "Last Comic Standing" – the best-ever placing for a Canadian comic during the comedy competition's seven-season run. However, by that point he was already well established on the Canadian scene. Since his first half-hour special on CTV's Comedy Now in 2001, he's gone on to win or be nominated for multiple comedy awards and has performed twice at the Montreal Just For Laughs Festival. If you watch "The Score," you might even know him better for his role as the feckless Gerry Dee: Sports Reporter.

Yet not many years earlier, Dee was working as a Phys-Ed teacher at a Toronto private high school, every-so-often making clumsy dips into the unknown territory of History and Geography.

Now his sudden rise in comedy fame has brought him full circle. He's just finished shooting the first season of his new sitcom Mr. D, premiering

on CBC TV in January 2012. Based on his real life experiences he plays Mr. D, a long time Phys-Ed substitute who gets unexpectedly promoted to a full-time position as a social studies teacher at a prestigious private school that he's brutally under-qualified for.

All eleven episodes were shot in Halifax this summer for a period of about six weeks, including on our own Saint Mary's campus. When the show airs in the New Year, keep an eye open for the Gorsebrook Lounge and the university's exterior where they filmed over a few days.

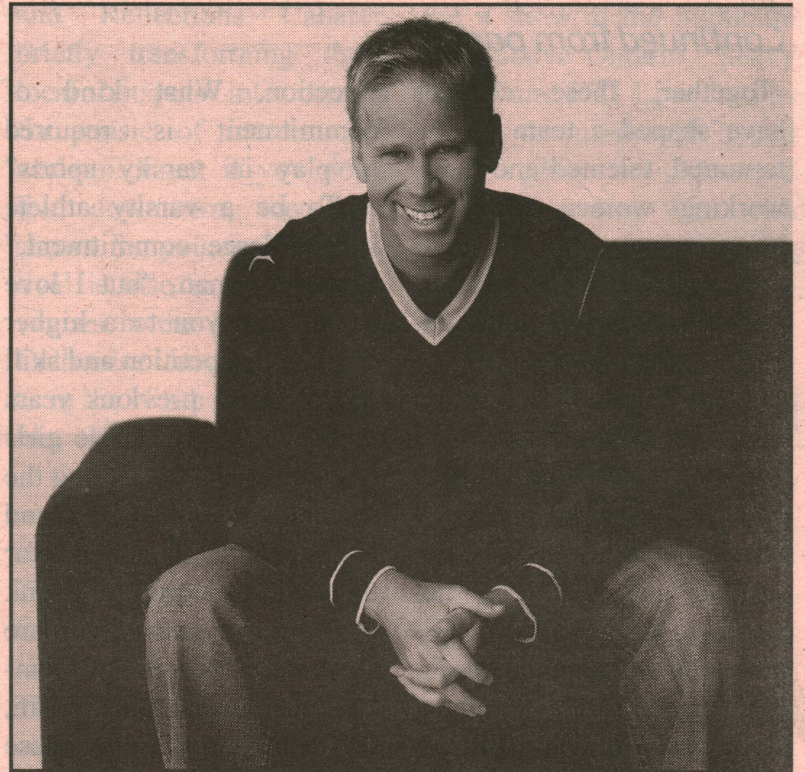
In the pilot episode he attempts to put together an elementary girls' basketball team with little success. With shocking blasé he cuts one girl for being too short seconds after seeing her, directing her to audition for Little Annie. Then in his first lesson, how to set up a pick, he knocks one earnest pre-teen's glasses straight off her face. The true lesson? Wear a strap. Mr. D teaches by example.

Gerry Dee was born in Scarborough, Ontario, but studied kinesiology in Nova Scotia at St. Francis Xavier University. The fictional school Mr.

D gets sent to happens to be called Xavier Academy, but unlike St. FX it has a faculty boasting some of Atlantic Canada's best comedic talent, including Mark Little of Picnic Face and Jonathan (J-Roc) Torrens.

Mr. D and his comedic colleagues are in good hands. The show is produced by Mike Volpe of Topsail Productions, the executive producer of the Trailer Park Boys movie and TV show. There could hardly be greater assurance that a show will be funny than the knowledge of his guidance. While the Trailer Park Boys pioneered the handheld mockumentary-style sitcom, Mr. D is a hybrid, with more resemblance to single-camera sitcoms like the Office.

In total, the CBC has announced seven new programs for the winter/fall line-up this year and a host of returning ones. If the return of "Heartland" is a call-out to the Canadian prairies and all those with a fetish for silhouetted horses, then at least we'll have Mr. D as our call-out to locally produced Maritime comedy, and for all those with a developed sense of humor.



Major Changes Coming to Facebook

Samuel Hammond
Staff Writer

On September 22nd Mark Zuckerberg delivered his f8 keynote address to a San Francisco crowd, announcing major changes coming to Facebook in the very near future. With Google+ nipping at Facebook's heels one couldn't help but interpret the upcoming changes as a death knell to Google's competitor social network.

To say the changes are major is almost to understate it. They are some of the biggest since the founding of the site. After giving the boot to SNL star and Zuck imposter Andy Samberg, who opened the event, the first new product Zuckerberg announced was "Timeline." He described it as "all your stories, all your apps, and a new way to express who you are."

Just imagine your entire life on one, continuously scrolling page in a way that's fully editable and incredibly pleasing to the eyes (even on mobile). At the top is your cover photo, a huge masthead of your choice. As you scroll down you go back in time, with larger pictures highlighting only the most significant events in your life, maps showing the places you've been, App reports summarizing all your app use, and smaller dots on the Timeline containing the junk and stuff Facebook's algorithm decided was less interesting. Timeline is currently in beta. You can opt-in through a Facebook sign-up page that will notify you

when it's eventually launched.

Speaking of junk, who isn't tired of seeing the inane app updates from other people in your newsfeed? You know the ones: "Stacey just beat her high score on the Celebrity Horoscope Trivia app!" Who cares! Not Zuckerberg. In the new Facebook all that "lightweight" stuff will be pushed into the Ticker, the constantly updating sidebar already in place.

Netflix and Spotify into the Facebook Ticker and Newsfeed. Say you glance at the Ticker and see your buddy is listening to a new track from Kanye West through the online music library Spotify. With just two clicks you can instantly start playing what he's listening to in synch. But Facebook isn't stopping at revolutionizing music sharing. If you've given Facebook permission, when you start streaming

Earlier in the month Facebook launched some changes early, possibly in response to the Google Plus launch, including the ability to classify your friends in a way very similar to Google+'s "circles," as well as the ability to "subscribe" to friend's Facebook activity. In one fell swoop Facebook took out two key features that separated Google+ from the social network behemoth, and the beating will only

"I am not what you might call an experienced Google+ user," wrote the Google employee of 6 years, "By the time I figured out how to actually post something I had somehow switched accounts."

"The Google+ platform is a pathetic afterthought," said Yegge in the original rant. "We had no API at all at launch, and last I checked, we had one measly API call." Facebook's Application Platform on the other hand is a great example of a successful API, or Application Programming Interface. It lets Facebook sit back and allow decentralized, independent developers to make fun, cool and useful applications for them. With nothing like it for Google Plus it becomes seriously less functional.

Meanwhile, Facebook is expanding its API's functionality. Also announced at f8, Facebook's API will soon be integrated with Open Graph. The term comes from graphing theory, and how systems of data form relationships. Application makers and websites will be able to draw information or write code for almost everything a Facebook user makes public, from photos, pages, events, and so on. It will result in smarter, cooler apps and an overall more immersive experience.

What all this means is that, unless Google gets its act together, the future belongs to Facebook. And with so many exciting innovations coming down the pike, the future looks bright.

At the last f8 Facebook announced the ability to "like" virtually anything. Just define a [noun] (eg. "movies") and like away. With so many demanding a "dislike" button, in the new Facebook you will be able to define [verb] s too, including but not limited to "dislikes," to fully articulate your sensibility. Think of the possibilities: "Sara L. is [watching] [The X-Factor]," "Sam H. [hated] [Real Steel]," "Ryan E. is [tossing] Chris C.'s [salad]," and so on.

The biggest update coming is without a doubt the integration of

a new movie or TV show off Netflix it will appear on your friends newsfeed giving them the ability to click and start watching too.

In the first issue of the Journal I wrote about how Google+ could potentially be the end of Facebook because of Google's huge number of products to integrate with, and the platforms they could open up for developers. Anything new Google comes up with that doesn't leverage itself off of its existing products (like Youtube) could easily be copied by Facebook. And that's just what has happened.

get worse. Facebook's collaboration and integration with Netflix and Spotify poses a serious challenge to Google, and they know it.

Recent reports by Chitika Insights show traffic on Google+ has dropped sharply, 60% since September 20th, and a recently leaked rant by Google Engineer Steve Yegge contained a scathingly critical review of what he called Google+'s "short-term" and "knee-jerk" model. Ironically, the rant was accidentally posted publicly by Yegge on Google Plus because he was confused by Google+'s own interface.

STUDENT LIFE

Womens Rugby : blood, sweat and tears

Continued from page 1

Together, these coaches have shaped a team of determined, talented and hard-working women ready to bring home a win, no matter the blood, sweat or tears.

Pauline McLeod and Malary Schurman, two players on the team, agree that the team feels more like a family than anything else. A family that assistant coach, Megan Kinsman wouldn't leave behind.

When asked about her coaches, McLeod said, "We have a very talented coaching team leading us here. Each coach has strengths in different areas and a wide range of experiences, and we've really seen that help us become a more well-rounded team. Just seeing the hard work and time they put in for us is inspiring and makes me want to put in the time for them. One of our coaches, Megan Kinsman, is especially inspiring. She played for the Huskies for 5 years and then started coaching us, so you can see the heart and dedication she has for this team. The fact that she cares so much about the team's success is something to make you push just a little bit harder in practice."

Clearly this team has been steered in the right

direction. What kind of commitment is required to play in varsity sports?

"To be a varsity athlete it is a large commitment," says Schurman, "but I love it. It takes you to a higher level of competition and skill compared to previous years of high school." These girls practice every day during the week from 7am to 9am and 4pm to 6pm, to prepare for their weekend games. Think of it this way: while you are all cozy in your warm blankets, sleeping in until 8:30am, 9:30am or 11:00am, these girls are outside, in rain or shine, pushing themselves to be better than the day before.

However, their dedication and hard work does not stop with their sport. Rather it is applied to their education and lifestyles as well. The girls are equally as hardworking and dedicated to their courses as they are to their sport. The knowledge gained from their rugby training contributes to their very healthy lifestyles.

What is the greatest support this team receives that makes them so dedicated? McLeod feels that it is, "Something that really inspires myself, and I'm sure the rest of the team as well, are our dedicated fans who come out to



Photo: Wes Wilcox

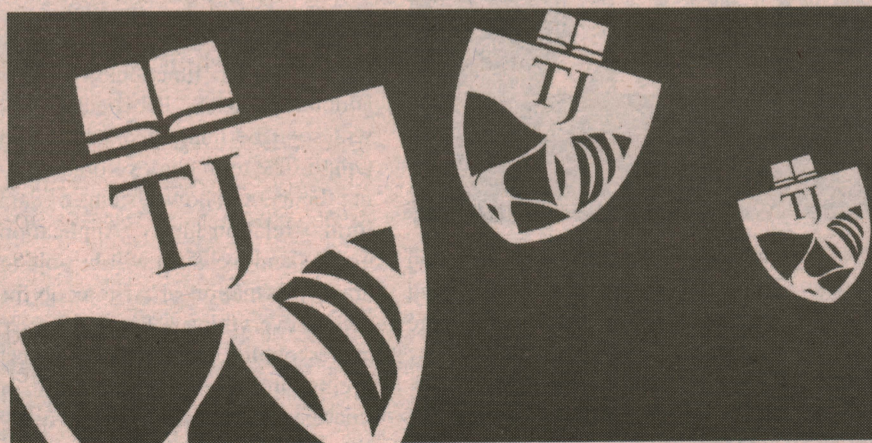
"Something that really inspires myself, and I'm sure the rest of the team as well, are our dedicated fans who come out to the games. We don't have a big crowd out to see our home games, but the faces in the crowd are familiar."

the games. We don't have a big crowd out to see our home games, but the faces in the crowd are familiar. They're the faces of proud parents, alumni who've put their five years of eligibility in and still come to see every game, friends of players, and in general, rugby enthusiasts. Even having those few peo-

ple cheering for you from the sidelines can make a game so much better when facing a powerhouse like St. FX, last year's national champions."

The women's rugby team deserves all this support and more! The team puts so much into representing Saint Mary's with pride, so let's show some pride in our

girls and go out and support them as well! Nothing feels better than knowing the people at the school you know and love are standing behind you! Go SMU!



Write for The Journal
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Senior Class Executive Meeting Tuesday, November 1, 2011 6:00pm Sobey 165

All potential graduates for May 2012 are encouraged to attend this meeting to learn about Grad Week activities leading up to Convocation. Your Senior Class Executive will be elected at this meeting. If you are interested in serving on this year's Senior Class Executive you must be nominated and present at this meeting.

STUDENT LIFE



G-spot: Remember to laugh

 Amanda Dickie
Contributor

I'm only going to say this once, so listen up! Sex, is weird. It's true. Straight, Gay, group, solo, kink, vanilla, however you do it, it's kinda silly and that's ok. Everyone looks weird, feels weird, and maybe acts a little weird, and that's half the fun.

Occasionally when you get to sticking all kinds of things into all kinds of different places, things don't go as you have

planned. Sometimes stuff just makes funny noises and despite your higher education and good breeding, it's still funny. Sure, sex can be a serious issue; you should never compromise your health, boundaries, ethics or anything else in the pursuit of pleasure, and you should never force anything upon anyone else. It can also be lighthearted, temporary and silly. But if you've found someone actively consenting and you jump into things, it's ok to get or be silly with it. More impor-

tantly, it is ok to laugh. Sometimes, it's even better than ok.

Obviously everyone is extremely sexy in their own way, but we all look a little bit weird in the heat of things. You have to be ok with laughing at yourself from time to time, and you honestly can't worry about being poised, being perfect, and looking fantastic if you're trying to climax. Perhaps during a one night stand, after you've been seeing someone for a short while, or maybe with someone you've been get-

ting dirty with for a long while, you are going to have to laugh.

Sex should be about being safe, having fun and getting off if you want to. It can be pretty crippling if we are brought down by all the media we have telling us how to look, act, and fuck. Screw it. Do what feels right for you and your partner(s), support one another, and laugh when it's appropriate. Act foolish, role-play, try new things and experiment a little. I've noticed this past week that there are far too many things being thrown at us from all angles on how we should be, who we should have sex with, when, why and how. And you know what, very little of this overwhelming string of opinions and media voices are based off real people and their lived experiences.

Sometimes stuff goes wrong, maybe your plans don't go how you envisioned, maybe you last longer (or shorter) than you anticipated, someone's head gets bumped, weird noises start surfacing. If you don't have a sex buddy you can laugh with then you are missing out. Take the pressure off and enjoy something silly, take a moment to acknowledge maybe even love your faults. Dress up! Even if you stumble in the stilettos or trip over your various costumes, no one said sexy had to be graceful and you can't expect a linebacker to be able to strut his stuff the first time he straps on stiletto heels and a nurse's outfit (same goes for

anyone else adopting medical garb for play and pleasure).

If you spend all your time worrying about looking foolish, it will leave you very little time for having fun or getting off or god forbid enjoying the act. Everyone has embarrassing personal stories, moments; maybe even sexual pitfalls where there was no other recourse left but laughter. Anyone whose had their MP3 Player on shuffle during sexual adventures only to have "All your bases are belong to us" or The Fresh Prince of Belair's theme song come on knows what I'm talking about. If you and your playmate(s) have laughed together, it really does something to the bond you share (however you define that bond). Humour does something to people, pulls them closer together and establishes comfort and support. If you can laugh together with someone, at your individual or shared expenses it sets a larger tone of understanding and acceptance. It's all about having fun and supporting your mutual exploration into what is going to get your collective rocks off.

Enough about what I have to say. I'm interested in what you have to say, what you want to hear, what you're concerned about, and what you're interested in. So send me your questions, queries, suggestions and complaints to the.smu.g.spot@gmail.com. I'll be responding to e-mails and writing articles based on your suggestions, so keep them coming.

Feel happier this instant - beat the initial winter slump!

 Kaylyn Jeffrey
Contributor

When entering the chilly winter months, the happy go-lucky summer days start to fade away and become replaced with a new season. Unfortunately, the transition isn't always easy on our bodies or our minds. Luckily, there are simple things you can do to beat the initial winter slump and feel more confident and comfortable in the face of the fresher season.

Buy a portable heater, warm fuzzy blanket, cin-

namon candle, and an adequate supply of hot chocolate to create an initial positive association with the impending winter months.

In the morning, as soon as you hear your alarm clock, turn on the lights. We are biologically inclined to feel more awake and fresh in the presence of light. Sprinkle cinnamon on your oatmeal for breakfast. This will not only awaken the senses, but it will also blast tummy fat.

Dress for success means bundling up! Personally speaking, any reason to shop

Winter Checklist

1. Buy a portable heater, warm fuzzy blanket, cinnamon candle, and an adequate supply of hot chocolate.
2. In the morning, as soon as you hear your alarm clock, turn on the lights.
3. Sprinkle cinnamon on your oatmeal for breakfast.
4. Dress for success.
5. Maintain balance.

is a good reason. Make comfortable sweaters, knitted scarves and layering apart of your wardrobe and style. You'll need these when taking a stroll around lunch hour. Even though it feels like the sun is not reaching you, natural sunlight is vital to good health as well as fresh air. It will have you feeling fresher and more able to take on the cold weather.

The last piece of advice is to maintain balance. Try countering cuddling up inside with a hot green tea with planning a mini-outing

to go sledding with your pals. Embrace both worlds that come as a result of the colder weather. With a new season comes new opportunities, new activities, and new beginnings so embrace them with a smile and you'll be feeling happier about the change in no time.

FEATURES

Halloween Party at the Gorsebrook - October 28th

Photos By John MacKenzie



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FEATURES



Dining @ SMU: November 2011



SAINT MARY'S UNIVERSITY



ARAMARK HIGHER EDUCATION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Celebrate local & sustainable haddock this month!	2 Southern Theme @ Dockside	3 Wing night at the Gorsebrook	4 Seafood Theme @ Dockside	5 Gourmet brunch @ dockside
6 Get in on vitamin H2O promotion buy 3 receive 4th free!	7 MEATLESS MONDAYS Pan Geos	8 Chicken from around the world @ the Dockside	9 Middle Eastern Theme @ Dockside	10 Wing night at the Gorsebrook	11 Remembrance Day	12 Gourmet brunch @ dockside
13 Watch the LCD screens for info about food on campus	14 MEATLESS MONDAYS Pan Geos	15 Chinese Theme @ the Dockside	16 Visit our Local supplier @ the seafood Dockside for lunch	17 Wing night at the Gorsebrook	18 Get your Thermal Mug @ Just us!	19 Gourmet brunch @ dockside
20 Snicker Flatter @ G Store	21 MEATLESS MONDAYS Pan Geos	22 BBQ Theme @ the Dockside	23 Greek Theme @ the Dockside	24 Wing night at the Gorsebrook	25 Happy Birthdays Celebrate November Birthdays	26 Gourmet brunch @ dockside
27 Looking for vegetarian snacks? Check out the best selection of bean salads	28 MEATLESS MONDAYS Pan Geos	29 Vitamin H2O promo ends tomorrow!	30 Last Day of Classes!	1	2	3

ARTS & ENTERTAINMENT

WIN THIS

With the start of the school year and many students being hundreds of miles away from home, we thought you would be interested in Postcard on the Run, a new app that keeps it easy to stay in touch with friends & family.

The Postcard on the Run (POTR) app transforms the photos in your phone into an actual printed and mailed postcard, allowing students to send mom and dad the updates on campus life they constantly crave. There's no hunt for a postage stamp or mailbox, messy downloads or uploads.

POTR includes a full high-quality 4x6" print of the selected image on one side and a personalized message, the sender's signature (using your finger as a pen)

and a mini map of where the photo was taken on the other. The POTR app is free to download, and it's all easily paid for by credit card. POTR is available for the iPhone and iTouch, with Android and iPad versions on their way.

You can download the app, check out a cool video demo and get more information at www.postcardontherun.com

TO WIN THIS: Tweet the name of your favorite travel spot to @thesmujournal for your chance to win some free Postcards on the Run.



DAL Sailing team to represent Canada at Student Yachting World Cup with SMU student, Valerie Keast



However, this event is too big to ignore, and it's not exclusive to Dalhousie, at least not really. Saint Mary's University doesn't have a sailing team, probably due to the high price-tag of the equipment. Competitive sailing has long been a source of pride for many distinguished institutions, and it is regrettable that we do not offer such a program. So what is a SMU student to do who wants to sail competitively? Join Dal.

Valerie Keast is a student at Saint Mary's who is single handedly representing SMU in the Dal Sailing Club. The club is entirely

run by students from Dalhousie; these guys and gals have put together multiple options for students looking to sail. One option is the recreational league for new or non-competitive sailors, but they also maintain a competitive league in which students have the opportunity to travel and compete in regattas against other universities around Canada and the world.

It is the latter team which is getting some well-deserved attention. The competitive branch of the Dalhousie Sailing Club recently fought their way into a spot at the Student Yachting World Cup (SYWoC), and twice. Qualifying regattas for the next two competitions have already been held (one hosted by Dal) and

our northbound neighbors emerged victorious on both occasions. In short, what this means is that a small team of sailors, including Keast, will travel to Trinite-sur-Mer, France for the SYWoC during this year as well as next, and have already cemented their place as an expert sailing team capable of competing with the world's best, regardless of what happens this upcoming regatta.

The trip to France is not free of course; the team estimates that expenses will come to almost 3500 dollars per student, and as they are not an official "team," they are receiving no funding from Dalhousie to pursue the possibilities of such an impressive qualification. As

such, they are searching for private donations as well as corporate partners, and local businesses to help fund their outstanding achievement. It's not a tough sell; these students are not only serving as representatives of SMU and Dal respectively, but they are ambassadors to Canada in an internationally recognized event; to support them is to support Canada's global sporting reputation.


When I sat down and asked Valerie why there weren't more SMU students on the team, she replied by admitting to the rather "under the radar" reputation the club has had until now. With Valerie as public relations correspondent for the team, as well as team member, The

Dal Sailing Club can now be followed on Twitter or subscribed to on Facebook. In addition, the organization recently started publishing their own blog, which will chronicle the adventures they are sure to have in France.

SMU students who are interested in sailing for the first time, or competing against experienced teams are urged to check the quickly growing organization out and give it a try. Contact information for the Dal Sailing Club can be found online on their Facebook, Twitter or their blog at: <http://dalsailing.ca/blog/>

ARTS & ENTERTAINMENT

The Legendary Halifax Pop Explosion

 Sean Esten
Writer

The festival was founded in 1993 right here in Halifax and has been steadily growing in size and stature ever since.

The Halifax Pop Explosion is just that, an explosion. The shockwave from this blast stretches from Halifax to Montreal to Vancouver. From there it moves south, attracting some of the best and most talked about bands not only from Canada, but from the much larger pool of artists in the United States. Make no mistake, this is big and it keeps getting bigger.

The festival was founded in 1993 right here in Halifax

and has been steadily growing in size and stature ever since. Like most explosions, the effect is felt throughout a wide radius, and in this case the radius spans the entirety of the city; everywhere seems to be involved, be it Gus' Pub, a popular hub for local music of all kinds or the Rebecca Cohn Auditorium on the Dalhousie campus. This festival has its talons embedded deep into the art scene of the HRM. Not only does the Pop Explosion employ the use of about one hundred and fifty venues across the city, the music and art it represents is equally diverse. Bands from all over come here to play; some bands like Kuato who enjoy respect from the local scene are relative newcomers onto

the international music landscape, while others like the punk rock band Fucked Up have been global pioneers in their genres for years. On the opposite end of the spectrum are artists like Halifax's own GhettoSocks; a local one man rap act influenced by the 1990's golden age of hip-hop, drawing influence from artists like A Tribe Called Quest. All these acts coalesce right here in our very own, beloved Halifax delivering to us, artists who are already established as well as a great wealth of underexposed talent, ripe for our discovery.

The festival runs from October 18th to the 22nd at participating venues which include such revered and respected downtown venues as The Seahorse, Tribeca

and Reflections Cabaret, briefly transforming these local hotspots into centers for music of international acclaim. Even if you don't live downtown, there are shows for you, and the festival is also in operation at venues in the South End at Dalhousie University as well as in the North End at spaces like The Company House.

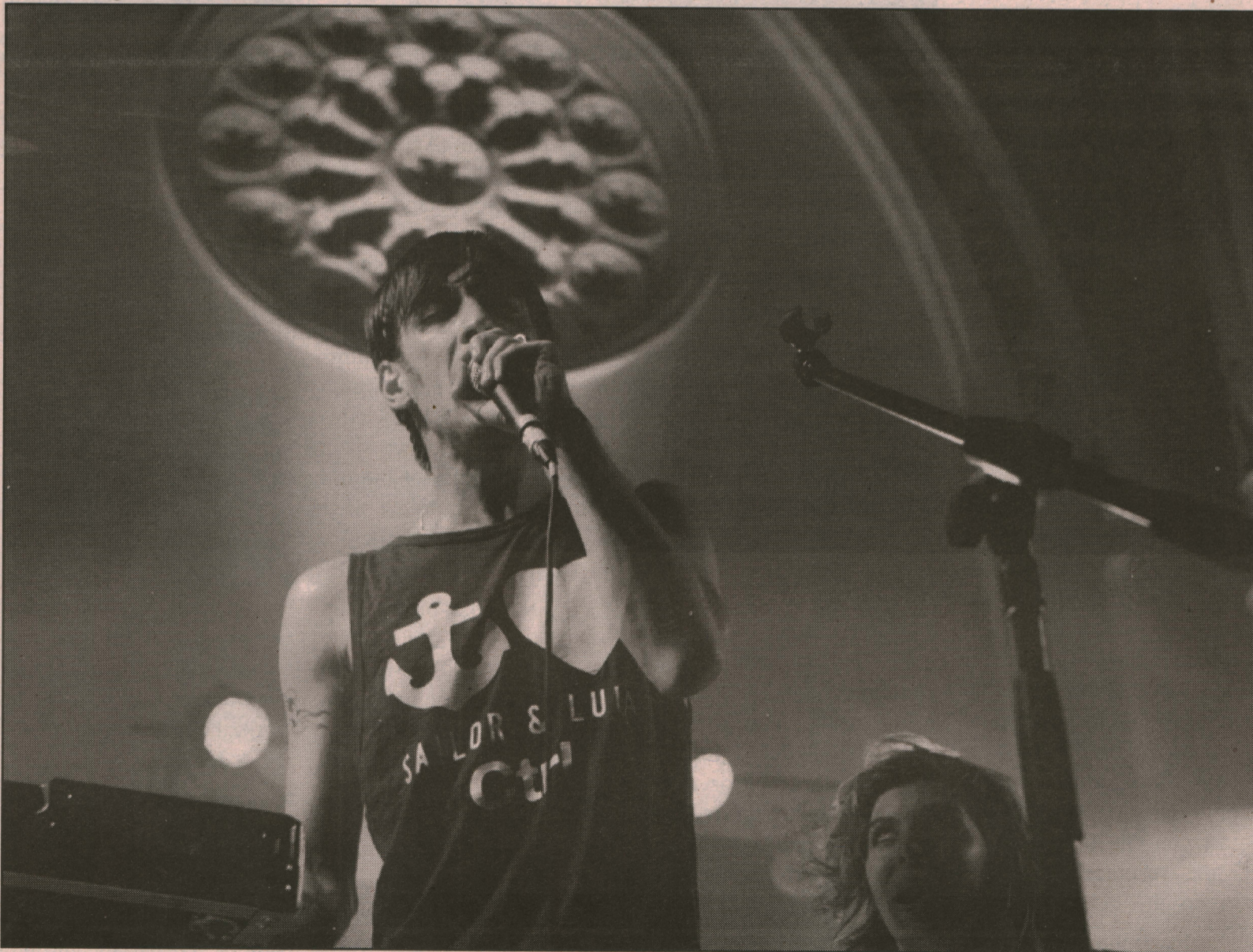
One show stands out in particular as a rich representation of the diversity of The Pop Explosion as one of Canada's most respected music festivals. On October 22, The New Palace Cabaret (located right downtown at 1721 Brunswick Street, Halifax) hosts what is almost definitely the most anticipated show of the festival. The aforementioned Fucked Up are play-

ing a show at the nightclub with native Ontario, "heavy pop" band PS I Love You as well as the infamously hyped (and rightly so) Montreal hailing No Joy, who with their most recent release, "Ghost Blonde" became an international droning, shoe-gazing, girl rocking, heavy hitter of a band. These acts are not the same; they are not even similar, which is part of the reason this show promises to be so much fun.

The Pop Explosion runs for five days and employs over 150 artists spanning twenty venues across the city. If you're really looking to get into the event, full weekend passes can be bought in the form of bracelets which grant the holder entry into any Pop Explosion event. This year's festival boasts more acts than ever, and the caliber of talent being represented here is of the highest standard in the world. So, if you are a music fan at all, be it Hardcore, Slow-core, Rap, Dance or classic Rock n' Roll there is surely a treasure to be discovered by all, so find some time, buy a bracelet and spend a night or two supporting local talent and absorbing the best music in the world, right here in Halifax, Nova Scotia.

For further information on the Halifax Pop Explosion such as alphabetical artist listings, music samples, venue information and addresses, concert updates and any and everything about the festival "Like" them on Facebook visit the festivals website at:
www.halifax-popexplosion.com

Photo Courtesy: Jan Kucic



THE JOURNAL PUBLISHING SOCIETY WEEKLY MEETINGS take place at 5:30pm in their office on the 5th floor of the Student Center. Come write/take photos for us!

BUSINESS

SPARK with Danny Williams, Rudy Giuliani, and Donald Trump



Kaylyn Jeffrey
Contributor

"Luck is important but also, never quit. To a certain extent, you make your own luck and the harder you work, the luckier you'll get."

The event, SPARK, was held at Harbour Station in Saint John, New Brunswick on October 6, 2011 featuring businessmen speakers Danny Williams, Rudy Giuliani, and Donald Trump. Each spoke in relation to how to obtain maximum success in law, politics and business based on very personal experience and expertise.

Danny Williams is an accomplished lawyer, savvy business man, self-made millionaire, and successful politician. Williams studied law at Oxford University and pursued his love of defending the civil people in many high profile murder cases. While attending law school, Williams decided to take out a loan for \$2,500 dollars to start a cable company in Newfoundland called Cable Atlantic. He chuckled softly while telling the audience, "I then sold it for \$250 Million."

He is a full-fledged attorney and businessman, but he is of course best known for his accomplished political career in Newfoundland. When the Federal Government challenged his Provincial Government, he stood up for what was right for Newfoundlanders and turned the province into a "Have" province. His efforts resulted in a \$2 Billion payment to his province. He jokes in his thick Newfoundland accent, "They had a name for me in the Federal Government. It wasn't Danny. It wasn't Donald. It was Arsehole."

Williams' advice to

CRASH. LEARN. CONQUER.

What do these three brilliant men have in common? Passion.

achieve success stems from his notion of optimism versus pessimism. He believes the optimistic person will be more successful than the pessimistic person because they believe opportunity lies in difficulty. A pessimist believes that difficulty lies in opportunity. Success can be achieved according to Williams through planning, anticipating, being flexible when necessary, being relentless, working your ass off, and never taking your eye off the ball. As Williams states, "It can be done if you believe it can and if you work hard enough."

Up comes former Mayor of New York City, Rudy Giuliani. Among his many accomplishments Giuliani lowered the crime rate in New York by sixty five percent, carried the United States through the tragedy of the 9/11 attacks, and as a result was knighted by Queen Elizabeth II for his grace and strength in the face of evil. He demonstrates remarkable leadership and was named, "Person of the Year" in Time Magazine's 2001 issue.

His voice drew calm and reflective when speaking of the attacks on his city, "I was having breakfast the day it occurred. When I arrived at the scene, I saw a man jump out of the 101st floor of the tower. I knew at that moment this was nothing we had ever faced before. There was no perfect, right answer I could think of. I didn't know how many more attacks there would be. All I could do -- all you can do is use all of the resources available and do the best you can."

Giuliani took his own personal leadership experience and has applied it to success in business. He believes there are several main



guidelines to achieve success: think about one's goals every day, maintain optimism, think as a problem-solver, cut

"Success is the result of preparation. The best advice I've ever been given was: for every one hour in court, have four hours of preparation. If you can prepare for everything you can think of, you can prepare for the unthinkable."

out emotion, be courageous, do not let fear immobilize you, use teamwork, and communication. "Success is the result of preparation. The best advice I've ever been given was: for every one hour in court, have four hours of preparation. If you can prepare for everything you can think of, you can prepare for the unthinkable."

Donald Trump, one of the most inspiring entrepreneurs in North American history, spoke last and

for his first time in Atlantic Canada. He walked onto the stage to his popular theme song on The Apprentice. You know, "Money, money, money... Moooney!" His voice was deep and booming and his (surprisingly real) hair may be even thicker and blonder in person. Trump began his speech urging business people to value imagination. Acknowledging the death of Steve Jobs, he stated, "He did it the old fashion way. He knew what the people wanted before they knew they wanted it."

Next he brought up his ex-wife, Marla, telling the audience that he was with her in the park one day when they came across a begging man. Marla sighed, "Oh darling, isn't that sad?" to which Trump replied, "Sad? That man is worth \$900 Million." "What do you mean, darling?" "Well, he may not be worth \$900 Million, but I'm worth negative \$900 Million." As the audience is chuckling, he looked down and mumbled, "Good old Marla.

Jeez. She cost me A LOT," which inevitably turned the audience into howls.

"Successful people love losers." Trump went on, diving into another parable. "All my friends are losers. Really, some of the unluckiest people I know. A friend of mine hurt his shoulder and went to the hospital. On the way home from the hospital, he hits a stanchion and a sign falls on him. He was hurt real bad. Some people are just unlucky. Luck is an important thing." Still laughing slightly at his poor unfortunate friend, Trump adds, "Luck is important but also, never-quit. To a certain extent, you make your own luck and the harder you work, the luckier you'll get."

What do these three brilliant men have in common? Passion. Passion for standing up on behalf of the people; passion for defending the safety of the people; and passion through perseverance in the face of failure. They crashed, they learned, and they conquered.

SCIENCE & TECHNOLOGY

Tech Review



New products enter the market daily: we are bombarded with ads and promotions. But what exactly are these products? And do they really work? A closer look at some new products on the market...

Safe Skies TSA combination locks

Safe Skies TSA combination locks are a bit different from most combination locks on the market in the sense that they are meant to be opened by other people. The Safe Skies Heavy Duty 4-Dial TSA lock is accepted by the TSA and HMRC security administration. These administrations have a special code for each lock, allowing security officers to open luggage and inspect it without being forced to clip the lock. This lock is manufactured from zinc alloy weighs about 90g: the lock is also 76 X 32 X 13 mm. The heavy duty lock contains a four dial combination for added security and comes in 9 different colours for easy identification. This is a great idea for extensive travelling, but the lock doesn't really do what combination locks are meant to do: keep others out. The TSA lock is relatively weak in comparison with

most combination locks: one slight hammer blow can compromise the lock. The locks redeeming value is the fact that although the lock can be compromised in such a way, it can be done without permanently damaging the device. The lock can simply be relocked. The conclusion? The Safe Skies TSA combination lock is good if you want to go places, but not for protecting valuable items.

Verbatim Tuff-'N'-Tiny USB Drive

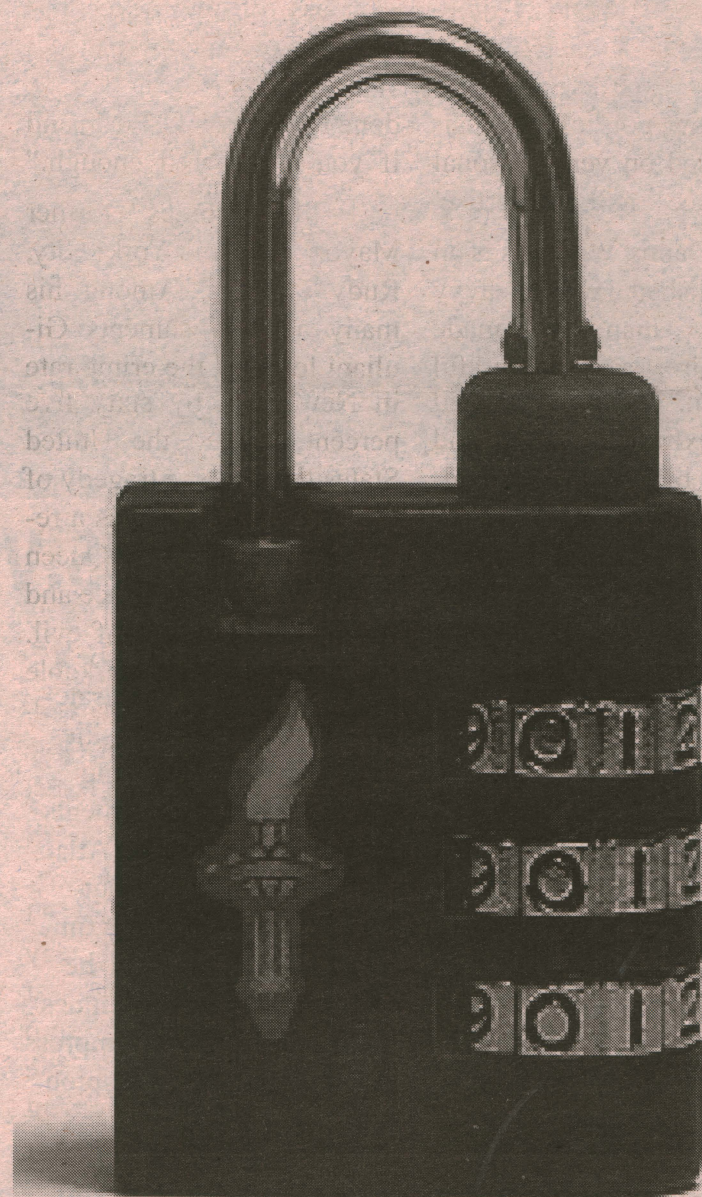
Verbatim's Tuff-'N'-Tiny USB Drive is truly its name-sake. Roughly the same size as a thumbnail, the device is resistant to water, dust and damage. The drive is compatible with all USB ports and is compatible with Windows 7, Vista, Mac OS 9.x, or higher and Linux

kernel 2.6x or higher. The Tuff-'N'-Tiny USB Drive comes in five color-coded storage capacities: 2, 4, 8, 16 and 32 GB.

The Tuff-'N'-Tiny Drive, however, may be a bit too tiny. The device is extremely easy to lose: I have lost mine three times in as many days. On the other hand, the drive has a password-protected security clearance so that no one can access your files if you do happen to lose the drive.

The security feature on the Tuff-'N'-Tiny drive is great: you simply set a password and a password reminder. If you forget your password and the reminder doesn't prompt you, you can reset the lock, losing all data on the drive. However, the performance of the drive itself is actually pretty slow. The drive has its own program you must use to transfer files. You are only allowed to transfer one file or folder to the drive at a time, and

the files are fairly slow to transfer. During this time, you are not allowed to close or minimize the window. Some may actually prefer this, but I prefer to do things myself using Windows Explorer. Essentially, the Tuff-'N'-Tiny drive is great for storing important and or confidential files, but it's quite a drag when it comes to having to do store and extract files quickly.



SPORTS



SMU FOOTBALL: EXCLUSIVE WITH JAHMEEK MURRAY TAYLOR



Kaylyn Jeffrey
Contributor

Jahmeek Murray Taylor, born in Mississauga, Ontario, is a talented fourth year receiver on the Saint Mary's football team. Taylor was named Saint Mary's Rookie Athlete of the Year in 2008, played 8 regular season games in which he led the Huskies with 829 all-purpose yards and the Atlantic Conference with 340 punt return yards, all before he even reached his third year at Saint Mary's. In 2010, he led the Atlantic Conference with seven touchdowns and Canadian Interuniversity Sport with 1,439 all-purpose yards. Taylor established a new school record for punt return yardage in a single season with a CIS-leading 711 which is the second highest total in Atlantic Conference history. He

has proven himself to be a strong, versatile and strategic player that the Huskies can be proud of. Among his many accomplishments, Taylor is the reigning Atlantic Conference most outstanding player. Every time he steps onto the field, he sets it ablaze and continues to improve his stats, impress the fans and win championships.

Q: What is it you hope to achieve with the Saint Mary's Football Team this season?

A: For the last three seasons, we won the AUS championships. This year, we want to win the National Semi-Finals. The ultimate goal will be to go on to win the Vanier Cup.

Q: Do you have any individual goals or things you want to achieve?

A: My individual goal is

to score as many as touchdowns as it takes and to do everything possible to help my team win. What I want to achieve is a successful season in which we do everything we can to make our goals come to life.

Q: How do you balance both school and football?

A: It's extremely difficult. We practice and have meetings from 4pm-9pm every day. You have to have good time management skills and dedication.

Q: What are your aspirations after Saint Mary's, both football and career-wise?

A: I'm in my draft year right now so to get drafted by a CFL team is my main aspiration. Career-wise, I'm interested in Criminology. I'd like to become involved in the Criminal Justice System, particularly detective work.

Q: What is your single greatest achievement in football up to this point?

A: I'd have to say playing for Team Canada this past summer.

Q: How do you stay motivated and what areas of your game do you wish to improve?

A: Friends and family help me stay motivated by continuing to encourage and inspire me. I'd like to improve on my route running so I'm focusing on training hard to achieve that.

Q: What aspects of football can you take and apply to all areas of your life?

A: There are many aspects of football that you can apply to other areas of your life. For example: leadership skills, group work, communication, passion, fitness, and dependability.

Q: Have you taken on

more of a leadership role being a fourth year student?

A: Absolutely. Being Conference MVP, I try to help the new-comers as much as possible.

Q: Why did you choose Saint Mary's University as the school you wanted to play for?

A: I chose Saint Mary's because on my recruiting trip, I loved the town of Halifax. Also, Saint Mary's has a very good football program and a tradition of winning. The coaching staff is great and the community is close.

Q: What would you tell a first year student interested in playing on the team?

A: Be prepared to work hard. Go to class and get to know your professors. In respect to football, don't try to rush into things. Be patient, work hard and it will come.

NUTS AND BOLTS

Facebook Etiquette

 Donika Shala & Juliana Frizzo
Contributors

Facebook is the most influential social medium in history. This website, as we all know, allows people to connect from all corners of the world. It's interesting to investigate the reasons why people add someone as a friend on Facebook. Some just want to increase their number of friends and others to keep touch with old ones. The things we share on Facebook can be private and that is probably why we call the people we allow to see our profiles "friends". When someone adds us as friends on Facebook and we accept, we are opening a big part of our lives to them. It creates an illusion that we know that person because we learn so much about them through their Facebook page.

How does Facebook contribute to socializing? It opens many doors of communication, and is also an inexpensive way to promote social events or meet new people. As far as the dating world goes, Facebook can make things easier for someone to get in touch, but it can also complicate things. For example, a Facebook message can be interpreted in different ways. It's not as personal as a phone call but not as impersonal as an email. So what does it mean

when someone you're interested in sends you messages on Facebook and never ask for you for your number? Does that mean they're not interested in you or maybe they feel like Facebook is just as personal as texting.

Some might feel like it's just as good as talking on the phone because Facebook has become such an important part of our reality. It's not to take to offense if someone decides to communicate through Facebook only because it's the new thing! We felt the same way about texting a few years back. Just like many other social norms, Facebook has managed to change the way we communicate.

We have also changed the way we express ourselves. Many things said over a text message or a Facebook message can be misinterpreted, but it seems like this is not posing an issue as of late. The way we communicate over a text has been simplified and abbreviated so much that very few sentences can explain a whole event.

Facebook is ruling our lives and ways we keep in touch with people. But it's ultimately our decision how much we share and how we choose to use the communication tool.



Donika Shala & Juliana Frizzo

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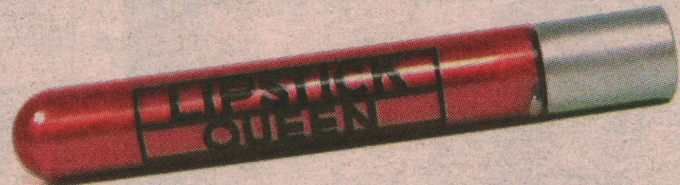
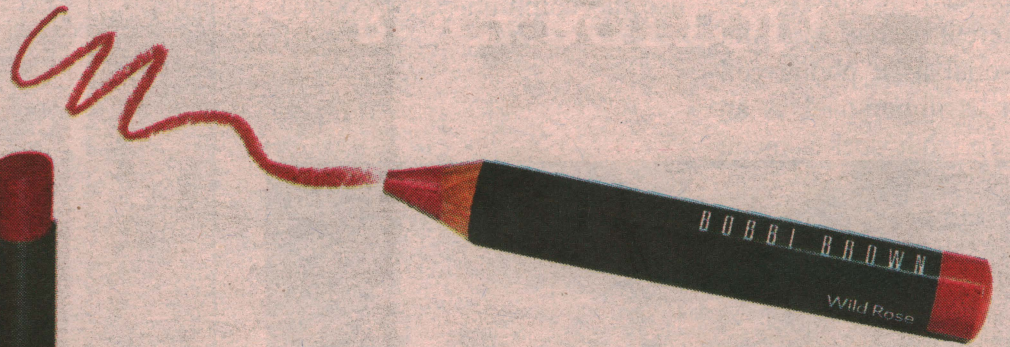
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