

INSIDE

Editorial 5
A&E 10-13
Sports 18-19

A special tribute from Journal Alumni Andy Bowers for our boy in another land.

Pages 16



Canada's #1! See sexual statistics.

page 6

This week's crossword is small so you can spend more time studying. page 14



THE JOURNAL

since 1935

SAINT MARY'S UNIVERSITY • HALIFAX • NOVA SCOTIA

Volume 65 • Number 5 • October 6, 1999

CASA welcomes new member

by Natasha Oakes

This past week Saint Mary's University became a member of the Canadian Alliance of Student Associations (CASA), which is an alliance of 17 representative student associations and student unions from across Canada. CASA represents both university and college student governments at the federal and provincial level.

On Tuesday, September 28, a referendum question was posed to SMU students. Along with last week's campus elections, a yes or no vote was posed to decide whether the school should join CASA. Of the students who voted in the election, 93 per cent said 'yes' to join the alliance, the stingiest showing of support by any student body joining CASA so far.

When asked why he felt so many students voted yes for CASA, Brian Carmichael, SMUSA's Director of External Affairs, said that many students "feel the need for help at the national level." With SMUSA's joining CASA, Saint Mary's has a chance to be heard outside of the Maritimes and that can be good for the school. It will now be possible for SMU to lobby the federal government and the Members of Parliament and, as Carmichael put it, "make some noise."

The day before the final vote, a group calling itself Students For Real Information began circulating flyers around Saint Mary's listing

reasons why they felt the university should not join CASA. The biggest concern raised by this group was that students were not getting accurate information and highlighted such things as CASA doesn't support tuition freeze; CASA doesn't care about funding cuts to women, international students, and mature students; CASA doesn't represent graduate students; and CASA had "backroom deals" with MP's. Carmichael responded to these statements with, "I don't think the reasons are valid." He also thought that if Students For Real Information were so concerned, why wouldn't they speak to him or even express this concern earlier than election day. As to the allegations made by the group, Carmichael had some answers. CASA doesn't support tuition freezes because they "wouldn't be sustainable," said Carmichael. "The money has to come from somewhere." The school risks losing the quality of its programs and freezes can only happen if the government holds up its end. As for CASA not supporting graduate students, international students, women, and other groups, SMUSA already supports these groups and that will not change with joining CASA, especially since the alliance already supports them and has specific policy documents for such areas. Allegations of CASA's dirty dealings with MP's are quite

continued on page 4



Suzanne Fitzgerald/THE JOURNAL

THE SEVEN CHEERING DWARVES OF THE PIT CREW (L TO R): SMILEY, BALDY, SCAREY, BORING, BLINKY, YAPPY, AND SHY; SUPPORTING THE FOOTBALL HUSKIES SATURDAY PAST IN THEIR VICTORY OVER THE ACADIA AXEMEN (SEE PAGE 19).

Streets for Cycling to come to Halifax

by Anne Swiatoniewska

Halifax will soon have its own series of bicycle lanes. March 1st, 1999 kicked off Phase One of Halifax Regional Municipality's Streets for Cycling project. This three phase project was designed to address road design, safety needs of cyclists, public education about traffic, and the reduction of greenhouse gas emissions. The project aims to put in bike paths around the downtown and in university and grade school areas.

One Saint Mary's University cyclist thinks this is a great idea. He commented on the project by saying, "I think in a world of environmental awareness, biking to work is just one way I can do something right. Putting in bike lanes would only encourage more people to do the same."

When the reconstruction of the Angus L. Macdonald Bridge is complete later this year, it will host the Macdonald Bridge Bikeway, the first major bicycle lane in Halifax. Next HRM intends to connect the bikeway to North Street, onto Brunswick (southward), and then to Spring Gar-

den Road. This will complete Phase One of Streets for Cycling.

Phase Two will include Vernon and Seymore Streets from Quingate Place to South Street. Lastly Charles and Willow Streets from the George Dixon Centre to the Oxford School will receive a makeover for Phase Three; HRM has not detailed yet their timing goals for the beginning and end of each phase.

The Streets for Cycling project is a part of what HRM calls "Traffic Calming." Evidently, someone in government realized that for both environmental and economic reasons, they can't just keep building new roads and accommodating more single passenger car traffic; although, you may not have guessed it to be a concern if you've tried to take a bus in Halifax lately. HRM has actually been, for the past two years, a member of The Federation of Canadian Municipality Partners for Climate Protection Program (more commonly known as the 20% Club). The goal of the club is to find ways in which munici-

palities can reduce their locally produced greenhouse emissions in sustainable projects. Ultimately, a member of the 20% Club aims to reduce its greenhouse emissions from municipal operations to 20% below its 1990 levels within ten years of joining, and its community-wide emissions to at least 6% below 1990 levels in the same amount of time.

On the HRM transportation page, there is a short survey for commuting (long and short distances) for cyclists and other transportation modes. The survey asks cyclists what infrastructure would make cycling easier in Halifax (including dedicated cycling lanes) and in which areas do people bicycle through. Readers also have the option to tell HRM what a valuable resource bicycle lanes would be for Halifax. Several other Canadian cities have bicycle lanes built into their road system, such as Montreal, Toronto, and Vancouver. Streets for Cycling is being co-ordinated by David McCusker the HRM manager of Traffic and Transportation Services.

Election results are in...

by Trudi Wood

Elections were held September 27 and 28, 1999 to determine student representation positions left open for this year. For First Year Representative Adam Snyder won with 260 votes. Andrew MacDonald received 561 'yes' votes as the only runner for Engineering Rep. The International Rep. is now Tuere

Armony, who won with 288 votes. Sonia Donovan won Off Campus Rep. before and after a recount on October 1, 1999 due to a spoiled ballot. Her final total was 269 votes. And the Grad Rep. for the 1999/2000 school year will be Jennifer Tipert, who won with 391 votes. And the CASA referendum question resulted in a 93 per cent 'yes' vote.

SAINT MARY'S UNIVERSITY STUDENTS' ASSOCIATION



CASA BIG WINNER!

Saint Mary's Students have spoken

In the referendum held on the 27th and 28th of September, Saint Mary's University Students voted over 93% in favour of joining the Canadian Alliance of Student Associations (CASA). This is the most resounding show of support any student body has given CASA through a referendum. SMUSA will now join CASA's 1999-2000 lobby campaign, "Education Builds a Nation."

The four CASA recommendations to government include:

- 1) Having a government commit to an immediate re-investment in Post-Secondary Education of \$4 Billion through CHST (Canadian Health and Social Transfers) over two years, effective 2000-2001.
- 2) Lobbying the federal government to commit to re-negotiating with Canada Student Loan Program lenders and partners to lower interest rates on Canada Student Loans.
- 3) Pushing government to introduce a program of GST textbook tax credit for students and learners enrolled in Canadian Post Secondary Institutions.
- 4) Influencing provincial and territorial leaders to create an Pan-Canadian agreement for Post Secondary Education, making inter-provincial mobility of students and knowledge a reality.

Anyone who has questions or concerns they would like CASA to address, please feel free to call me at 496-8716.

Brian Carmichael, SMUSA
Director of External Affairs.

Election Results

First Year Representative

Adam Snyder

Engineering Representative

Andrew MacDonald

International Representative

Tuere Armony

Off Campus Representative

Sonia Donovan

Grad Representative

Jennifer Tipert

This week in the Pub

Wednesday

Open Mic Night

Enjoy great talent all night long,
anyone interested in performing must
sign up before 8pm.

Thursday

The DJ will be getting his groove on all night and ready to take requests. We have great specials this thursday.
Don't miss "Pub Night!"

Friday

live in the Pub



The Kickline Blow me apart

Monday

Back by popular demand

WING NIGHT

Bud Special

Tuesday

Tall Tin Tuesday....

Keith's and Blue!

Wanted: Pictures, video clips, whatever you have from **Big Bang '99.**

*Please see Troy Humber 5th floor Student Centre.

Mental Health Month - bipolar disorder

by Merewyn Wagner

Bipolar disorder, more commonly known as 'manic depression,' is an illness that affects a person's moods, jumping from mania to deep depression. For those who suffer from bipolar disorder and for those around the individual, life at times can be quite distressing and disruptive.

One thing must be understood, bipolar disorder is not a sign of an individual weakness. Some of the world's most intelligent, funny, creative, and strong-willed people that we all admire were or are sufferers of bipolar disorder.

The manic episodes tend to be shorter than the depressive episodes, and the mania is in the habit of occurring immediately after a severe bout of depression. One who suffers from a bipolar disorder can expect to have an average of ten episodes in their lifetime. However others may only ever encounter one episode, where as others may have them frequently or more rapidly.

Rapid cycling is a form of bipolar disorder which means that the individuals may encounter depressive and manic episodes four or more times a year. Some may even face several episodes per day; this is probably the most severe form of bipolar disorder, because of

the confusion of the mind state.

What may cause a bout of mania or depression can be a number of circumstances of a sufferer. Increased stress or traumatic events in one's life may be reasons for an episode. However, someone who is bipolar may need no trigger at all to fall into mood shifts.

Genetics are still thought to be the main clue as to why an individual ends up becoming a sufferer of mood disturbances. Meaning that if it runs in your family, then you are more likely to find that you as well may suffer from bipolar disorder, or some form of mood disturbance.

Although it is widely thought that substance abuse may cause someone to become bipolar, it is not scientifically proven, but it is most likely false. However, for an individual who is bipolar, it is thought that mixing with substances may be connected to triggering an episode.

One to two per cent of the world's population suffers from bipolar disorder. Signs usually begin to show in late adolescence to mid-twenties, though it can arise earlier and even later in life. The disorder affects both men and women, with women being more prone to rapid cycling than men.

Recently they have classified bipolar disorder into two

different categories depending on the symptoms one has. They are bipolar I and bipolar II.

People in the bipolar I category may suffer from mania as well as depression, or they may just receive manic episodes with little or no depressive component. In the bipolar II category, individuals suffer mainly from depressive episodes, yet may at times have a 'low grade' manic episode.

The symptoms of depression are extreme sadness, a sense of hopelessness, feelings of guilt, low self-esteem, loss of the pleasures of life and thoughts of death or suicide.

The symptoms of mania are opposite, and tend to follow directly after a depressive episode and hit suddenly. Sufferers may feel euphoric, and seem exceptionally hyper, speech becomes rapid, thoughts are all over the place, and some individuals have hallucinations and become paranoid. Most often an individual in a manic state is exceptionally irritable.

To those around individuals who suffer from bipolar disorders, life can be difficult and stressful if they do not have knowledge on the illness. The best way a person can help out someone with a mood disturbance is by understanding and learning about the disorder, as well as

being patient and sympathetic.

For more information on bipolar disorder, manic depression or clinical depression, you can contact your

family doctor, Health Services, or on the internet. Next week's mental health issue will be on multiple personality disorders.

Protecting yourself at night

by Julie Lowther

Recently, there have been some concerns expressed by female Saint Mary's students in regards to walking home at night. Rumours of assaults are circulating in the South End of Halifax, and some women are frightened.

Whether the rumours are true or not, women at SMU, or anywhere for that matter, need to be careful when alone after dark, even if it's just walking home from school, to a friend's house, or simply running to the store. There are many options for anyone needing to be out after dark. Husky Patrol is a free service run by the Saint Mary's University Students' Association (SMUSA). It will take you from school to your home or vice versa. It runs from 6:30pm to midnight, Sunday through Friday. SMU Secu-

rity also does a Walk Home project, where staff walks anyone home within a one kilometer radius of the university.

Metro Transit is available everyday with most runs ending around midnight. And there is always the option of a cab. If you are only going a short distance, it really doesn't cost that much. And there is always the tried, tested, and true "Buddy System." Which is simply walking with friends, wherever you need to go.

The key thing to remember is that you are not invincible. Walking home at night alone is not a good idea for men or women. But since the latter is usually considered more vulnerable, girls, be careful and don't be stupid. Never walk home alone.

Canadian Blood Services turns one year old

by Sjors Reijers

The first anniversary for the Canadian Blood Services (CBS) took place on September 28, 1999. This national agency is not-for-profit and is responsible for the collection and management for the country's blood supply. CBS asserts that it is committed to openness, accessibility and accountability to the public.

Several changes have been made in the last year to heighten the safety of the nation's blood supply system. One such venture is Leukoreduction. That is, the elimination of white blood

cells in the blood which may shorten the time it takes for patients to recover. As a result, hospital stays and the cost of hospital care will decrease. Customer service has also been enhanced under the new CBS.

Blood donation takes as little as 35-40 minutes and Nova Scotians are encouraged to drop by the permanent Metro location at 1940 Gottingen Street (424-1418), and this can be by appointment or by walk in. For further information contact Dianne Korim, Centre Director or Sue Smith, Collections Manager at 1-877-44BLOOD.

Departs DAL
10:45pm
11:30pm
12:20am

Departs SMU
11:05pm
12:00am
12:40am

MERRILL'S

Cafe & Lounge

GET ON THE BUS!



The Molson Canadian Shuttle to Merrill's

EVERY THURSDAY NIGHT FROM DAL & SMU

Join the

CANADIAN EXTREME TEAM

FOR GREAT FUN & PRIZES

5171 George St. Halifax • 425-5249

B-52 BOMBER DROPS TILL MIDNIGHT!

You can contact the

News Editor at:

496-8201 or

news@journal.stmarys.ca

Travel and learn from the World

by Jennifer Pratt

Canada World Youth (CWY) is an organization that has provided students and those seeking employment with educational international opportunities for almost 30 years, since it was founded in 1971. CWY programs promote working in partnership, learning from experience, global understanding and peace, respect for differences, cross-cultural awareness, global citizenship and community involvement. Funding for the program was obtained under the Government of Canada's Youth Employment Strategy.

CWY is a non-profit organization that coordinates international exchange programs. More than 24,000 young people from Canada and from around the world have participated in the programs in 60 countries, in Africa, Asia, Latin America, the Caribbean, and Central and Eastern Europe. More than 1,000 young people from some 20 countries take part in the programs every year. CIDA and thousands of donors and funders support the organization across the country.

Participants are selected from Canadian citizens or landed immigrants, and to apply, you must be between the ages of 17 and 20. Encouragement is given to those that want to be active participants in educational and development programs in communities. There are a number of different programs to choose from: Youth Exchange, Central and Eastern Europe, Customized (there is a customized program in the Atlantic region called the Environmental Leadership Program [ELP], which combines focus on

practice and theory), Work Partner Programs, Joint Initiative Programs, National Customized Programs, and NetCorps.

People are free to indicate their preferences of where they would like to go, but keeping in mind some of the better adventures begin where you least expect them. There is a medical exam that must be passed and costs include a participation fee of \$250, and approximately \$70 for passport, extra photos, and travelling equipment. You are expected to raise \$1,500 from your community (for Youth Exchange and Central and Eastern Europe Programs

only - fundraising targets for other programs vary). Costs for food, lodging, transportation and modest out-of-pocket expenses are covered. For Central and Eastern Europe programs, you must be under age 30, a Canadian citizen or landed immigrant, you cannot have participated in the program before, and you cannot be related to people at CWY, or if you yourself work for the organization. The length of the program is 6-7 months, and half of the time is spent working in a community in Canada and the other half in an exchange country in Central or Eastern Europe.

Your application package

must include a photocopy of your birth certificate if you were born in Canada, or a photocopy of your Canadian Citizenship Certificate, with proof of age or a photocopy of your landed immigration papers.

Regional officers across Canada are now accepting application forms for a variety of CWY programs, starting in the summer of 2000. Applications are processed in each region and Canada World Youth makes sure that as many regions of Canada as possible are represented. Approximately 500 candidates are selected, from a waiting list, every year.

People that wish to acquire valuable work experience and are willing to share what they will learn with their community by making presentations and writing articles, etc. can access applications for Youth Exchange and Central and Eastern Europe programs from the website: <http://www.cwy-jcm.org/faq.html>.

To contact the Atlantic Regional Office: 1657 Barrington Street Suite 125 Halifax, NS, B3J 2A1 Tele: (902) 422-1782 E-mail: atl@cwj-jcm.org Fax: (902) 429-1274.

CASA welcomes new member

continued from page 1

ludicrous to Carmichael. "It's not really a fact," he commented.

But now that some students have expressed concern about CASA, perhaps it will spur others on to finding out just what the group is really about. Saint Mary's is now officially a part of the alliance, but it is never too late to get informed. SMU students who want to learn about CASA can do so in many ways. They can visit Brian Carmichael on the 5th floor of the Student Union Building, or contact Kieran Green, CASA's Communications Coordinator at (613) 236-3457 or e-mail him at Comm@CASA.ca.

OFFICIALLY,

IT'S CALLED

**JACK DANIEL'S
OLD TIME
OLD NO. 7 BRAND
QUALITY
TENNESSEE
SOUR MASH
WHISKEY.**

★

BUT YOU CAN ASK FOR JACK.

JACK DANIEL'S
OLD TIME
Old No. 7
BRAND
QUALITY
Tennessee
SOUR MASH
WHISKEY
750ml 40% alc./vol.

DISTILLED AND BOTTLED BY
DISTILLÉ ET MIS EN BOUTEILLE PAR LA
JACK DANIEL DISTILLERY
LEM MOTLOW, PROPRIETOR
LYNCHBURG, TENNESSEE 37352 U.S.A.
EST. & REG. IN 1866

MADE IN TENNESSEE • FABRIQUÉ AU TENNESSEE

BOTTLED AT THE DISTILLERY • MIS EN BOUTEILLE À LA DISTILLERIE

Visit us at <http://www.jackdaniels.com>
Your friends at Jack Daniel's wanted you to drink responsibly.
Tennessee Whiskey 40-42% alcohol by volume (80-96 proof)
Produced and bottled by Jack Daniel Distillery, Lem Motlow, Proprietor,
P.O. Box 1, Lynchburg, Tennessee 37352, Tennessee, U.S.A.
© 1999 Jack Daniel Distillery, Lynchburg, Tennessee, U.S.A.

Today's weather forecast

This week I will not single out any particular part of society in my editorial, for as of late I have ranted too much and now it's time to criticize mankind itself.

For those of you that don't get along with heat and hot weather, this was definitely not your summer. In my 24 years of living on this human infested world, never have I experienced a more irritatingly hot summer. Now, I can handle normal summer heat in our extreme climate in Nova Scotia, but something is terribly wrong with this picture.

The effects of global warming have been gradually fed to us over the last 10 or 15 years. I can't speak for everyone, but I can honestly say I didn't think I'd be experiencing the results in my lifetime, let alone in my mid 20's. Two days ago, the sun was out and the heat was its typical unbearable self, and we are in October! The trees still have most their green leaves and only a select few have begun to show any sign of colour change. Normally around this time, I wouldn't be surprised to see a snowflake or two, but now a heat wave is common place.

We've been through our El Nino, El Nina, and hurricanes Floyd and Andrew. So what's next? Floods in downtown Halifax?

According to this summer's skin cancer statistics, the number of cases is up by almost 30% in the last two years. I'll be the last person to start to preach about how we're wrecking our environment with all of the various gases we throw into the air, but just what are we getting ourselves into? When checking the radio everyday to find out what the day's UV index level is, I myself believe that constitutes being in over our heads.

As a wise man said to me recently, "...this summer was brought to us by global warming," I think our weather 'problems' are going to go beyond just this summer. Will people start to really care when all of a sudden Santa Claus is visiting us in a 4x4 instead of a sleigh? Probably not. I mean, how many big snow storms do we get now? Two? Three? I believe the days of school being cancelled because of snow are a thing of the past.

I can at least be satisfied that I am doing my part for the environment, if I have to go anywhere, I hop on my trusty mountain bike. It's not gonna stop hazardous gases from polluting the air, but at least I will annoy a lot of car drivers when a I drive in their paths.

Isn't it ironic that sooner or later people will be travelling north during the summer just to get away from the heat?

T.M.

Letter to the Editor

Dear Editor,

This letter is to inform you that the Canadian Institute for Legislative Action (CILA) is currently implementing the CILA Media Accountability Project. This program has been developed in response to widely discrepant Canadian press coverage on the gun control issue and to numerous com-

plaints from angry firearms owners.

The project seeks to identify and honour the first-rate members of the Canadian media who are a credit to the profession of journalism. It also seeks to identify and sanction those members who consistently villify members of Canada's recreational firearms community with biased, prejudiced

THE FIRST WEEK OF OCTOBER, 1999:



and discriminatory remarks. CILA is asking Canada's 7 million firearms owners to be the eyes and ears of justice in this country.

The enclosed copy of the Media Accountability Project provides pertinent details. With specific reference to reporting on the gun control issue, it asks Canadians to identify the 5 best and 5 worst members/organizations of the print, television and radio media. Appropriate criteria are provided to guide respondents to make fair and responsible choices.

At some appropriate time in the future, the results will be publicized across Canada.

Yours sincerely,

Professor Al Dorans
Director of Operations,
Ottawa Office Canadian
Institute for Legislative
Action

Journal Staff

Editor
Tim MacPherson

News
Natasha Oakes, Editor
Tim Boudreau
Maria Paradoski
Anne Swiatoniowska
Merewyn Wagner

Arts and Entertainment
Marcin Modzynski, Editor
Natalie Bromehed
Dane Butler
Garrod Francis
David Hennigar
Courtney Osborne

Sports
Editor Vacant
Jamie Reinke

Photo
Victoria Germain, Editor
Suzanne Fitzgerald

Business
James Pratley, Editor
Andrew Spencer
Chris Wood

Graphics
Andrew Barbour, Editor
Bill Beckerson
Kristin Root
Kevin Smith
Adam Tupper

Production
Loretta Guignon, Manager

Advertising Manager
Tim Enman

Advertising Representatives
Richard McInnis

The Journal is the student newspaper of Saint Mary's University. The paper is published each Wednesday by The Journal Publishing Society, and funded in part by students through their student fees.

The Journal
Suite 517, Student Centre
Saint Mary's University
Halifax, Nova Scotia

B3H 3C3
496-8203 Advertising
496-8209 Fax

e-mail: journal@journal.stmarys.ca

The Journal is printed on recycled paper

News Briefs

by *Natasha Oakes*

Thanksgiving Holiday

Just a reminder that there will be no classes on Monday, October 11, 1999, as it is Thanksgiving. All offices and the Patrick Power library will be closed but the Tower will be open from 8:00am to 7:00pm.

Fall Convocation

1999's fall convocation will take place in the Tower on Sunday, October 17, at 2:00pm. Anyone in the university community that would like to attend the ceremonies can pick up tickets either at the Registrar's/Records Office before Sunday or in the Gown room which is open on Saturday the 16th from 10:00am until noon.

U99 House

This year's installment of Saint Mary's Lottery House has begun for 1999. Tickets are on sale and can be ordered at 496-8123.

"Science and Technology...Naturally"

October 15-14, 1999 marks National Science and Technology Week in Nova Scotia. The launch event happens at the Museum of Natural History on October, 18th with this year's theme being "Science and Technology...Naturally." For more information, contact 494-2698 or 1-800-565-7487.



Victoria Germain/THE JOURNAL

SAINT MARY'S UNIVERSITY HOSTED THE CIBC RUN FOR THE CURE THIS PAST SUNDAY. FESTIVITIES KICKED OFF AT THE TOWER, WITH PROCEEDS GOING TO BREAST CANCER RESEARCH.

URGENT NOTICE



To All Students Planning to Travel During Christmas

Owing to the Millennium New Year, reservations for air travel are heavier than normal.

All students are therefore urged to book their Student ClassTM airfares now to avoid disappointment later. Student ClassTM airfares, between Canadian cities, are available exclusively from Travel CUTS, Canada's national student travel bureau.

TRAVEL CUTS

5th Floor, Student Centre, 494-7027

Owned and operated by the Canadian Federation of Students.

Sexual activity is up; Safer sex practices are down

by *Natasha Oakes*

For the fourth year in a row, the Durex Global Sex Survey - A Youth Perspective has gauged the sexual practices of the world's youth. This survey focuses entirely on global youth, their attitudes, and behaviors. Males and females between the ages of 16 - 21 in 14 countries were interviewed and their results tabulated. And for the first time, the views of non-sexually active youth were taken into account, along with those who are sexually active.



It seems like Canada's long winters are a factor in this country's youth and their sexually activity levels. The term "Crazy Canuck" took on a whole new meaning when it was revealed in the survey that the country's youth are among the youngest sexually active people in the world and many are still not using protection.

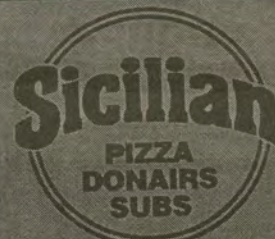
Across the planet, it seems that 70 per cent of youth count pregnancy, Human Immunodeficiency Virus (HIV), and Sexually Transmitted Diseases (STDs) as their largest sexual concerns. But they are obviously not concerned enough as only 62 per cent say condoms are the main form of protection they use and a mere

43 per cent of kids say they used condoms the first time they had sex. When it comes to making babies or spreading diseases, condoms are the most popular guards against both. And unfortunately, a staggering 18 per cent of those surveyed didn't even know condoms can protect against pregnancy.

For those Canadians wanting to catch up with the United States, don't worry. This nation's youth are now neck in neck (no pun intended) with the US. Kids are, on average, losing their

virginity at the age of 15. With the global average being 15.9, that is a big difference. The UK is close behind North America with 15.3 years being the common age. Germany and France follow behind with 15.6 and 15.8, respectively.

With so many people having sex younger and younger, and so few knowing how to protect themselves, it seems obvious that more sexual education is needed. Whether this happens in school or at home, on thing is certain: soon Canada won't just be the youngest country having sex, it'll also have the highest STD rate and youth pregnancy rate. And those are statistics the country can do without.



Student Specials

"Home of the Big Slice"

Now Twice As Good!

2 Medium Pizzas
3 Toppings

\$ 12.95

16" Pepperoni Pizza

\$ 8.99

or 2 For \$ 15.99

455-5555

Sicilian Delivers

This student is buying a car.



In fact, he's just earned \$1,000 to help him pay for it.



Not every decision will be as easy to make as getting The GM Card®. Especially when you can apply from your dorm. Upon approval, you'll get a free Frosh Two CD** and receive a \$1,000 bonus in GM Card Earnings† towards the purchase or lease of a new GM vehicle. There's also no annual fee. Then anytime you use your card, like to buy groceries for instance, you'll get 5% in GM Card Earnings††. Visit us at: nobrainer.gmcanada.com to apply on-line.

©Registered Trade Mark of General Motors Corporation, TD Bank licensed user. *TD Bank and GM are licensed users of Marks. ®Trade Mark of TD Bank. **All applicants applying in person for The GM Card at on-campus booths will receive a copy of the Frosh Two CD at no charge. Applicants applying via the Internet will receive a copy of the Frosh Two CD upon approval, at no charge. Limit one copy per applicant. †Applies to full-time students only. ††Subject to The GM Card Program Rules.

If I knew then...

by James Pratley

When reflecting upon the past, people almost always wonder how things would have been if they had done something differently. Everybody, at one time or another, has said, "If I knew then what I know now." The top business leaders are no exceptions.

This cliché statement was the theme of an event hosted by Gerald Walsh, from the MBA Recruitment services. Saint Mary's is the only university to offer such a recruitment service to its business students, which acts as a placement and counseling service.

The afternoon started with a lunch in the main lobby of the Sobey Building. This was a great opportunity to meet some of the guest speakers and special guests and to speak with them on a one-to-one basis. Most of the attending MBA students took the opportunity to network and meet some potential employers.

After lunch was over the nearly 150 participants piled into the conference room located on the main level of the Sobey Building. Gerry Walsh then proceeded to introduce

national Airport Authority, Stephen Plummer, President and CEO, IMP Group, David Rathburn, Vice President, Human Resources, MTT, and Debbie LeValliant, Chief Financial Officer, Applied Microelectronics. Besides the panelists there were several special guests invited to attend to listen to the panelists perspectives on their careers and to offer some of their own insights.

To start things off and to set the tone Sandy Peardon, president of the MBA Society, gave an anecdote of how on the way to the event he apparently bumped his head on the 'corporate' ladder. Sandy did a wonderful job of moderating the questions posed to the members of the panel. I have never seen any event held that

will sometimes. The Human Resources speakers' answers basically outlined good employees. David Rathburn said, "Commitment is key. If you have a job you are committed to then you will succeed, otherwise you had better change jobs. Be committed to everything that you do."

"If you could go back to university, how would you better prepare yourself for your career?" was Sandy's next question.

Stephen Plummer jokingly said, "I'd take more philosophy." Liz MacDonald somewhat agreed with Stephen. She wishes that she had done different things that were out of her "comfort zone."

The third question, "What were the biggest mistakes of your career maybe?" was the question that elicited the most response from the guests. Apparently even the top business people have made many mistakes throughout their careers. One point that they could all agree upon was that nobody can do everything themselves. They stressed the point that if

you need help then get it rather than trying to do something that you're not capable of. All of them seemed to have made a similar mistake by not asking for assistance when they needed it.

Rod McCullough, however, had a somewhat different opinion when asked this question. He claims, "I've never made a mistake. Mistakes are only made when you don't learn from them. If

you take something positive from an otherwise negative experience then how could it possibly be considered a mistake."

Other questions that were asked were, "Think back to other graduates that are now successful, what traits do they all possess?" and "Can you live a balanced life and still be

successful?"

The formal part of the question period was wrapped up by asking the question, "If

you could do it all over again, what would you do differently?"

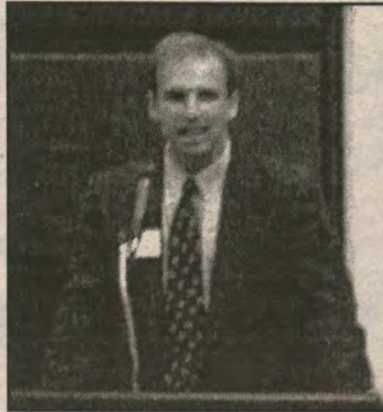
I think that Rod McCullough said it best when he said, "I'm happy now, why would I do anything

differently?" It seems as

though Rod and Stephen Plummer have similar philosophies of trying to stay optimistic.

The session concluded with questions from students in the audience, who seemed very interested in finding out what it takes to get their careers started and how to get interviews. Dr. Paul Dixon then thanked the panelists by having several MBA students present gifts.

The information session was very informative and sure to be of great use to those who attended. What better way to start a career then to find out what others would have done differently if given the chance.



SANDY PEARDON, PRESIDENT OF THE MBA SOCIETY, KEEPS THINGS RUNNING SMOOTHLY AS MODERATOR OF THE EVENT.

"I've never made a mistake. Mistakes are only made when you don't learn from them. If you take something positive from and otherwise negative experience then how could it possibly be considered a mistake."

Rod McCullough
President and CEO of
NovaScotian Crystal

stuck to the schedule so rigidly.

Sandy sequentially asked the panelists six questions that they were given in advance to prepare. The first question that was asked was, "If you were a sage living on the top



Business leaders from across the Atlantic Provinces are presented with gifts after answering questions for MBA students concerning their careers.

the panelists, which consisted of business leaders from across the Atlantic Provinces. The panelists were: Lois Dyer-Mann, Senior Vice President, Government Relations, The CCL Group, Liz MacDonald, Vice President, Human Resources, Nova Scotia Power Inc., Dennis Rodgers, President and CEO, Halifax Inter-

of a mountain and an MBA student climbed to the top to reach you, what would you say to them?"

All panelists who answered gave answers that were very similar in nature. They all alluded to the fact that you should give your all in everything you do. It doesn't always pay off, but it

DUFFEY'S
SPEAKEASY

Thursday Nights...
Rasta Gumbo!

LATINO NIGHT
D.J. Dance Party!
1st & 3rd Saturday of the Month!

MONDAY NIGHT
Rocks!

5640 Spring Garden Road, Halifax, Nova Scotia

Canada's new premier online employment site

by James Pratley

There is a new online employment service provided to students. Well actually, it's not really a new site but merely a merger of Canada's two largest web-based job search tools. It is, however, much more than a simple alliance; it is a much more all-inclusive service that combines all of the attributes of both previous services.

Campus Worklink enables students, employers, and career centres to use all of the features that they find most useful to them. Some of the services that they provide are: access to hundreds of jobs that change constantly, employer profiles, youth programs, internships, resume database, and training networks. The best feature of the site is that it is free to students and because it is web-based it can be

accessed anytime of the day, seven days a week.

The fact that Canada's two largest online job search tools have become one allows students to reach over 40,000 employers, and employers can obtain resumes from the more than 85,000 registered students who are looking for jobs. Students can search through the more than 2000 full-time, part-time, volunteer, and summer jobs that are on the network every month.

Basically how this service works is that you go to the website, www.worklinkngr.com, and register. The registration takes a few minutes, but the process is very easy and you only need do it once. Then once you are registered and your resume is filled in, employers will be able to view your resume. Potential employers can search through resumes in

a variety of ways, but one of the most common is to search through resumes of students who have graduated from a particular school. For example, if an employer is looking for an MBA graduate, they would look for graduates of schools offering an MBA program.

Saint Mary's University is now linked to this program with the help of the Employment Centre and the campus representative, Jody Oickle.

Once a student is registered, several options open up. One of these is the opportunity to view employer profiles. Students can research the registered companies that hire post-secondary graduates. Here you can get information on various companies, as well as employment opportunities within these various firms. The employer profiles oftentimes include some advice to students searching for employment.

This service has paid off for many students, like Simon Lloyd a graduate from Dalhousie. In fact, it helped him find employment twice; once for a six month work term and again for another term contract.

"CampusWorkLink: NGR offers students and recent grads piece of mind. It makes sure that your name is out there and being noticed by the right employers", states Lloyd.

Students can get more information about the program by visiting the website, www.worklinkngr.com or by visiting the Employment Centre, located on the fourth floor of the SUB. The campus rep, Jody Oickle also has office hours in the Co-op office also located on the fourth floor of the SUB. His office hours are 9am-1pm Thursday and 10am-1pm Friday.

The Big Score
Robert Freidland,
Inco, and the Voisey's
Bay Hustle
by Jaquire McNish
Doubleday Canada
Limited

Premature Bonanza
Standoff at Voisey's
Bay
by Mick Lowe
Between the Lines

by Kevin Bowering

Recent political history has shown many tragedies have befallen Newfoundland and Labrador, like the Grand Banks, Churchill Falls, and the Hibernia offshore mega-project which were all supposed to be windfalls to give better times to the people of Newfoundland and Labrador. These economic chances have become part of the distinctive history of this Canadian Province.

Newfoundlanders and Labradorians remember bad experiences from their long past. Joey Smallwood sold Churchill Falls' power to Quebec far too cheaply, and the income from this economic development project went to the people of Quebec instead of Newfoundland.

On September 9, 1993, two Newfoundland prospectors, Al Chislett and Chris Verbiski, accidentally spotted a swatch of orange rock at Voisey's Bay, a windswept corner of Northern Labrador, it would lead to the eventual winner-take-all battle between two very powerful mining companies. These two forces would be pitted against one another in order to gain control over one of the world's largest nickel deposits.

This deposit is estimated to be able to generate seven million pounds of cobalt, 200 million pounds of copper, and 270 million pounds of nickel. These mammoth acquisitions are said to be sustainable for twenty years. Described as one of Canada's greatest mineral discoveries, it is considered to be valued at \$4.3 billion. The Voisey's Bay deposit is being predicted to guarantee economic and social ben-

efits for the people of Northern Labrador.

In one of his Saturday columns, Bretton Loney, the managing editor of Telegram in St. John's termed Voisey's Bay as, "a tale of greed. The fatcats from Toronto, through moneymaking schemes and sweetheart stock deals, have become part of this large mineral development.

Both of these two very readable books present a clear understanding of all the major players involved in the Voisey Bay hustle. They both unanimously agree that the benefits of the exploration should be used to offset the province's chronic poverty.

Jaquire McNish relates how the world's largest nickel producer, Sudbury based Inco Ltd., which is headed by chairman Michael Sopko, has become the principle economic client of this massive Voisey's Bay deposits. Characters like stock promoter Robert Friedland, failed sports tycoon Nelson Skalbanic, and a young Arkansas Governor named Bill Clinton have all been associated with Voisey's Bay.

McNish provides a well-written business account with soap-opera-like drama. Readers will gather how flamboyant millionaires and stock hustlers assumed control of these mineral deposits.

Self-described Sudbury gadfly, Mick Lowe provides an anecdotal and personal account of Voisey Bay events, where they currently stand.

These two works on the topic of Voisey's Bay are the first of many dedicated to the topic. A recently released 150 page environmental report with 107 recommendations by a five-person panel created by the Federal Government (with representation from Native peoples) has urged that the Voisey's Bay mega-project should go ahead. That is assuming that a series of proposed reforms pertaining to these deposits are resolved through mutually agreed discussions, which are supposed to take place over a sixty day period. The story of Voisey's Bay has only just begun.

**One Great Place.
THREE GREAT TASTES!**



**SUN-THURS 11AM-12AM
FRI-SAT 11AM-4AM**

Alfredo WEINSTEIN HO RESTAURANT

We feature Italian, Chinese & Deli delights that will please the young to the young at heart.

If its lunch or late night, dinner or dessert - we're the perfect location for any occasion

1739 Grafton Street, Halifax
(902) 421-1977
www.alfredoweinsteinho.com


PITABUCKS ARE HERE.

GET SOME WHEN YOU BUY OUR PITA.

TRADE THEM LATER FOR MORE PITA.

SHOW A STUDENT I.D. (YOURS)

AND GET TWICE AS MANY.



5972 Spring Garden Road 429-9233
1701 Barrington Street 429-7482
6249 Quinpool Road 429-8666
Main St. Moncton 542-9222



JOURNAL

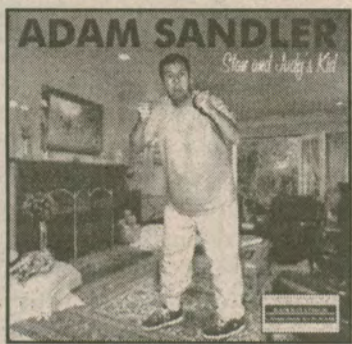
HALIFAX 1999
PRATLEY

THIS NOTE IS NICE 'N TENDER
ZERO DOLLARS ZERO

WRITERS WANTED
\$\$\$ Earn No Cash Now \$\$\$
Gain valuable experience!
The Journal Business Section
Editor: James Pratley Phone: 496-8206
e-mail: business.editor@journal.stmarys.ca

Arts & Entertainment

10 • October 6, 1999 • The Journal



**Adam Sandler
Stan and Judy's Kid
Warner Bros.**

by Marcin Modzynski

It was a day like no other; the youth of a nation rejoiced, and all those who had been in the depths of despair and depression had a reason to smile again. World peace? Cure for cancer? No, it's a new Adam Sandler CD, which is just as good as those things and a whole hell of a lot funnier. As it turns out, there are two kinds of people in the world;

those that find Adam Sandler hilarious and those that find him stupid. Since the latter probably won't even bother reading this review, I'll direct it to all the loyal Sandler fans, the people of the world who have a sense of humour. Returning to the format that brought Sandler his success in comedy albums, "Stan and Judy's Kid" has a nice mix of spoken word skits and songs. Peppered throughout the album are the "Cool Guy" skits, the final installment of which ties in nicely with "The Peeper," one of the funniest tracks on the album. Now officially the longest track on any CD I own, the 17 minute "Whitey" is worth listening to just because of its length. And perhaps the icing on the cake, fans of the "Chanukah Song" are treated to the second part of the ditty, this time sung to electric rather than acoustic guitar. So, in conclusion, rather than summarize what is already obvious, I'll ask the question: can Adam Sandler produce something not funny? With his fourth album full of great laughs and offensive jokes, I'd have to say no.

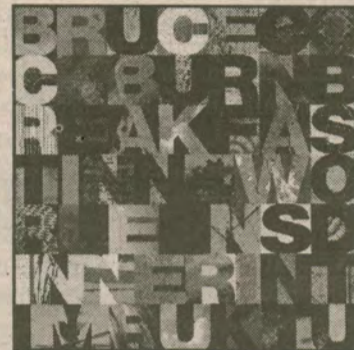


**Gomez
Liquid Skin
Virgin**

by David Hennigar

When I picked this CD to review it was pretty much a shot in the dark, the main selling point being that the first track was named "Hangover"...whatever that tells you. It turned out that my choice was definitely a good one, Gomez was more than the mediocre band I expected. Their truly original sound has led the band to win an array of awards and nominations in their three year existence. Some highlights being the prestigious Mercury Prize for the 1998 Album of the Year, a nomination for Best Newcomer, Best British Group and Best British Album at the 1999 BRIT Awards. Their first album (which was originally

recorded as a demo) reached platinum status in the UK, not too shabby. I found myself enjoying the easy flowing tracks on the CD—particularly "Devil Will Ride", "Revolutionary Kind" and "Hangover" (that fateful song which first attracted me). Gomez's Liquid Skin will not find its way to my coaster collection anytime in the near future, anyway.



**Bruce Cockburn
Breakfast in New
Orleans Dinner in
Timbuktu
True North**

by James Pratley

Over the past thirty years Bruce Cockburn has become one of the most respected singer/songwriters in Canada, and around the world. In his 25th album, Bruce

again takes listeners into his world by plunging us into the song which flow like good stories do. The narrative style of songwriting has become a trademark of his and makes it so easy for listeners to feel the passion that he puts into every song.

His career has brought him throughout the world, and you can hear some of the influences that his travels have in his songs. As the title of the CD suggests, there are several tracks that have a significant jazz feel to them. "Down to the Delta" and the remake of "Blueberry Hill" are two such songs.

Cockburn fans will really enjoy the song "Last Night of the World" which resembles some of his earlier recordings. The rest of the CD is, however, another musical experiment. Cockburn still has a passion for politics and these influences can be clearly heard in many of the songs that incorporate socially relevant topics.

I find the entire CD worth listening to. This CD makes for perfect background music; something to pop on while doing homework. It's by no means some of Cockburn's best work, but fans won't be terribly disappointed.



YES, WE DO DELIVER!!

457-KING (5464)

**Student Special: Mention This Ad When
Placing Your Order And Recieve a 15%
Discount!**

**24 HOUR DRIVE
THRU
6061 YOUNG
STREET
(AT KEMPT ROAD)**



Delivery Available from 3pm until midnight,
Sunday to Thursday and from 3pm to 2am
Friday and Saturday. Please call **457-KING**
to order.

Value Meals

Meals include medium size fries or rings and medium drink!

Whopper	\$4.35	BK Broiler	\$4.99
Double Whopper	\$5.35	Chicken Sand.	\$4.99
Whopper Jr.	\$3.49	BK Big Fish	\$4.99
Bacon Double Cheeseburger	\$4.99	Big King	\$4.75

Kids Meals

Meals include small fries, kids drink and feature toy!

Burger Meal	\$2.99	Cheeseburger Meal	\$3.19
4pc Chicken Tenders Meal	\$3.80		

BURGER KING BIG KID MEAL

For those kids with bigger appetites, includes small fries, small drink, and a feature toy!

Double Burger Meal	\$3.99	6pc. Chicken Tenders	\$4.39
Double Cheeseburger Meal	\$4.39		

Drinks, Desserts and Fries

Poutine	\$2.99*		
Fries	SM \$0.99	MED \$1.49	Large \$1.89
Onion Rings	SM \$0.99	MED \$1.49	Large \$1.89
Soft Drinks	SM \$0.99	MED \$1.39	Large \$1.60
Shakes	SM \$0.99	MED \$1.75	Large \$1.99
Apple/Berry Pie	\$0.99		

*(Substitute Poutine for fries in a Value Meal for only \$1.64)

Fresh Salads

Garden Salad	\$2.19	Chicken Salad	\$2.69
--------------	--------	---------------	--------

Prices are subject to change. Prices do not include tax, Delivery charges extra. Offer available during above mentioned times only. Offer available from the Joseph Howe Drive location only due to delivery route restrictions. Burger King is a registered trademark of the Burger King Corporation



**Eve
Ruff Ryders' First Lady
Ruff Ryders/Interscope**

by James Pratley

I have always boasted that I enjoy all types of music, no matter what genre. The problem is that I don't consider rap to be a valid form of musical expression. So I looked at reviewing this CD as a challenge to myself to give an unbiased opinion.

This task proved to be much more trying than I had first anticipated. It was absolute torture to force myself to listen to this entire recording, so I didn't.

The entire CD is littered with profanity and violence. The violent undertones of the CD made listening almost unbearable. One of the 'skits' that are placed between songs makes it sound as if a woman is being beaten. I found this very offensive and absolutely meaningless. The CD wouldn't have been nearly as bad without these pointless interludes between the songs.

The first single, "Gotta Man", is a ballad about two lovers whose love perseveres

despite the fact that one of them has been sent to jail. Yeah! This is a message that I want sent out to children. The rest of the CD wasn't much better, so after a while I shut it off.

If you enjoy other artists on the Ruff Ryders' label then you'd probably enjoy this CD as well. If, however, you have any taste whatsoever I'd advise you to stay away from this one.



**The Folk Implosion
One Part Lullaby
Interscope**

by Dane Butler

Not too bad, not too good. At the mediocrity of modern music, it's like a paradox set to a rhythm, but I digress. Actually, this CD is closer to being good than to being bad, and is actually a lot like the kind of independent stuff that was coming out of Halifax a couple of years back. The Folk Implosion is a duo comprised of wuss extraordinaire Lou Barlow of Sebadoh and John Davis. Their style is indeed folksy in that Beck sort of way. But it really is on the lower rung of the pop ladder, with

the lower rung of the pop music ladder being the one where all the talented in-between groups sit. The only song I had heard from this group before was "Natural One", a song I actually liked quite a bit. Although I didn't like any of these songs as much as I liked "Natural One", the songs on this disc are admittedly better. The songs on this disc are arranged better, the vocals are less gruff, the instruments are together and not grainy, but rather smooth, and the lyrics are quite interesting. Some of them I kind of relate to in that anti-social, I'm a geek sort of way.

Okay, so do I recommend this CD? Sure, why the hell not. It's pretty good, I liked it, I haven't decided whether I'll keep it or not. I really would prefer music that was a little perkier, but I don't think that Barlow could pull that off well. So, the songs are enjoyable and the disc is worth listening to, so check it out, and pay attention, it's not a bad CD at all.



**Ben Harper and The
Innocent Criminals**

**Burn To Shine
Virgin**

by Dane Butler

My affinity for Ben Harper's music aside, this is a pretty good CD. I only say pretty good because I keep hoping that he is going to rock out a little more, but he never does. Admittedly, his voice is ill suited for hard driving songs, but his talent with the slide goes unmatched among popular musicians. I hope and hope for more songs like "Faded" or "Ground on Down", but they don't come. Nonetheless, the lack of pace does not detract from the enjoyment of the disc. With music worthy of awards, Harper delivers his lyrics with vocals soft as a lullaby, but as stinging as an opera. Harper makes the music he wants to make and that's cool with me. It's not like he doesn't keep the pace up, with the first single and title song "Burn to Shine", he helps to prevent the album from becoming dirge-like.

You would be hard pressed to find a more talented solo male musician in the world. Ben Harper makes good music whether it be fast, slow or in between. I just wish he would go for up-tempo a little more often. But my argument there doesn't detract from the excellence of his work. Someday I will see him in concert and I'll be in the front row, the guy admiring the talent that is gracing the stage. Okay, a bit of an over dramatic ending, but what can I say? Ben Harper kicks ass!!! How was that?



**P18
Urban Cuban
Virgin**

by Jarrod Francis

This is a fast paced CD that would make a great choice at a dance party if you're looking for something different. Many of the beats resemble today's mainstream dance music. I would defy anyone to pick out track number four, "Kid Chocolate," from the rest of the music at the next rave. You won't be able to understand most of the lyrics, but I don't think that dance music has ever been about the words. Only the groovy little "Light and Fire" and the very French "Le Tour Du Monde"

will come across lyrically to the majority of Canadians. This may pose problems for those looking for something more than just something to dance to, as it is hard to get into the music when you don't understand the language. I guess it depends on how you appreciate music. Urban Cuban also offers more traditional sounding tracks in the form of "La Verdolaga" and "Yemaya." This fact plus the incorporation of trombone, saxophone, bongo drums and other funky instruments make it much more varied than your typical dance CD and thus one that is worth a look.



**Lou Bega
A little bit of Mambo
RCA**

by Natalie Bromehed

To anyone who might find this album anything less than toe tapping, hip swinging, dance-like-a-fool-around-your-apartment fantastic, I say "you have no taste". Begin by listening to the radio famous first track "Mambo No. 5" and continue onwards and you too will want to jump back several generations and be in the midst of some swanky old club dancing your innocent heart away. A word of advice: listening to this CD in public places where no one can hear the music but you, may cause you to humiliate yourself in your pathetic efforts to keep still. I loved this CD! A great mix of old fashioned mambo with modern studio mixing tricks sprinkled in. Lou Bega has the kind of voice that is old style, new style and delightfully playful. His songs invite you to indulge yourself in all that is fun and ridiculous. It reminds me of reading Archie comics—everything seems lighter, simpler and a whole lot more fun. Now I'm not saying listen to Lou Bega and it will change your life. But listen to it and you will have a great time, whether you're housecleaning, studying, cooking, riding the bus (note: embarrassment may follow as you simply will NOT be able to control your dancing and swaying urges) or in the mood to teach yourself the mambo. Whichever it is or in whatever combination—I highly recommend this album as a welcome change of pace to the usual soundtrack of your life.

L'ARCHE THE UNIVERSITY OF THE HEART

L'Arche Cape Breton is a community for men and women who are mentally challenged and those who share life with them. We are a community committed to equality, solidarity, and simplicity, and since we began in 1983, hundreds of people have come to share this way of life with us.

We have welcomed many volunteers from Cape Breton, and from the UK, France, Austria, Germany, Granada, India, the United States and all over Canada. The experience in L'Arche has not only changed the way we see people with disabilities. It has changed the way we see the world.

We are always accepting applications from energetic, open-minded, and committed people. We provide room and board plus a monthly stipend, and will consider covering your student loan payments. There are even programs available for people interested in volunteering overseas, as there are over 100 L'Arche communities throughout the world.

Not sure what your are doing? Why not consider volunteering with L'Arche? Contact us for an information package.

L'Arche Cape Breton
Whycocomagh, NS B0E 3M0
Ph: (902)756-3162 Fax: (902)756-3381
E-mail <larchecb@atcon.com>
WEB SITE <www.phk.auracom.com/~larchecb>

We'll never forget you, Scooby-Doo

By Dane Butler

Do you remember how when you were younger, the eagerness with which you



awaited a Saturday? That is before you thought of Saturdays as a night to go out and get plastered. Do you remember rushing home from elementary school at lunchtime to catch a cartoon on the noon hour? If you do indeed remember, then continue reading as I pay homage to those fondest television oriented memories of our childhood.

Now, of course we all know that the 1980's and early 1990's was the heyday for children's entertainment programming. During this span of time you could see action unfold and in the end learn a moral lesson or even life saving tips. Not to mention how many cool toys there were. I am not about to say that there were not good cartoons before the 1980's, or for that matter that there aren't any good ones now, simply that the 1980's was the cartoon renaissance, if you will, the decade that defined Saturday morning.

We all grew up watching the classics, of course. The timeless classics "The Flintstones", "The Jetsons",

and of course "The Loony Toons" entertained us all, and still do. "Mighty Mouse" was also a popular character held over from ages well before ours. But we cannot speak of children's animated programming without mentioning "Scooby-Doo." No matter what incarnation this show had, it was always good, although nothing tops the original. I still watch it sometimes and I know I'm not the only one, so stop your snickerin'.

I remember in the early years of the 80's at my old house getting up early enough to catch "Pac-Man" and "Q*Bert", not to mention the show with the Rubik's cube; now there were three great shows. Then there was "He-Man", who was on six days a week, which I used to watch religiously and had a lot of the toys, too. A few years later "She-Ra" struck a blow for women's rights, she always had to save He-Man when he made his cameo. The cartoon shows of the 80's had many heroines such as "Strawberry Shortcake" and "Rainbow Bright" to name a few. But the cartoons of the 80's were driven by testosterone indeed with shoot em up good guys and bad guys in cartoon violence that never influenced any of us in a negative fashion. Who else remembers having to get up at around 6:00am to catch "G.I. Joe"? Then, of course there were the other great shows that lead us to spend so much of our parents' money. The "Transformers" showed us a world of exciting intelligent cars with big-ass guns. The "Gobots" brought the same thing but to a lesser extent. There was also "Thundercats", which never aired on any of my channels for very long but I am told it was good, I think I still have my Lion-O toy in a box in my basement. "M.A.S.K." was one of the coolest shows ever

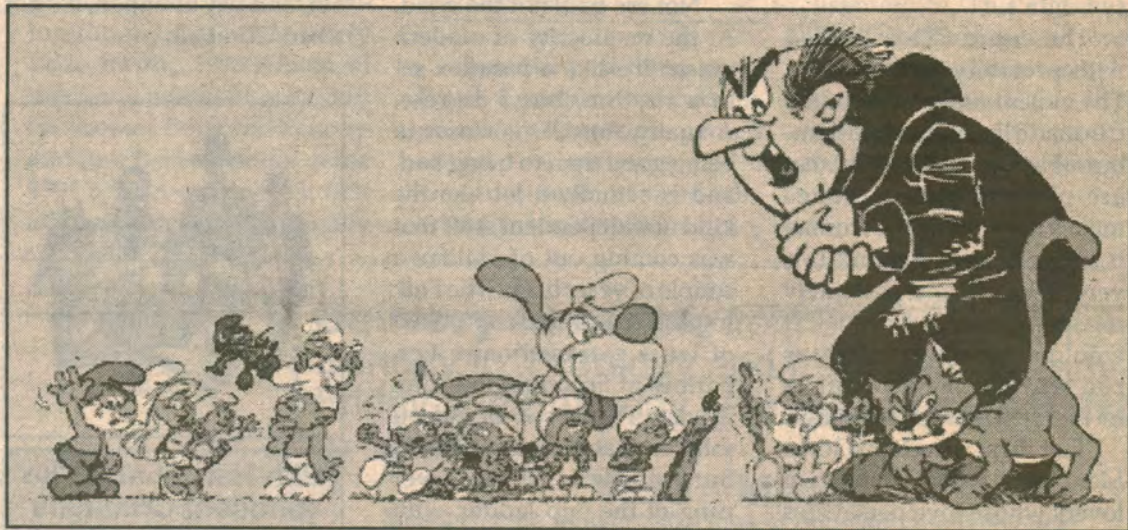
until they turned it into a racing theme. I liked to watch the video game based "Dungeon & Dragons" and "Pole Position" back to back on Saturdays, then I would watch the "Jem", "Bigfoot", and "Robotix" show.

Lunchtime or after school was always a great time, too. When "Jem" became it's own show, that was great. It was "Jem" that actually began my interest in music. Also on at lunchtime was "Defenders of the Earth", a show in which Flash Gordon and fellow heroes kept the world safe. But after school was my time, the time at which I could shake off the unhappiness of my day and sit down to a little show

called "Robotech". Undoubtedly the finest cartoon show of our time, not to mention the most violent; I used to dream that I was flying one of those fighters. Then there was "Voltron", both version are great shows from our youth. I remember playing "Voltron" with friends at Larry O. Connel Park and I was always Sven for some reason.

There are too many great shows to mention, none with a better moral center and with more intrigue than "The Smurfs". I don't want to leave any great shows out but I get a little wordy on this topic. "Inspector Gadget" which was recently remade into a bad movie. "Astro Boy"

taught us that being the little guy wasn't the end of the world. Yes, indeed that was the golden time of my youth, watching Disney shows like "Gummi Bears" and "Ducktales" and "Chip and Dale's Rescue Rangers", there are just too many shows to talk about here. Perhaps I will have to do another article to give each one it's equal due, because I know that I have left out quite a few. I grew up on Saturday mornings, lunch hours and after school, everything else was just filler to me. Smile fondly upon past days my friends; our youth may have passed us by, but our futures are out there waiting for us.



travelcuts.com

We're Having a Party & you're invited...

So drop by your nearest Travel CUTS office and enter to win great trips all over the world!



TRAVEL CUTS
VOYAGES CAMPUS
 Plugged-in to Student Travel
 Since 1969

A LOT HAS CHANGED IN 30 YEARS,
 But we're still Canada's original
 student travel specialist.

5th Floor, Student Centre, 494-7027
 Owned and operated by the Canadian Federation of Students

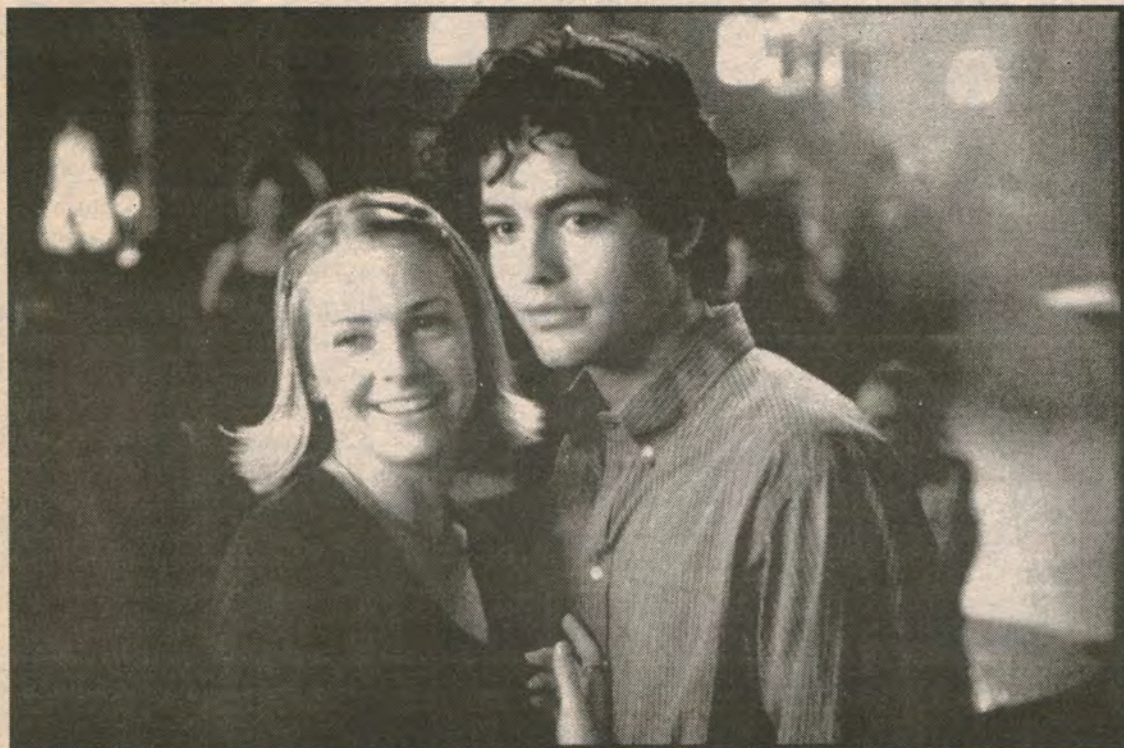
Drive You Crazy?

by Marcin Modzynski

Another teenage romantic comedy, the title of which is based on a Britney Spears song, reminiscent of "She's All That" and "10 Things I Hate About You", this time starring Melissa Joan Hart, star of possibly the most annoying show in the world, "Sabrina, The Teenage Witch." All these factors combined would make you think that the movie would actually

well, doesn't really affect the film, but then again, look at Mr. I'm-So-Old-And-Hairy-I-Have-To-Shave-Twice-A-Day-To-Look-Like-A-15-Year-Old James Van Der Beek. There are tons of inconsistencies like that, but if you look at the movie with that much criticism, you'll probably give yourself a brain hemorrhage. When Chase (Grenier) gets dumped by his girlfriend, and Nicole's (Hart) plan to get her dream date with the star bas-

ting their love interests green. The plan works with only a few minor fallbacks, but by the time their mission is accomplished, they've already fallen for each other. In the end, all problems are solved and everyone who's supposed to get together does...you know, to give the movie that realistic, gritty edge. Other love sub-plots in the movie permeate the film, namely between one of Chase's geeky friends and one of the popu-



drive you crazy, but that wasn't the case, at least not for me. A newcomer to the movie scene is Hart's male counterpart, Adrian Grenier, who does a decent job as the love interest and grungy, rebel protestor who undergoes a metamorphosis in order to get his girlfriend back. The fact that Melissa Joan Hart is actually 22 and Adrian Grenier looks to be in his twenties as

ketball bombs, they join forces in an attempt to get their respective objects of desire to feel jealousy and rage. Well, maybe not rage, but definitely jealousy. It turns out that Chase and Nicole used to be best friends because they're next door neighbors, but they got too cool for each other in junior high. Nicole remodels Chase's look and they pretend to be a couple, in hopes of get-

lar girls, as well as between Chase's dad and Nicole's mother. This ensures that there is enough romance in the movie to placate any girl, and make any guy wish all that much harder for the new Schwarzenegger to come out already. Still, if you're going on a date, or are taking your girlfriend to a movie, this is your best bet; chances are she'll enjoy, and you might, too.

Mumford

by Natasha Oakes

A psychologist sets up shop in a small town that just happens to have the

the local café. She's pretty normal, except that she's lonely in the love department. And then there's Sofie (Hope Davis), the Chronic

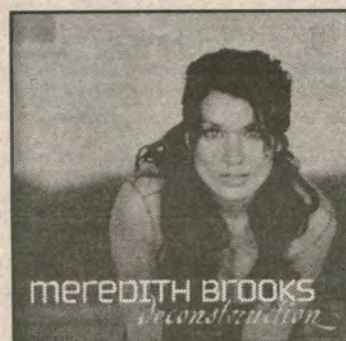
s a m e name as he does, Mumford. Dr. Mumford (Loren Dean) quickly establishes himself as an ingenious



aid to the emotionally challenged. Along his way he encounters the skateboarding Skip Skipperton (Jason Lee), a thirty-something computer millionaire whose company the whole town depends on for jobs. He's got some problems, but doesn't want anyone to know so he pays Mumford to be his "pal." There's also Althea Brockett (Mary McDonnell) who just can't stop buying things through mail order catalogues. Her executive husband, played in a brief spot by Ted Danson, and their children are tired of running out of rooms in their home to store her acquisitions. Lily (Alfre Woodard) is Mumford's downstairs neighbour, and owner of

Fatigue sufferer who pulls on the good doctor's heartstrings.

This crazy little town makes an excellent backdrop for a good movie. Director Lawrence Kasdan hits the mark here with a slightly unorthodox approach to helping out Mumford's (the town, this time) residents. This flick is funny, but not hilarious, and not in that "awww, cute movie" kind of way, either. And it definitely has some delightful twists, like how the good doctor became such, and great acting, Martin Short plays a lawyer hell bent on destroying Dr. Mumford. All the actors shine here, actually. It's a solid movie filled with solid performances. Not a bad thing, in my books.



of quality, that pegs it as a follow-up album that is mostly going to collect dust on shelves in music stores. And who knows why this is? Nobody, it's just the way it is. Still, I could be wrong, and I wouldn't mind, because I'd like to see Meredith Brooks get more of the success she deserves. Some of the more notable tracks include "Shout" and "Lay Down", which features Queen Latifah (isn't she dead or something?); these songs are really good, and really different, which makes them even better. I wish all the best for Meredith, but honestly, you should probably wait for something better to come along.

Meredith Brooks Deconstruction Capitol

by Marcin Modzynski

Meredith Brooks has everything it takes to make it really big in the present music industry. Her music is catchy, with good lyrics, some of which focus on relevant issues in today's world. She adds variety to her music, and makes it just different enough

to create an album worth listening to in one session in its entirety. She's also a very attractive woman with presence and grace, as well as her own style, from sophisticated to funky. But that's not enough, at least not in Meredith Brooks' case. Despite all those things, her music is reminiscent of other artists (namely Sheryl Crow), and just has a certain quality, or maybe lack

PEDDLERS PUB

The Friendliest Pub & Eatery in Halifax

Annual Oktoberfest Party Saturday, October 16th

Featuring

Kenny, Alex & The Swell Guys
4-7pm

Performing all your Favorite German oompah Melodies
and
Special Guest Appearance
By

Signal Hill

8pm- close

*Sausage and Saurkraut
*Footstomping Sing-A-Long Music!

B. Y. O. B. S.
(Bring Your Own Beer Stein)

ZIG-A-ZAG-A-ZIG-A-ZAG-A-HOI-HOI-HOI
Peddlers' Pub Granville St. Hfx. 423-5033

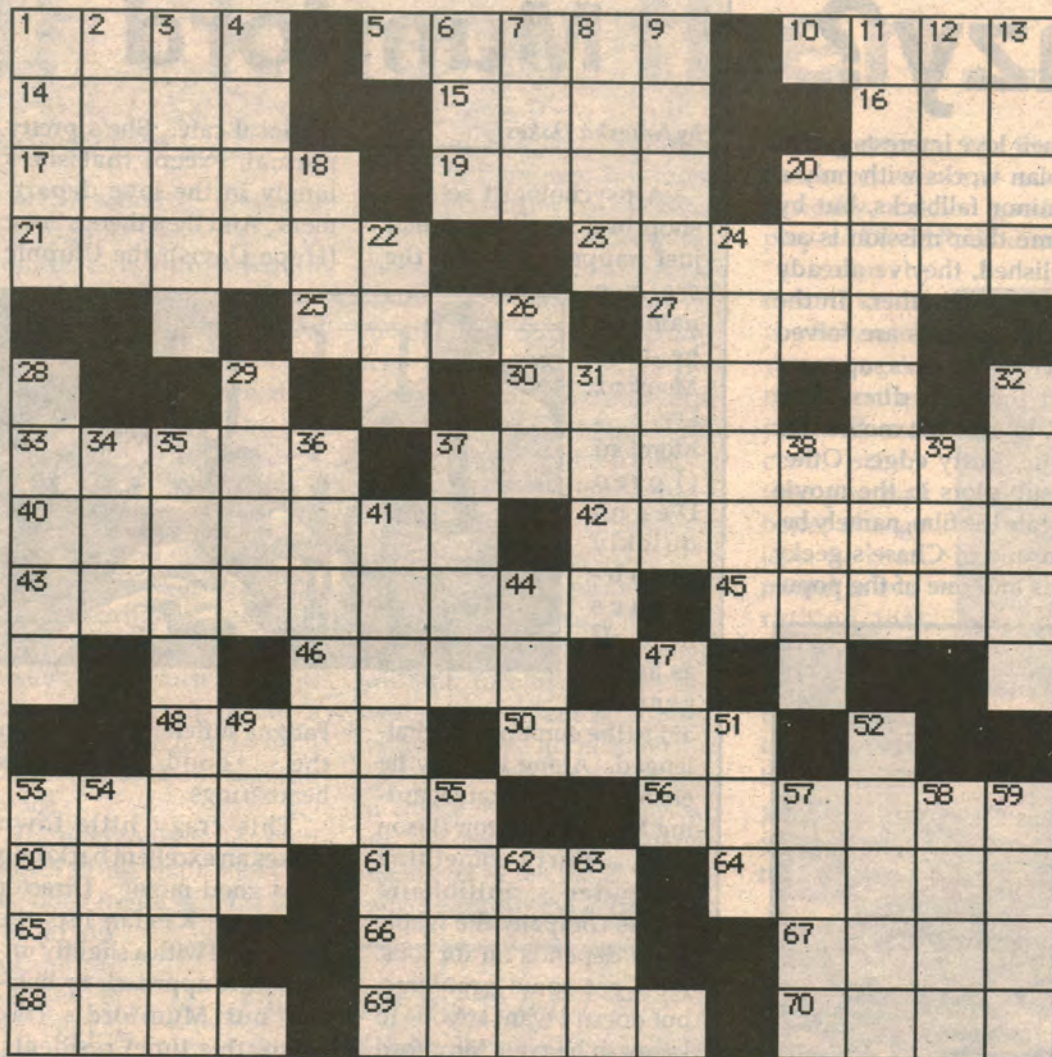
Open way past Mikey's bedtime.

mikey's

PITA WRAPS & JUICE SMOOTHIES

We deliver. 423-MIKE

You can contact the A&E Editor at:
496-8205
a&e@journal.stmarys.ca



created by Kevin Smith
edited by Kevin's Mom and Dad

Across

- 1 Ollie's partner
- 5 Louse
- 10 Behaves
- 14 Overhang
- 15 Test type
- 16 Egg layer
- 17 Gather
- 19 Advertising award
- 20 Mice, to a hawk
- 21 Teaching
- 23 Chris Sheppard's group
- 25 30's cartoon Betty
- 27 Components of hrs
- 30 Roman road
- 33 Tag
- 37 Scared stiff
- 40 Stuffed oneself
- 42 Jamaica and Australia
- 43 Order of song
- 45 Obliterate
- 46 Trial
- 48 "Dick Tracy" character
- 50 Sailing
- 53 Angle of horizontal deviation
- 56 Pant features
- 60 Log or rubber item
- 61 Techs workplace
- 64 Legal
- 65 African antelope
- 66 Service station
- 67 Tonight Show host
- 68 Olive's parents
- 69 Shelter on a sunny day
- 70 Strike

Down

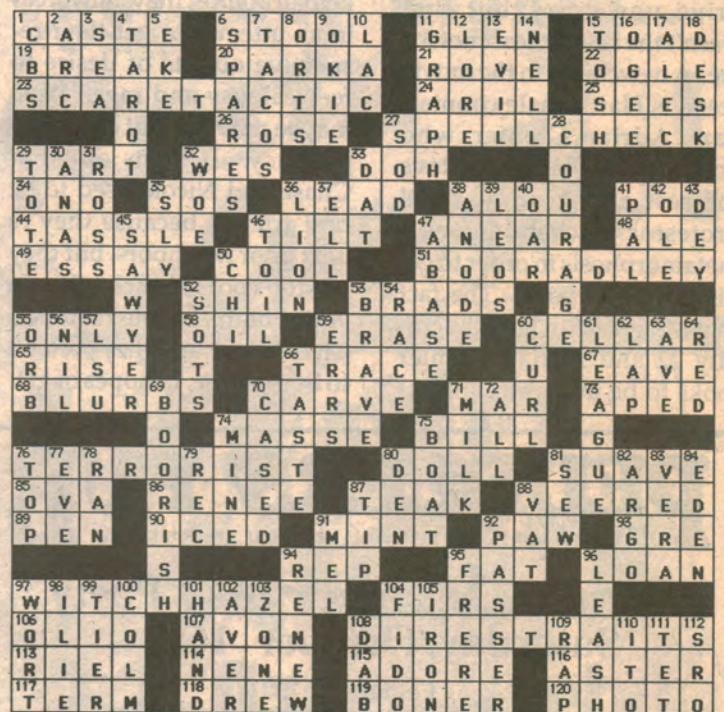
- 1 Make airtight
- 2 Not feral
- 3 Pirate's word
- 4 Famous Loch
- 6 Mythical bird
- 7 Internet addressing protocol
- 8 Post
- 9 Underpants
- 11 Actress Applegate
- 12 Adolescent
- 13 Harmonize
- 18 Cry
- 20 Author
- 22 Give the go ahead
- 24 Potent
- 26 Common dessert
- 28 Schemes
- 29 Safe sports equipment manufacturer
- 31 Rush, for example
- 32 Classic lemon
- 34 " _ Maria"
- 35 Gorgeous
- 36 Chinese philosopher
- 37 Asian holidays
- 38 Old MacDonald's residence
- 39 Newspaper employees, abbr
- 41 Bridges
- 44 Monica Seles' org.
- 47 Dem's foe
- 49 Ambulance driver, abbr.
- 51 Everyone
- 52 Round bread
- 53 T.O. athlete
- 54 Wacky
- 55 Minced breakfast
- 57 Slippery fish
- 58 Singer Turner
- 59 Cease
- 62 Lord Baden Powell's grp
- 63 Lawn repair

This week's prize is five CDs of various artists. This week's 1st prize winner is George Bayer, 2nd place goes to A. Lise Chiasson. Drop off your completed crossword at the Journal Submissions Box by the Loyola Security desk or at The Journal offices, 5th floor Student Centre. Draw will take place at 3:00 pm, on Tuesday, October 5th.

Name: _____
ID Number: _____
Phone/E-mail: _____

Last Week's Answers

Blair Score



CRYPTOQUOTE FUN by Courteney Osborne

ACMSIM LQ'B BYJLF BLLBYAOGVI OQ BYM BLOCMB... GJSXI

GSQ ALCM KSECB.

Last Week's Answers

TRY NOT TO FROWN BECAUSE YOU NEVER KNOW WHO IS FALLING IN LOVE WITH YOUR SMILE.

UNKNOWN

This week's prize is three CDs of various artists. This week's 1st prize winner is Jennie Connell and 2nd prize goes to Amanda Stoddard. Drop off your completed cryptoquote at the Journal Submissions Box by the Loyola Security desk or at The Journal offices, 5th floor Student Centre. Draw will take place at 3:00 pm, on Tuesday, October 5th.

Name: _____
ID Number: _____
Phone/E-mail: _____

Good Things Can Happen...

OUT OF THE

smu

©1999 sTRO



APACUE

Atlantic Provinces Association for Continuing University Education

OUTSTANDING ADULT LEARNER AWARD

This award is open to an adult student studying full or part-time towards their first undergraduate degree. Applicants must be Canadian citizens or have landed immigrant status and must have completed the equivalent of one year of university study.

Students may apply on the basis of their academic success, contributions to the university or community at large, financial need, family considerations, or any combination of these factors.

Applications are available at Continuing Education
883 Robie St.
420-5492

Deadline for application is October 15

New and improved 'Fied rules!

1. All 'Fieds must include the sender's name and student number. No names or students numbers will be printed.
2. No positive identifications will be printed, ie: no first and last names together, no residence room numbers, and no student numbers.
3. 'Fieds are open communication, but must remain within whatever boundaries of good taste are in on layout night.
4. No names and student numbers will be released under any circumstances whatsoever.
5. 'Fieds may be submitted electronically at www.stmarys.ca/journal, dropped off on the 5th floor of the Student Center, or in the drop-off box located next to the Loyola Security Desk.

SMU_Boy,
Never let the wise words of Mr. T pass. (The french guy, or one from the A-team)
HeartBreak

Came back for more
Of SMU's abuse
Little old family
In Loyola
Not the pimp I know!
Sega Genie

G-Boy,
Been spending anytime with Hulk Hogan lately?
P-Boy

Da Girlz,
Two outta three ain't bad. We should try and hook up for a spaghetti dinner with wine somenight.
Da Boyz

The Jock,
I hear you gave me a goodnight kiss. Wish I could remember it.
Passed out Birthday Boy

Cordine,
Hey hot-stuff! You look great in MSE class. Want to get to know you.
Three Rows Back!

Everyone,
Thanks for making my 19th an event to remember. (Well, parts of

it anyway)
Pauly D

Yabo,
Ever wonder why they call it Robie St. High?
RD & JA

Ladies,
Hey, grow up and then we'll talk.
Men

Vanilla,
Quebec was a blast, flavourful at best. Who are you?!?! LOL
Requiem

Paris,
From now on, "I'm with you".
Pauly D

Big Rich,
Vroom, Vroom...Listen to that truck purr.
Husky Driver

New News Geek,
Kick some ass for me!
Retired J.C.

Pauly D,
Where's my pale ale? We'll drink a few this weekend.
Big D

Scareleaders,
Sorry, we never signed up to be cheerleaders; you're on your own.
Pit Crew

Yabo,
I'm white; let's get it on!
defeated

Hey Amanda,
How's it going?
Kristin

J.K.
The hottie hunt stops here. I've got what you want!
ImTooSexy

Pajama Girls,
Slumber party next Saturday, our place.. you bring the porn.
Rubber Duckie Boys

Liam & Yabo,
Stay @ home, you're not invited.
Rubber Duckie Boys

Monkey-Man,
Too much to drink @ the Fife & Drum on Friday?
M&W Pub Crawl

Kelly,
My ribs are bruised from when you had your legs wrapped around me... next time I get on top!
sTRO

M&W Society,
I've got your stuff in my office. Come get it!
HuskyMan

5267 Tobin,

We miss you guys.
Husky Patrol

Crazy Old Man,
Thanks for taking our garbage again. He Haw He Haw He Haw Haw.
6067

Russ,
Majoring in Economics?!? WTF is wrong with you?
The rest of the World

Commerce Prez,
It wasn't Sprite, dumbass! But don't worry, we'll play our game in the next episode.
still Unimpressed

New Chief,
You may be the boss to them, but you will remain Belltower to me forever...
Missing you guys in Toronto

HRMPD,
Sometimes you have to make a little noise to have fun.
Commerce Pres.

WILD'98 Co-Chair,
Where's my Pale Ale? Are you hogging it all?
JAM'99 Co-Chair

Sprite,
I want to go home! Call my owner and arrange a pick-up.
Latin text book

"City in France"
If you grow it back, you can wear pigtails for your boyfriend.
Tuffy

Guess,
There are too many "Steph"s on campus. Who do you mean?
Nosy ("Tuffy")

Hey,
I got nothing.
Yabo

T & R & S,
All for one, and one for all.
Y

Stro the poor man,
O.K. we'll alternate. One week - you ho, me pimp Next week - me ho, you pimp.
Yabo the poor man

Troy and Tim,
Regroup boys, Regroup!
Rich

Girls,
We love you!
90210 Boys

Boss,
She's only 18! Where's the taxi?
Employee

Double BT,
I still love you!
R xxx

Humber,
I got you clippers! Where are my thongs?
The barber.

Tim,
Here's to microwaves, the silver bullet, MT&T, and steamers.
Rich.

SMUSA,
I hear Merrill's is rocking on Thursday's.
Molson

Smoker of the death sticks,
I'm glad you had a little bit of fun playing with my head!
Non Smoker

The Perfect Girl,
Do you still hate me?
The Not So Perfect Guy

Ad Rep,
It'll all come together someday. Until then, play hard.
Your boss.

Meatball,
We missed you Saturday!
Arizona Pal

Lucy,
I hear your single. The football team must be winning!
Not Varsity

Jewel,
How great was that sleep?
Owner of bed

Rich,
I don't smoke but can I have another drag of that cigarette.
Guy on stool at J.J.'s

Steph,
.....Alright then.
?

SMUSA,
I was down at Merrill's on Sat. looking for the bus to the pub, I couldn't find it.
SMU Students

Attitude Girl,
Lose it.
The tease

Double BT,
Do I still got the stuff?
Sat. afternoon

Russel,
How's life without the Journal?
Missing You

Budwieser,
Sleep tight.
Loving You

Student Body,
Let's get deviant!
Criminology Society

Trooper,
Sorry I didn't call - I am soo busy! E-mail me.
Tuffy

TO THE SEXIEST GUY AT SMU
Just a late congrats to hard body #2! You should have won first.
SEXY LEGS

J.J.'s,
Looks like you nabbed the wrong guy.
Innocent Bystander

Government,
Damn you!!! Where's my student loan?
P.O.'d student

HALIFAX'S NEW STUDENT BAR

Lawrence's Lounge

LIVE DJ > GREAT LIGHT SHOW
PRIVILEGE PROGRAM IN EFFECT
ENTRANCE AT ARGYLE STREET
ACROSS FROM GRAND PARADE
DOORS OPEN AT 10PM



PRIVILEGE NOW HAS ITS MEMBERSHIP

VISIT LAWRENCE'S
FILL OUT A CARD
COLLECT POINTS
EARN PRIZES
GET FREE COVER

SIMPLE.

LAWRENCE'S
1726 ARGYLE ST.





COMIX



16 • October 6, 1999 • The Journal

the return and sweet Hallmark farewell to...

Single-guy

Wandy

his episode: Goodbye sweet artist formally known as prince

It's says Minneapolis is the desperate lonely woman state!!

It's fate on line one for you...

When I look back on my 30 years at Saint Mary's, it's with great happiness and memorable moments. Sure, not as moving as an episode of "Touched by an Angel" but pretty damn close...
It could be longer...not sure Andy

1) Who can forget that business manager who embezzled Journal money in '89? Who knew??

2) Journal party 1992: smoke, booze, disco and asthma just didn't mix...

3) The Goosebrook: proving that anyone can run a bar without any ounce of talent or proper supplies...or clue.

4) Who could forget "Charter Days"? So many faux pas... so little time...

5) Kidney stones: My own personal Vietnam (summer 97')

6) Vanier Cup 1991: six people, one van, no room, zero tolerance... few survivors.

Looking back, I wouldn't change a thing, except maybe the goatee, or the earring. I leave knowing I've made lasting friendships that will continue even though I'm gone...

cool Porsche Raffi
Dawry

I think he's dead!

Well he was 50!

nice garnish Martha Stewart.

Vodka + Preep?

Hark!!! do I smell polyester?!!

floral?
purple?
oh god yes!!

It's someone from the Journal! Run Ruthie!! Run away!

mommy

looks like twins!

congrats, it's a 65lb baby stone

oh my god! you killed Liz!!

you... bastard??

gag gag

heh heh

I got his sofa what'd you get?

phone

so do you play golf?

I got his stones...

sniff

e-mail → hoochiebomercan@netscape.net

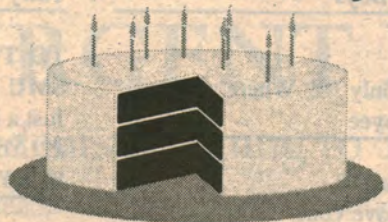


Managed Services, Managed Better

Don't forget to join us **today**, Wednesday, October 6, 1999 in the Dockside Dining Hall for **Thanksgiving Dinner Special** 4:30pm - 6:30pm



Grab some grub while you cheer on the Huskies! Reminding you that the pub is open for food service during **Football Huskies'** home games. Tell 'em Joe sent ya!



COMING SOON:

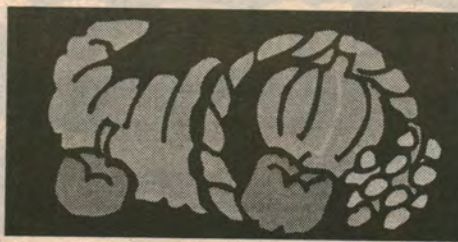
The Birthday Cake Program... Order a cake for your friend's birthday... your floor Christmas party... or your sweetie at Valentine's! Watch for Flyers!

Happy Thanksgiving

Hours of Operations:

Faculty Lounge & Window
Monday, Oct. 11/99
CLOSED

Dockside Dining Hall
Saturday & Sunday
Oct. 9 & 10/99
11:00am - 6:30pm
Monday, Oct. 11/99
11:00am - 12:00 Midnight



SUB Food Court & Pub
Monday, Oct. 11/99
CLOSED



Tim Horton's & Easy Goes
Sunday & Monday,
Oct 10 & 11/99
CLOSED



Corner Store
Saturday & Sunday
Oct. 9 & 1/99
11:00am - 7:00pm
Monday, Oct. 11/99
11:00am - 9:00pm



THE EXCITING ADVENTURES OF



©1999 ADAM TUPPER IN STEREO WHERE AVAILABLE.

THIS WEEK DANE & MARCH MEET U.S. DEFENCE SECRETARY WILLIAM COEN.

WILLIAM COEN??!! WHY THE CRAP ARE WE MEETING HIM? I DON'T EVEN KNOW WHO THAT IS!

YEAH! IF WE'RE GONNA MEET FAMOUS PEOPLE, INTRODUCE US TO THE GIRLS OF "FRIENDS".

NO WAY, JOSE! FIRST YOU CHEAT US OUT OF SEEING THE FULL BRITNEY LAST WEEK, NOW THIS! WE'VE HAD ENOUGH!

I DON'T KNOW IF YOU REALIZE THIS, BUT THIS IS NOT THAT "DOONESBURY" COMIC! WE'RE GOOFY AND PROUD OF IT!

SOARY DUDE, BUT EITHER YOU GIVE US SOME EXCITING ADVENTURES, OR WE STRIKE!

WE JUST UNIONIZED LAST WEEK. I GOT A FREE KEYCHAIN OUT OF IT!



HEY, STOP COMPLAINING AND SAY WHAT I WAOTE FOR YOU.

LOOK YOU TWO, I'M THE WRITER HERE AND I SAY WHAT GOES. O.K.?

DAMMIT. I DON'T WANT TO MESS WITH A UNION....ALRIGHT JUST WHAT DO YOU WANT?

LET'S BE 18TH CENTURY VAMPIRES! JUST LIKE TOM CRUISE & BRAD PITT IN THAT MOVIE!

BLAAAAAAA! I WANT TO SUCK YOUR BLUUD! MAN, THESE TEETH ARE KILLING ME!

HOW ABOUT A '70'S DETECTIVE TEAM?

LIKE SHAFT, TIMES TWO!

HEY! MAKE US IN TO SUPERHEROES! I ALWAYS WANTED TO BE A SUPERHERO!

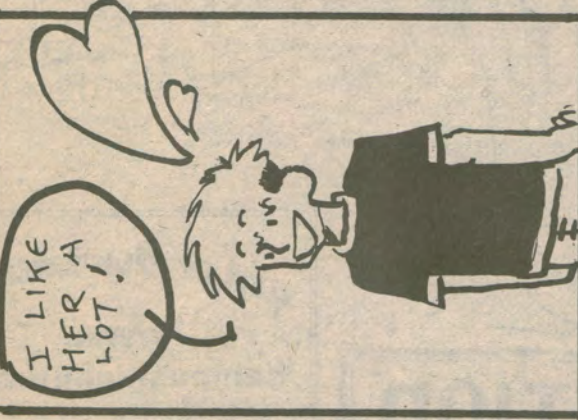
YEAH! AND I WANT TO FLY! AND BECOME INVISIBLE! AND HAVE THAT COOL EYE BEAM THING LIKE CYCLOPS OF THE X-MEN!



VAMPIRES HAVE BEEN DONE TO DEATH! AND NO DATED PREFERENCES!

.....UM, I'M GONNA SAY NO.

ALRIGHT THEN. SUPERHEROES IT IS. JUST REMEMBER SUCKERS, BE CAREFUL WHAT YOU WISH FOR.... NEXT WEEK: BIRTH OF A NATION!



I LIKE HER A LOT!



HEY GUYS, THIS IS MY BOYFRIEND LUC. HE'S FROM MONTREAL AND PLAYS IN A FRENCH METAL-RAP BAND.

YO-YO W'SUP?



HA HA HA!

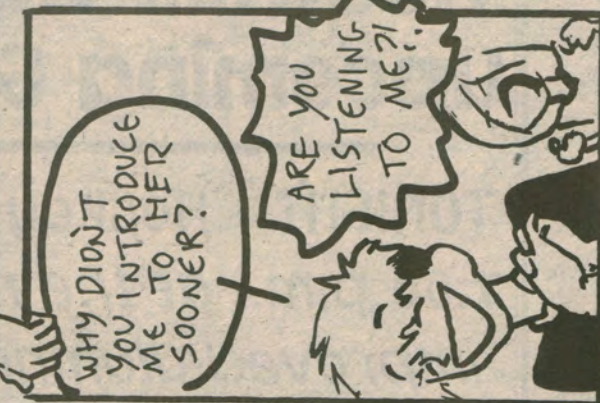
ONCE AGAIN REALITY REARS ITS UGLY HEAD.

REAL WORLD



WOW! ARISA IS SO NICE!

SHE HAS A BOYFRIEND.



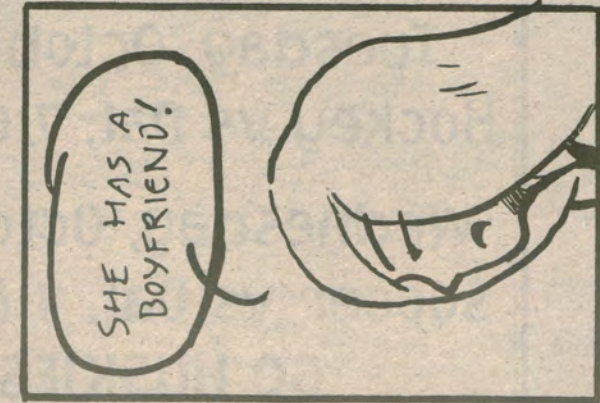
WHY DIDN'T YOU INTRODUCE ME TO HER SOONER?

ARE YOU LISTENING TO ME?

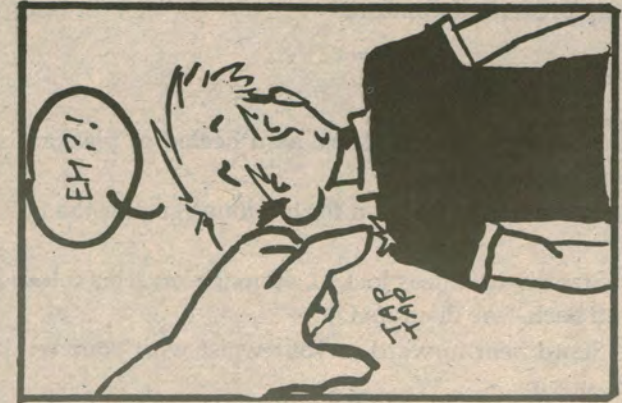


I'LL BE BACK IN A SECOND...

IT'S ABOUT GIRLS



SHE HAS A BOYFRIEND!



EM?!

TAP TAP

Focus on physiotherapy

"That Burning Sensation"

The life of a student or professor and anyone required to sit and work at a desk for extensive periods can result in nagging neck and back pain. When sitting in class for example or working at a desk, the sustained posture results in lack of circulation to the neck and upper back muscles which then become tired and fatigued. These muscles eventually become over stretched and weak and can result in POSTURAL PAIN SYNDROME. It is more commonly described as a burning sensation across the upper shoulder region or a dull ache in the lower back. Once this problem becomes significant the services of a physiotherapist are often called upon to alleviate the long standing imbalances that have lead to the problem. However, there are things you can do to help prevent this problem from occurring.

If you resemble the following seated posture, the "slumper" (see diagram A) you are bound to experience back, shoulder and neck discomfort eventually. This kind of posture can also lead to shoulder and arm pain and even pins and needles or tingling into the hands. Instead if you resemble the following "posture perfect" there will be less chance of discomfort. (see diagram B)

SELF HELP:

Don't:

- Slump sit (shoulders rounded and head forward posture). Your low back should be supported.
- Lean forward and downward to reach your work.
- Sit with neck forward or for long periods of time without getting up. (Try to move around every twenty minutes).

Do:

- Sit close to your work and in a chair that is low and allows the placement of both feet flat on the floor or place books or a box under your feet.
- Sit with hips and knees at 90 degrees.
- Have a chair that supports your back in a slightly extended position. (A towel or sweater / jacket can be placed against chair to help support your lower back).
- Keep chin positioned over breast bone and shoulders pulled back over hips to help minimize postural strain.

What to look for in a good ergonomic chair:
(see diagram C)

1. Hydraulic controls.
2. Seat back adjusts up and down.
3. Seat back tilts forward and backwards.
4. Seat pan tilts.
5. Caster easy roll base.
6. Seat back supports natural lumbar curve.
7. Seat high adjusts.
8. Water fall seat front (to decrease pressure on thigh).
9. Seat back and seat pan appropriate size for user.
10. Armrests to support elbow and shoulder region which can pull on neck and upper back muscles.

For those who are required to stand for extended periods or do experience postural pain when walking the following tips can help prevent discomfort.

Don't:

- Wear high heeled shoes, hard heeled or platform shoes for long periods of time.
- Stand in one position for too long (greater than 15 minutes).
- Stand with knees locked, stomach muscles relaxed and swayed back. (see diagram D)
- Stand bent forward at your waist with your work in a low position.

Poor Posture **Diagram A**



Do: (see diagram E)

- Put one foot up and change positions often when standing for long periods of time.
- Keep work at a comfortable height.
- Change positions frequently.
- Stand on a cushioned mat

For more information on proper ergonomics, preventative exercises, or if you are suffering from postural pain, call The Physioclinic. The newest location is at the Tower here at Saint Mary's University. Call 420-5061 for more information.

Next issue: More tips on preventing discomfort with use of computers.

by: Karen Decker
B. Sc.K., B.Sc.P.T., MCPA
Physiotherapist
Dip. Sport Physiotherapy

Posture **Diagram B**

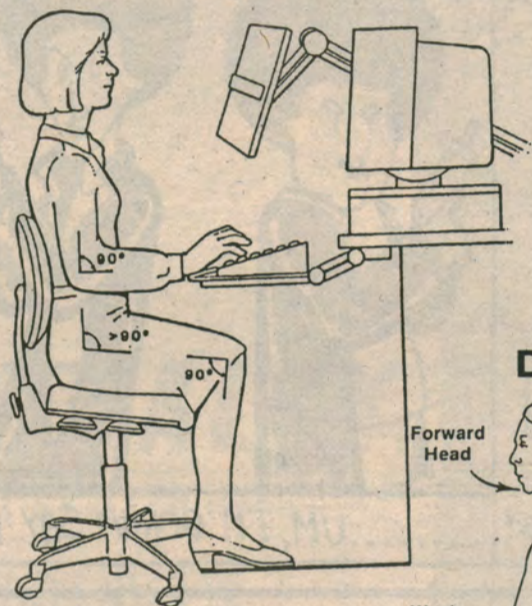


Diagram C

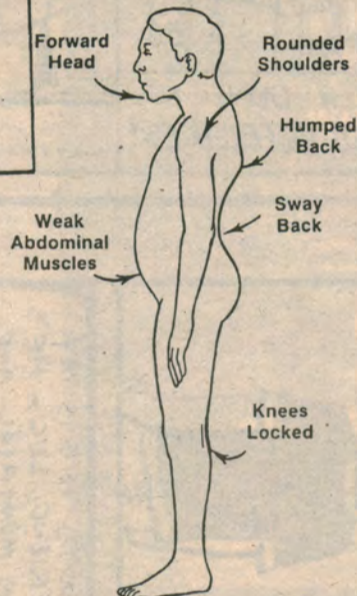
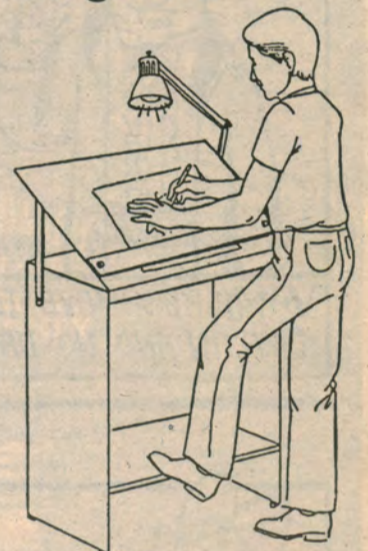


Diagram D



HUSKIES ACTION Upcoming Games

TONIGHT - Hockey vs ACA
7:00 p.m., at the new and improved alumni arena!

Tuesday, October 12
Hockey vs Dal, 7:00 p.m.

Wednesday, October 13
Soccer vs Dal, 4 & 6 p.m.
GO HUSKIES!!

Enter the Lounge

www.campuslounge.com

Everything you need to know about:

Love & Sex

Reducing Your Debt

Student Survival

Rants & Raves



Register at the site NOW



for a chance to win a spring Break trip.

CD giveaways from our exclusive music partner

mymusicfactory.com
for the love of music

campuslounge.com

Ground Attack Rocks Axemen

By Jamie Rienke

Early on Saturday morning, a bus rolled into SMU territory containing the Acadia Axemen football team. They stepped off the bus one by one, each different face carrying a smug look of confidence.

Huskies, who had made a great read on the play. Life was certainly miserable all day for Scatcherd who was frequently hammered by the Huskies defense. A slow first quarter ended with the score tied 0-0. It was then that the offensive game plan of the

defense. At the six-minute mark of the second quarter Perez scored his second touchdown of the game putting the Huskies up 14-0. Acadia then pulled within 7, with Jason Williams scoring on a 44 yard pass from Scatcherd. However, the momentum would last merely seconds. On the ensuing kick-off Husky Chris Faetz bobbled the ball before cutting through the entire Acadia team on his way to a 95 yard return for a touchdown. The half would end with the Huskies leading 25-14.

The second half started out slow, much like the first, with the only points coming from an Acadia field goal. With the score 25-20 for the Huskies in the fourth, the defense came up big once again. Chad Gautreau had caught a pass

deep in Husky territory, but Joe Barbati stripped and recovered the ball snuffing out what would be the last Acadia threat.

The Huskies would never turn back from this point, once again running the ball right through the Acadia defense at will. Perez would go on to score another two touchdowns, ending the day with 203 yards on 26 attempts with four touchdowns. Final Score: Huskies 39 Axemen 20.

It was a beautiful sight. You could visibly observe the spirit being driven out of the Acadia players as the offensive line pounded them play after play. Kelly Ireland, Karoly Toth, Brad Chalmers, John Salmas, Steven Morley, and Jean-Michel Sylvain made a solid case for being the finest O-line in the CIAU. When

teamed up with the amazing Luis Perez, the SMU ground attack could drive fear into any opponent.

As the Acadia players stepped back onto the bus, the expressions upon their faces were quite different. Gone were the smug looks of confidence and arrogance. Here were the looks of shame and disgust for being Axemen; it was a Kodak moment.

Just so that you don't think that I've forgotten, the officials still sucked beyond belief, but they just sucked less.

This week's three game balls:

Luis Perez (26 carries, 203 yards, 4TD)

Offensive Line (Ireland, Toth, Chalmers, Salmas, Sylvain, Morley)

Joe Barbati (Key fumble recovery, devastating hits)



Victoria Germain/THE JOURNAL

This was clearly a group of people completely unaware of what was in store for them. They learned quickly...

It was the Huskies defense that came up with the first of many big plays on this day. Acadia quarterback Blaine Scatcherd dropped back to pass and found unintended receiver Kyl Morrison of the

Huskies was truly revealed. Run the ball down their throats.

The Huskies' offensive line completely destroyed the opposition, opening holes for back Luis Perez, who humiliated Axemen defenders all game long. Play after play, he would break through the line and completely undress the

Cross Country Teams Continue to Improve Season

by Journal Sports

It was a great day this past weekend for both the men's and women's cross country teams who raced on a tough mighty course at the University de Moncton.

The women raced over a two lap five kilometre course with a team full of rookies.

Channa Shumaker led the race for the SMU girls and finished 15th overall clocking a time of 20:59. Next for the girls was Jesse Benjamin finishing in a time of 22:05 and 24th overall. Following close behind for third place and 25th overall was Amy Longard. The next two girls were Allison Macdonald who ran 22:38 for 29th place and Tanya Skinner in 24:59 for 39th place. Lynn Arsenalult had to cut her race short due to shin splints as well as Lisa Rockwell due to leg cramps. For the teams results, Dal finished first with 26 points followed by UNB (78), Memorial (80), STFX (105), SMU (127), and UDM (175).

The men's ten kilometre race featured four loops of this gruelling course with third year veteran Andrew Pepper finishing first for SMU and 13th in AUAA's in a time of 34:41. Next was second year students Scott Covey and Darrel Dunn finishing in sec-

ond and third places respectively for SMU both in personal best times of 35:21 and 36:36. The next runner for SMU was Mark MacAulay finishing 32nd overall and fourth for SMU in a time of 38:37. This was the first time racing a ten kilometre for Mark. Rounding out the SMU team was Cory McGuigan in a time of 40:45 and 36th place overall. SMU's sixth runner Shane Himmelman had to cut his race short due to shin splints. The team results ended with Memorial in the lead with 26 points followed by STFX (49), UNB (64), DAL (88), SMU (129), and UDM (174).

The teams will be continuing their season two weeks from now in Fredericton which will be hosted by UNB. AUAA championships will be back in Moncton on October 30th and the CIAU championships will be held on November 13th at Queens and RMC.

Celtic Cabarets

Opening Celtic Cabaret
A Celtic Cabaret featuring Cape Breton's Slainte Mhath, Newfoundland's Punters, John Allan Cameron, and the excitement of the Air Force 75th anniversary 8 Wing Pipe Band from Trenton, Ontario.

Celtic Cabaret Two
It's Saturday night and the craic will be on with the jumped up sound of Vancouver-based Mad Pudding and the high energy of Cherish the Ladies.

Celtic Cabaret Three
This series concludes with a rollicking evening combining the energy of Cape Breton's Jennifer Roland, the pulse of Kilt and the humour and song of East Coast favourite McGinty.

FRI	8	Opening Celtic Cabaret	
Oct.	9pm-1am	The Armories, Sydney	\$15
SAT	9	Celtic Cabaret Two	
Oct.	9pm-1am	The Armories, Sydney	\$15
SUN	10	Celtic Cabaret Three	
Oct.	9pm-1am	The Armories, Sydney	\$15

The Celtic Cabarets are 19 and over licensed events.

Tickets: 1-888-355-7744

Local Callers: 902-564-6668 www.celtic-colours.com

Wanted: Sports Editor and Sports writers

If you're interested in any of these positions, please contact Tim at 496-8201 or come up to the Journal on the 5th Floor of the SUB.



TM

du Maurier
A R T S

**Supporting 234 cultural organizations across
Canada during the 1999-2000 season**