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Canadian military aid unnecessary

by Alejandro Varela and Flannery Surette

On the afternoon of the October 17, I was watching the destroyer HMCS Iroquois, the frigate HMCS Charlottetown and the supply ship HMCS Preserver leave the Halifax harbor, heading to the open sea. I was located in the middle of a crowd, who were carrying little Canadian flags, waving them toward the ships. Suddenly, after taking some pictures of the ships, and without any direct connection with any of the crew on board, the ones around me or Canada, I felt sad and started to give them my goodbye. My feelings were simply saying, "come back soon".

Around 900 brave sailors and air-personell sailed away in those ships, waving their hands to the people on both sides of the harbor. Further out to sea, they will join up with others already there to complete the Canadian contribution of six ships (including the frigates HMCS Halifax and HMCS Vancouver), plus 2,000 personnel to the coalition against terrorism. All of this is part of a huge operation called "Apollo," after the Greek god of light and truth. This is the largest operation since the Gulf War, when Canada sent three ships and 4,500 men and women to the Gulf.

The purpose of the Canadian task force is to stay in the background, performing surveillance, offering support, and delivering food and other humanitarian aid in the area for six months. However, there is also a squad of Special Forces, called the Joint Task Force 2, with them in case they are needed. Little else is known, as their task remains under military secret, and even the position where are they going to be placed is not public knowledge, though it may be in the Persian Gulf.

However, do we really need all this? Is sending all

this military power going to make a difference in the war against terrorism? It seems to be the solution for some people, one of them being Canadian Prime Minister, Jean Chr tien, who ordered all of this in the name of freedom and justice, with no other expected outcome than victory.

Is our task group suitable for the task required? After all, the Taliban does not have an open sea exit, a functioning air force or any weapons capable of striking successfully anything outside their borders. Why is Chr tien sending all of this unnecessary firepower? Sincerely, I cannot find a reason. One reason could be the fear of having a terrorist attack, similar to the one against the USS Cole in Yemen by a small craft carrying explosives, but even this kind of threat could be repelled without using a 57mm bullet or a Harpoon missile. Rather, it would be more prudent to institute higher security measures tailored for the threat of a terrorist attack. Another reason could be that Canada is afraid (just like the US) that the region's mood will change and become unfriendly to the interests of the Western Hemisphere, compromising the transportation of oil from the Persian Gulf. Looking over this scenario, we see that it is almost a flashback to the Gulf War, where everybody knows that the world made a coalition with not only the purpose of freeing Kuwait from Iraq's army, but also to defend their oil interest there.

All of this escalation is being carried out based on fear, ignorance and revenge rather than against, quoting George W. Bush, "the evil ones", of the Al Qaeda network. There is a difference between targeting a terrorist organization like the Al Qaeda due to an event like the one of S-11 and bombing a country

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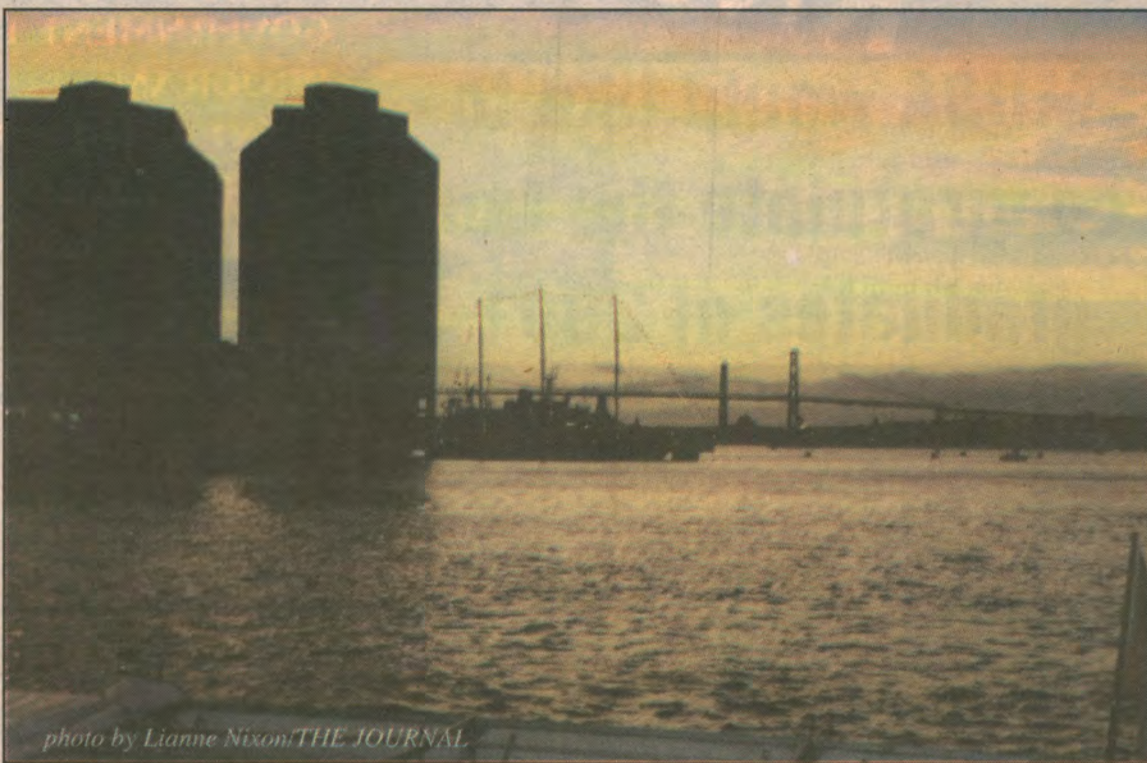


photo by Lianne Nixon/THE JOURNAL

Halifax Harbour after the ships depart for Mission Apollo.

Metro Food Bank

by Jill Campbell

During the weekend football game between Saint Mary's and Mount Allison, a food drive was held for the Metro Food Bank. Although the turnout to the game was less than expected, the drive still managed to raise some food for the volunteer organization. The idea for the drive originated with Chuck Bridges, Director of External Affairs for Saint Mary's, in an effort to help out the food bank, and to give the football team more positive attention than it had been receiving lately.

Although the total amount was not weighed in time for

this issue of the Journal, the food was ready for pick-up on Monday morning to go to the charity organization.

"It shows we are involved in the community," said Cathy Mullane, Director of Facilities and Programming who helped organize the event, "and the Food Bank was thrilled with the idea." The Metro Food Bank is also hoping to sponsor an event at the Atlantic Bowl next month.

The Metro Food Bank is a volunteer-based community organization in Halifax. It has been in operation for over fifteen years, and since that time has helped low income persons and families cope

with the struggle of meeting the most basic of needs - foods. On average, more than 13,000 people are helped by the Metro Food Bank each month, according to HungerCount 2001, a publication put out by the Canadian Association of Food Banks. Forty-six percent of food bank clients are children under eighteen, a figure that has gone up six percent from last year. According to a client survey done by the Metro Food Bank in 1998, two thirds of people who use the food banks still run out of food every month.

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Bon appetit?

A glance at food service on campus

by Allyson Howse

I wish I could say that my mouth salivates when I examine the vegetarian selection for my lunch on campus. Should I choose the fries today, or the limp salad with lettuce and not much else? Is my university food service providing me with a menu that will give me the option to eat and be well? What is involved in the industry of food service, and should that concern me? These are questions that not only

vegetarians or vegans should be concerned with, but more importantly, what every registered student has the right to think about.

The first thing that is important to a healthy vegetarian lifestyle is protein, as any good veggie knows. Protein is not found in salad that consists of mainly lettuce, nor is it found in deep-fried french fries, or a bag of chips for that matter. Some good sources of protein are nuts, beans and tofu, none of which are present in abundance in any of the food outlets at any

of the universities in this city. There may be the occasional veggie-dog or a scattered chickpea in the salad bar, but this does not constitute a basis for a healthy diet.

There are other vitamins and nutrients that one needs to be careful about, but this is one of the major issues facing a vegetarian or vegan. "The notion that eliminating all meat, eggs, and dairy products from the diet (100% vegetarian, or vegan) might result in a protein deficiency

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SMUSA page

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Wednesday, October 31st 2001 2:30pm - SB265

* Dates are subject to change, please keep checking postings

Don't Forget, Next
Wednesday Night is
the Halloween Party

Biology Society

Rock Climbing

Saturday, November 3rd

Starts @6pm

Meeting

Monday, October 29th

Rm S514 @ 10:30am

For more info contact smubiosociety@hotmail.com or 496-8262

This Week in the Pub...

TONIGHT

Dory Plugs

THURSDAY

Pub Night

www.smusa.ca

News briefs

Journal News

Saint Mary's University 2001 Donald Higgins Memorial Lecture presents:

Margrit Kennedy-Kennedy is an architect, urban planner and professor of ecological building techniques at the University of Hanover in Germany who will be presenting "Money Rules the World - Who Rules Money?" Her revolutionary book, "Interest and Inflation Free Money" calls for the creation of an exchange medium that works for everybody and protects the earth. She will offer a clear explanation of how financial policies shape the global markets, how interest destroys cultures, ecosystems, and economic systems. The free public lecture will be presented on Friday, October 26, 2001 at the Conference Theatre, Sobey Building, Saint Mary's University.

Your efforts with recycling

Facilities Management would like to applaud everyone's efforts at recycling which has benefited our environment. The information below is from Great Northern Recycling who have converted our efforts to show how effective Saint Mary's University has been: Saved 87 trees, .40 acres of woodland, 21, 504 kilowatt hours (kWh) of electricity, 35, 840 gallons of water, 307 pounds of effluents were not emitted into the air and finally 15/36 yards of landfill space was saved. For anyone interested in more information please contact Linda Gould on 5572 or email her at Linda.Gould@stmarys.ca.

Acting Chair for Sociology and Criminology

Please be informed that the Acting Chair for Sociology and Criminology is Dr. Ronald Cosper. Dr. Cosper will be the Acting Chair until August 31, 2002. The former Chair, Dr. Madine Vanderplaat, is on sabbatical until September 1, 2002. Therefore, in order to facilitate communications, all correspondence should be directed to Dr. Cosper.

Remembrance Day Holiday - November 11, 2001

Monday, November 12, 2001 will be observed as a University holiday in lieu of November 11 (Remembrance Day) for all administrative and academic support staff. Classes will be held on November 12, 2001. There will be no classes on Friday November 9, 2001. Support staff required to work on this date will be compensated in accordance with University policy and/or collective agreement. Maintenance staff will follow regular holiday routine. Switchboard services will be provided both days. The Patrick Power Library will be opened on Monday, November 12 from 9:00 a.m. to 11:00 p.m. and the Athletics and Recreation facility will be opened from 8:00 a.m. to 7:00 p.m.

Textbooks for the Catholic University of Ghana

This fall, the Catholic Church of Ghana will inaugurate a commerce University in Ghana. As part of my contribution, I have undertaken the task of equipping the Library with commerce texts and relevant materials-both current and old. I will be counting on all of you to generously donate all your redundant texts and materials on the shelves for this project. I will also accept used computers, if you have any. A container leaves Halifax harbour for Ghana in the first week of November/01. If you have any redundant texts and other relevant materials, please call me at 5735 for pick up. I have temporarily secured storage room for this project. Counting on your kindness. Francis Boabang 420-5735.

Imaginus poster sale

On November 12th and 13th, 2001 in the multipurpose room between the hours of 9am and 7pm and 9am and 5pm, respectively, Imaginus will host a poster sale.

Aix-en-provence: year abroad program

The Dalhousie French Department offers a full year of study (five credits) at the Institut d'Etudes Francaises pour Etudiants Etrangers in Aix-en-Provence, France. In addition to compulsory language classes, offered at all levels (beginner through advanced), the Institute offers classes in French literature, phonetics, civilization, political science, history, art history, cinema, women's studies, theatre, classics and music. Transfer credits are possible for many of these subjects. Tuition credits are possible for many of these subjects. Tuition is paid to Dalhousie; Departmental bursaries and possible financial assistance from Lester Pearson International are available. For more details, there is an information session on Thursday November 22nd, 2001 from 11:30-1:00pm in room 1102 of the Marion McCain Arts & Social Sciences Building. Or you could also visit the web site at: is.dal.ca/~french/aix.html or call 494-2430.

Dr. Susan Bryson

Dalhousie University, the IWK Health Centre and the Autism/PDD Society of Mainland Nova Scotia welcome the public to a lecture by Dr. Susan Bryson, an international expert on autism. Dr. Bryson will present "Autism: Then and Now, and a Vision for the future," on Thursday, October 25th, 2001, at 7:30pm, in Theatre A of the Sir Charles Tupper Medical Building on College Street, Halifax, Nova Scotia. Seating is limited. For more information, contact Jodi Reid by phone at (902) 494-1900 or by e-mail jodi.reid@dal.ca

Blood donor clinic

On Monday, October 29, 2001 there will be a blood donor clinic at Saint Mary's University in the Conference Hall of the Sobey's Building. The hours of the clinic will be noon-3:00pm and 5:00-7:00pm. Appointments are available and walk-ins are welcome. The goal of the clinic is 100 donors, so come on out and give what you can. Just a few reminders, you must be in good health and feeling well, not have had a body piercing or a tattoo in the past 12 months, not have visited the dentist in the past 72 hours, provide identification and weigh at least 110 pounds or 50 kilograms.

Lasting legacy of Dr. Georg Tintner

Dr. Walter H. Kemp will be conducting the Dalhousie Chorale and Orchestra in presenting Haydn's Oratorio The Seasons. It will be sung in German and will feature soprano Jane Howlett, tenor Blaine Hendsbee, and baritone Gregory Servant. This is the second annual Georg Tintner Concert, and will take place on Saturday, November 3, at 8:00pm at the Rebecca Cohn Auditorium, Dalhousie Arts Centre. Tickets are available at the Arts Centre Box Office, \$20 and \$15 for single tickets. For more information, please call 494-2418 or e-mail music@dal.ca

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Military

already devastated by 22 years of war, leveling tiny villages around miserable strategic targets. There are always ways to prevent another repetition of the Gulf War, and it is by using a more useful and an often neglected way of dealing with problems: bringing peace among a nation's ethnic groups through diplomatic means.

Thus, would it not be better to send ships carrying food and medical personnel to handle the refugee's crisis in critical areas, instead of planning a bigger war scenario? But, I guess this would show that Canada is not brave enough and rather has to join the coalition lines armed, and that wars can only be prevented using threats of military intervention like during the Cold War years.

Why not use the money that it will cost to send and support military aid and add it to the \$10 million that Canada is sending in humanitarian aid, which is in addition to the amount of money NGOs are collecting around the country. Would it not be better to start making plans and collecting resources to rebuild Afghanistan once the war is over? This way Canada would make a more powerful statement to the world by saying that we came in peace rather than to bring more war. It must not be forgotten that an eye for an eye leaves us all blind, and long after the war is over in Afghanistan, there will be no statues to commemorate the victorious battles but graves to remember those who are gone.

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Food drive

Want to help out? Apart from frequent food raves and special events, the Food Bank accepts donations at all Sobeys locations, certain Superstore locations, like the Young Street and Bayers Lake stores, and Metro Radio Group. Also, remember that between November 26-30, all HRM Tim Horton's locations will be accepting food bank donations. This fall the Metro Food Bank is especially looking for items such as canned meats, soups, beans, stews, vegetable and packaged pasta like Kraft Dinner. If you want to make a monetary contribution or are interested in volunteering, contact the food bank at 457-1900.

If you are interested in helping out with hunger alleviation, but it isn't convenient to make a donation to the Metro Food Bank, remember that Saint Mary's Chaplaincy office also has a Horn of Plenty Food Bank. It accepts donations Monday to Thursday, 9-4. They also need volunteers. More information can be found by going to the Chaplaincy office, across from the Time Horton's in the Loyola Academic Complex.


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Campus food

remains one of the most common and unfounded beliefs about vegetarianism. Adequate protein intake is easily achieved by consuming a variety of whole grains, vegetables, fruits, and legumes." This is of particular concern for students that live on campus using meal plans and are tied to eating the food on their campus.

Kate Baillie, an International Development Studies student at SMU, feels that improvements should be made. "(Vegetarians) should have to option to choose—except that right now they don't. There should be at least one section that is completely dedicated to healthy, vegetarian food. Protein rich food, as well as organic food, should be provided as an option".

Aramark is the predominant food service provider for both Dalhousie and Saint Mary's University, along with Sodexo Marriott Services INC, which provides the food service for the Student Union Building at DAL. The two companies underwent a merger in 1998, and continue to provide service to corporations and the healthcare sector, as well as education markets. Aramark actively serves over 250 universities, college, private schools and school board clients across the country and are responsible for the health of thousands of students, veggies included.

These are not the only sectors that are provided for by the large-scale corporations that service universities—they are the main food service providers for prisons across Canada and the US. "Aramark is the leading provider of food, laundry, commissary and other support services to correctional facilities across the United States, and has won American Correctional Association accreditation for more prison food service operations than any other provider of prison food service." With a business as

large as this one, shouldn't it be easy to make changes and improvements within the system? Maybe not.

Umberto Catalano, the Aramark representative at Saint Mary's, has some interesting things to say about the company, and some of it is very encouraging to students who feel they are not being adequately provided for. "Are we meeting requirements? Yes. Can we do more? Yes". According to Catalano, Aramark provides a service to students that is dictated by the University. Should the university request that changes be made, then the company is willing to work with them to make the those changes. "Every component (of food service) we run, we are in partnership with the university. Ninety percent of businesses want things done in certain way". There is opportunity, however, for any student group, or individual student for that matter, to voice their concerns about food and special dietary needs. On the other hand, Catalano notes that although changes are possible, "Aramark does not have the resources to provide organic foods on campus at this present time".

Elsewhere in Canada, students have been challenging this form of food service by starting their own organizations to deal with the issue of student health and predominantly, vegetarian health on campus. A group of socially concerned students at Concordia University in Montreal took matters in their own hands last year and formed the The People's Potato. It is an organization of students that collects food donations from around the city and cooks up healthy veggie lunches for whoever needs it, free of charge.

Zev Tiefenbach, who is a student at Concordia, and one of the organizations founders and current student coordinators, decided that something could be done to ratify the situation at his university. Since the

beginnings of the project, where the organization was funded by the student society and individual contributions from diners, Concordia now has in place a five-cent-per-credit fee that is paid by all university students and goes directly into financing it. "Concordia over the years has been a university that has sort of prided itself on being a little bit different and being sensitive to these issues [of poverty and student health]," Tiefenbach said in an interview with the student paper, "The more diverse the university can be, the more it will show that it's supportive of students, the better it will be in the long run."

There have been talks about the creation of a "veggie corner" within Aramark's service on campus in consideration of the increased demand and awareness of issues surrounding vegetarianism that has come about in the past few years. But will this really be enough? If universities like Concordia, with a comparable student body to Dalhousie, can start up student run food service, then who is to say that it is not possible in other universities? Local activist and student Kathy Wambolt notes "There is need for students to stand up for policies to be put in place in our universities that would encourage a sustainable campus, and that includes food as well as other issues". For many students at the present, a paper bag lunch will have to suffice for those long days at school.

References

- Concordia's Thursday report, march 30th 2000
www.concordia.ca
- <http://www.aramark.com/>
- <http://www.thevegetariansite.com/index.htm>
- Umberto Catalano- 420-5603
www.sodexoUSA.com

Calendar of events—SMAC

Here's another installment from the Saint Mary's Activist Coalition, with the weeklong calendar of events.

Thursday: Rally: "End Sanctions on Iraq" Caravan, DAL Killiam Library 11:30am-12:30pm

Iraq Sanctions Lecture, DAL FASS Building, Auditorium 2, 4:30pm-6:00pm

"What is Islam?" Lecture, SMU 7:00pm

Quebec to Qatar Symposium, SMU 7:00pm or 8:00pm

Friday: "Sustainable Economic Development in Atlantic Canada" Lectures, SMU Numerous Lectures Throughout Day, Small Fee

SMAC (St. Mary's Activist Coalition) Meeting, Loyola rm. 271 3:00pm

Reader response

The views expressed below are those of the writer and not necessarily those of the Journal or it's staff. Below is a response to last week's SMAC article.

I would hope that in the future the Saint Mary's Activist Coalition would find the time to put down their Marxist thesaurus and write their articles without dragging up the words of a man dead for a century and a half. When I hear phrases like 'worker exploitation' and 'concerned citizens of the world', my eyes roll back and glaze over, having heard this tired rant over and over again. Can an original socialist thought not be expressed without using the words from Das Kapital as your guide? Ready-made phrases are too easily stuffed into arguments instead of thoughts thoroughly developed, and as a result a sincere proposition transforms itself into the well-worn words of the forgotten past. Karl Marx and his works have been studied, quoted and gone over for years now. Next time, let us hear from you. As for the issue of McDonald's and their corporate policies, you make a case for condemning them. But what is your solution? It is far too easy to critique an issue but it is far more difficult to really take a stand upon an answer. Where is the courage in stating the obvious? We can all agree that terrorism is bad but that doesn't solve the problem. Should McDonald's be brought before a world court to stand trial for destroying the environment? Should they be forced to hand over a substantial amount of their profits to protect the ecology? Your solution is what shall challenge and motivate the reader into responding.

David Penney

Any letters written to the Journal or in response to any of it's contributors will not be printed unless the Journal receives the full name and means of contacting said person. Responses are welcomed and encouraged, but stand behind your opinions by backing them up with a name and contact. - Editors

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Recovery and resilience

The awareness of mental health

Mental health is an issue that was once looked at as evil, and still today people have problems discussing it openly and freely. Our world has changed a lot over the past century, even in the past few decades there has been more worldwide awareness of mental health. Although we have achieved so much in our awareness, stigma is still lurking around making some people's lives miserable. It is hard to believe that 20% of Canadians will likely experience a mental illness that will be serious enough to disrupt their daily functioning.

Stigma is one of the leading reasons why people suffering from a mental health disorder, resist seeking help. Imagine if you were in the shoes of someone who was depressed. You would experience constant sadness and little self-worth and who could you turn to? Some of us are lucky and have close friends or family member that we can discuss serious issues with. On the other hand, there are many people who have no one to turn to and continue their lives without receiving any type of help. Some people are simply scared of what others will think. They are possibly thinking so irrationally, that they do not realize that depression is not an illness that can be easily identified by the general public. Others may think that they should not have to seek help because this is just a phase they are experiencing. No matter what the explanations for not seeking help are, the real fact is that seeking help will aid the recovery process.

When I was diagnosed with depression, my life was changed forever. I had been descending down an emotional mountain for almost a year before I sought help. I had spent my life in my own small world trying to make myself believe that nothing was wrong but I was naive and could not accept the fact that I was sick. Much of my free time was spent alone, in a quiet room thinking. My family noticed my lack of energy and they were concerned, but I was an adolescent at the time and they figured I would snap out of it. I did not snap out of it though, my depression got worse and I became more irrational. It was not until I finally snapped at my family and had a complete emotional breakdown, that I realized I did in fact need help or I would not survive.

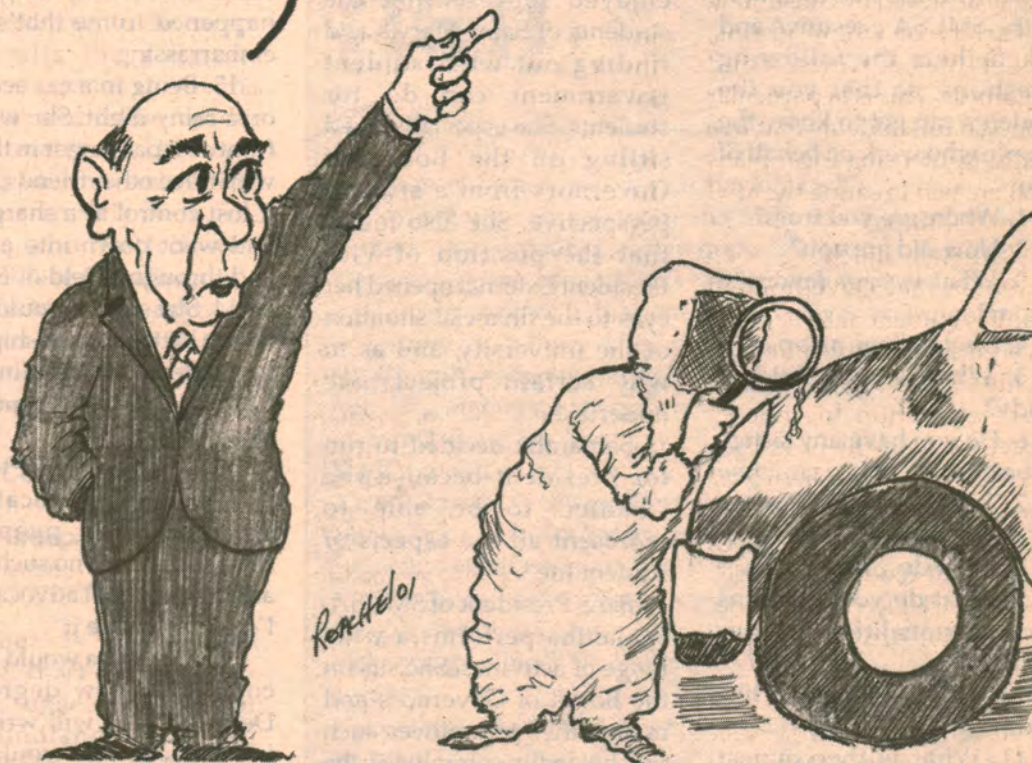
Finding help was not difficult at all, and in a very short period of time I found a support system in my community that I had not noticed before. My climb to recovery was beginning and, once I accepted the fact that I was sick and needed assistance, things started to look up. My family was having a tough time understanding what I was experiencing and to tell you the truth, four years later, they still do not understand. I wanted them to understand and help me so bad but they did not and I got very angry because of that. It took me a long time to get over the fact that my support system would have to come from somewhere outside my family and closest friends. I did have a counselor who was more than willing to help in any way possible and a family doctor that worried about me like a mother, but I still needed the void filled that my family was not providing.

Things eventually got better and we learned more about my depression and the underlying causes of it. After several hypotheses and blood tests we found out that I wasn't crazy like I had thought for so long. There were several chemical imbalances amongst my hormones which was causing my depression along with several side effects. I then thought, wow, my life is going to return to the happy carefree life I used to lead. I had so much hope and optimism that I spent less time alone and more time doing the things I loved. No one was going to stop me from being happy and no one tried.

I was put on medications for the depression along with some of the chemical imbalances to attempt and return my hormone levels to "normal" even though they probably never were normal. For two years I made progress and was learning to live with my problems, I felt in control of my emotions again. That was when I decided to stop taking the antidepressant medications, and with the consent of my family doctor, I slowly ceased the medications. Four weeks passed and I was feeling good and did not seem to be affected by the change until I hit what seemed to be a brick wall and relapsed. This episode was worse than the first I had experienced and once again I hit rock bottom.

It is now two years later and I have come a long way. I understand that my fight with depression is nowhere near the end and even if I spend the rest of my life on medications, I will not let it take over my life again. My decision to write about this traumatic time of my life was one in hopes of reaching people who are experiencing a situation similar to

I KEEP TELLING 'EM... IT AINT ANTHRAX... THAT WRITE STUFF ON MY CAR CAME FROM THAT DIRECTION...



mine and do not believe that they can take control of their emotions.

Now that the road to recovery has been freshly paved, and I am enjoying the view, I want to help others and at first I didn't know how. I was introduced to the Canadian Mental Health Association through a program that I had signed up to volunteer for. Although CMHA has many programs that can help people with mental health issues, the one program I was particularly interested in is called the "Building Bridges". I became involved in with this program last April and have loved every minute of my involvement.

In this program, the volunteer is paired up with an individual who is recovering from a mental health disorder based on similar interests. I have met some wonderful individuals who have so much to offer in life, but are too scared of stigma to share it. It is not uncommon for someone to get lost between the cracks in this fast paced world especially when experiencing many fears and having to face stigma. This program brings people who have fallen through the cracks and introduces them to someone willing to be their friend and help them accomplish things they would not normally do on their own. It is encouraged that this program be regarded as casual and once you get to know your new friend you forget that this is a program and think of your relationship with this person as a friendship. I have known my partner for six months now and we have become great friends. I now have a friend

for life and my views of the world have changed because of it.

I want to encourage anyone who feels that they are warm, caring, and a good listener to get involved with one of the programs that CMHA is offering to people suffering from mental health. It will open your eyes to a world you probably cannot imagine exists. The symbol shown with this article was designed to represent resilience and recovery for people who care about mental illness and health. To find out more information about CMHA you can contact the Halifax Branch Executive

Director, Carol Tooton or the Building Bridges coordinator, Margaret Murray at (902)-455-5445 or by email at cmhahal@istar.ca.

L.N.



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Suite 517, Student Centre
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Getting to know your SMUSA executive

by Juliette Gonsalves

Over the past week, I sat down with the five members of the SMUSA executive and asked them the following questions, so that you the students can get to know the people who work on behalf of you:

1. Where are you from?
2. How old are you?
3. What is your favourite colour?
4. Do you have any pets?
5. What is your field of study?
6. Do you have any sisters or brothers?
7. Why did you become involved in student politics?
8. What do you do as ÖÖ?
9. What do you regard as necessary qualities for your position?
10. What do you enjoy/like to do?
11. What is the craziest thing you've ever done?
12. What is the most embarrassing thing that ever happened to you/ that you did?
13. What was the scariest moment in your life?
14. If you had to do over one thing in your life thus far, what would it be?
15. If there was one thing in the world that you could do what it be?
16. What do you want to do in the future?

Here are their responses.

Samantha Anderson - President



1. Sussex Corner, New Brunswick
2. 24 years old
3. Navy blue
4. Has a kitty named Damian, usually called Kitzie
5. Samantha has two degrees: a Bachelor of Science degree with a major in psychology, and a Bachelor of Arts degree with a major in criminology
6. She has two sisters and three brothers, all of whom are younger.
7. When Samantha worked with the Off Campus Housing Project, she saw a poster advertising the position for Vice President External. Since she was already interested in some of the issues that this position dealt with, she

decided to apply for the job and was accepted. She enjoyed representing the students of Saint Mary's and finding out what student government can do for students. She especially liked sitting on the Board of Governors from a student perspective. She also found that the position of Vice President External opened her eyes to the financial situation of the university, and as to why certain projects are undertaken.

Samantha decided to run for president because she "wanted to be able to represent all the aspects of student life".

8. As President of SMUSA, Samantha performs a wide range of activities. She sits on the Board of Governors and many other committees such as scholarship committees, the search committee for the Dean of Arts, and the task force for space utilization. She also sits on the executive board of governors which deals with issues such as operating the budget of the university, academic programs, academic planning, tuition increases, and residence fees. She is also trying to get a seat on the Maritime Provinces Higher Education Commission. She says that one of the most important things is to make sure that there is adequate student representation on committees.

9. A good sense of balance between school and work is necessary. She recommends having a good handle on your subjects. A good understanding and appreciation for student government is also necessary. You should be able to speak in public, and when necessary address the government about student issues. You should also be able to use the media to voice student concerns. And of course "you should love Saint Mary's".

10. Going to the Tower; reading true crime novels as well as non-fiction. She also volunteers with the Elizabeth Fry Society, which is dedicated to helping women in conflict with the law, or women at risk of being in conflict with the law. This involves going out to the Halifax Correctional Center on Sunday nights to watch movies with the women there, and soon she will begin some tutoring there.†

11. (laughs) I don't know, I'm not crazy. When I was in high school in New Brunswick I jumped off a really high bridge (probably 20 feet high) into water. That's probably the craziest thing

I've ever done.

12. I don't know; I really don't know of anything that's happened to me that's been embarrassing.

13. Being in a car accident on a rainy night. She was the front seat passenger in the car, with three other friends, when it lost control at a sharp turn and went down into a ditch and through a field of cows.

14. She says it would be to have a better relationship with her parents and siblings. "I have a good family, but not a close family".

15. She would like to be a professional advocate for disadvantaged people in society. "There's no such thing as a professional advocate but I'd like to create it".

16. Samantha would like to complete a law degree; in December she will write the LSAT exam. She would also like to obtain a Masters in Criminology. She says that she is not necessarily sure of practicing law, and if she were a lawyer she would want to be a legal aid lawyer. She especially wants to work with women in conflict, or at risk of being in conflict with the law.

Matt Cameron - Vice President Internal Affairs

1. Dartmouth, Nova Scotia
2. 20 years old
3. I'm pretty indifferent
4. Has a some cats at his

parents' house.



5. He is obtaining a Bachelor of Science degree with a major in Computing Science and Business Administration.

6. He has one brother who is seventeen years old.

7. Throughout high school I was involved in student politics. A lot of people that I knew at Saint Mary's were involved in student politics. It was just something I really wanted to do.

8. As Vice President Internal, Matt is in charge of all societies on campus, making sure they're up to date, and overseeing their activities. He is the chair of the personnel committee of SMUSA, and as such is the student representative on the hiring board for the over seventy student staff at SMUSA. He also deals with activities on campus, and communication to students. He is next in line of authority following the president.

9. You need to be willing to put in extra hours. A balance

between school and work is important. You have to be aware of student interests and you have to be aware of various events occurring on campus and around Halifax. You really have to be willing to work.

10. Matt enjoys frequenting the Gorsebrook; learning to play the guitar on his own, and lately playing Mario Cart 64. According to his colleagues at SMUSA he has an odd sense of humour, and knows every word to so many songs.

11. I have no idea. I once cut my fingers with a table saw, and I organized a conference for six hundred high school students. Those were both pretty crazy.

12. One Sunday afternoon I was on my way to a Board of Governors reception with some of my colleagues. Talking candidly on our way there, I voiced my sarcastic opinion of an event transpired. I yelled and screamed vulgar obscenities, not knowing how close we were to the venue. As I finished my statement, my colleagues pointed to my right to show me the outdoor tent where all of the Board members were meeting for the reception. One of my co-workers looked at me and said, "Welcome to Dr.Dodds' house, Matt" and we went in through the front door, not

continued on page 7

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continued from page 6

knowing how many of the distinguished guests heard me shooting my mouth off. It really wasn't that embarrassing.....

13. When I was four my family went on vacation in France. At this young age I had a tremendous fear of heights. A friend of mine went with his dad to the top of the Eiffel Tower, to gaze at all the splendor of Paris. I, however, was too panicked to let go of my mom and make it past the second story of the open-aired landmark. I was petrified. I have since gotten over the fear, somewhat. I don't know if it's actually the scariest moment, but it was pretty scary at the time.

14. I wouldn't really change anything. Every experience has a lesson and every lesson has positive ramifications. There are definitely things I could have done better, but those are the ones I've learned the most from.

15. I'd like to climb a mountain; jump out of a plane, and learn to play the guitar. I'd like a Masters degree, and maybe another bachelor degree. I'd say the one thing I would want to do is achieve my goals. Hit each milestone I set for myself: the little ones and the big. I know that really encompasses many things, but there are many things I'd like to do.

16. The future is a long time. At some point in it, I'd like to travel, relax, and work. I'm pretty comfortable just going where the winds take me.

Ian Appleton - Vice President External Affairs

1. Fredericton, New



Brunswick

2. 20 years old

3. Blue.

4. None.

5. Ian is obtaining a Bachelor of Commerce degree with a major in accounting and possibly finance.

6. Two younger sisters

7. Ian became involved in student politics because he enjoys working with and helping students. His main motivation is students is students and trying to get more money for the university so that tuition can be decreased. He thinks that

because of high tuitions, universities are not as accessible as they should be.

8. As Vice President of External Affairs, Ian researches student related issues such as: the Canadian Student Loan Program, the Millennium Scholarship Fund, the Nova Scotia Student Loan Program, and student income taxes. He lobbies the government for student funding, and more money for students. He feels that it will be more difficult for students to get more money this year because of the events of September 11th, and its aftermath. Last week, Ian was in Ottawa for three days on a CASA conference, where he did committee work on the organization and met with government officials to try and get "a bigger chunk of the pie".

9. Basic knowledge and willingness to learn the ins and outs of government policy. Motivated to inform student about issues pertaining to education.

10. He enjoys playing rugby, and has been a member of the rugby team and society for three years. This is his first year as a member of the accounting society, and he has been a member of the commerce society for two years. Ian also enjoys working out, going to the pub, and going to JJ's for power hour. He enjoys accounting, politics, and following the stock market.

11. I successfully completed the wall at the pub.

12. I can't recall any extremely embarrassing moments

13. I got stuck in a cave splunking in Calgary.

14. I would play junior hockey in Ontario.

15. Ian would like to go to the Cook islands in the South Pacific or the Cayman islands in the Caribbean.

16. He would like to either work for CSIS, or be an accountant. Working on Bay Street in Toronto is a pleasant idea. He would also like to run for city-council because he thinks that the city could clean up the South end, and the harbour. He is interested in developing the bad areas of the South end.

Paul Deveau - Vice President Academic

1. Halifax, Nova Scotia

2. 21 years old

3. Blue

4. He had a dog when he was a kid; he has a roommate's cat now.

5. Obtaining a Bachelor of Arts degree with an advanced major in psychology, and a certificate in human resource management.



6. He has a younger sister.

7. "It was a natural progression. When I first came to Saint Mary's I was overwhelmed by the number of amazing people I met who were involved in student politics". So, in his first year, Paul was just a general student who became involved in different clubs such as the Student Alumni Association, and he also worked elections for SMUSA. In his second year he became a frosh leader and worked with Husky Patrol. In his third year he was a frosh facilitator and became the Husky Patrol manager. For his fourth year he decided to run for Vice President Academic and was successful.

8. As Vice President Academic, Paul informs students of academic services, and policies and procedures of the university. He sits on many university committees, acting as a student voice, and ensuring that the best interests of the students are considered. This is the first year for this position, so it is still in its developing stages. At the end of October, Paul is hosting a conference for Canadian Student Vice President Academics (CART-Canadian Academic Round Table) in Halifax.

9. You have to be there for students, and you should be a proactive leader and thinker. You have to be a leader in the sense that you can't wait to be told what to do, you have to develop plans of action yourself and call on others to help carry them out. Time management is important, and there is extra time and effort involved. Reading and writing skills are essential.

10. Paul is a recreational athlete. He plays frisbee and squash, hikes, and rollerblades, among other activities. He enjoys speaking in front of a crowd and sharing a message. He also enjoys a 'light supper'. He is a big fan of Adam Sandler: "I could tell you everything and anything". He likes making fun of Gavin Beck because "it's so easy".

11. On Sunday, January 2nd, 2000 at 11:00 p.m. I was sitting in Martha's Pizza in Bedford with his good friends Gavin Beck and Jeff Britton. On Monday, January 3rd, 2000 at 9:00 a.m. the three of us were in Quebec City. We had driven there with nothing but our

wallets and clothes. We came back to Halifax the next day.

12. When he was six years old he was taking swimming lessons, and decided that he wanted to dive into the deep end of the pool like the more advanced swimming students. After the deed was completed he realized that his swimming shorts had come off, and he couldn't swim fast enough to retrieve them, once the waves came on, since he was in a wave pool.

13. When he was fourteen years old, he went camping with his dad and eleven year old sister on the shoreline of a beach. They awoke in the middle of the night to a ferocious storm. They had to pack a lot of items very quickly, and walk for five hours back to their car. It was a very scary moment because for a while, Paul didn't think they would make it.

14. I think that who I am now, and the position that I'm in is a result of both good and bad experiences, and I have learned from them. I can't say that I would go back, but I can keep my eyes open for similar situations. I'm content.

15. I would visit the pyramids of Egypt.

16. I want to continue my involvement with motivational speaking to high-school audiences across the country. I do it part-time and would like to do it full-time.

Steven Lane- Vice President Finance



1. Sydney, Nova Scotia

2. 22 years old

3. Blue

4. I have a goldfish.

5. I just finished my Bachelor of Commerce degree with a major in accounting, and I am currently in my first year of my MBA.

6. Four brothers.

7. "I was tired of being on the outside looking in". Then the opportunity to be treasurer came up, and it was perfect since he was an accounting major.

8. As Vice President of Finance, Steve oversees all expenditures and revenues of the Student Association, as well as bank requisitions, contacts with banks and the collection of student fees. He makes sure all financial

policies are up to date and ensures fiscal responsibility. He is the chair of several committees, including the Journal.

9. You need accounting/business background as well as good organizational skills. You have to make sure that all financial information is up to date because that's what you're basing decisions on. It is also important to be stern and not be a pushover.

10. He likes squash, dancing on the speakers at "Cowboys", light suppers (aka heavy snacks), and playing MADDEN 2000 for Playstation and crossword puzzles.

11. I once rowed across the Bras d'Or lakes in a tiny, wooden, rotten row boat at 7:00 a.m., during a windstorm so that I could meet a girl I had a crush for on the other side. It took me two hours to row each way and when I got to the other side she wasn't even there.

12. I don't get embarrassed easily.

13. The scariest moment in my life (and I have had several) happened a couple of weekends ago as I was travelling through the back roads of Truro while looking for a conference. I was running a little late, I was lost, so I was driving a 'little' fast for the dirt roads that I was on. I then ended up coming down a blind crest that sharply turned to the right and narrowed into a one lane bridge. I locked the brakes up solid, thinking for sure I was going either into the huge ditch, or into the side of the bridge, but somehow, when I opened my eyes, I was in the middle of the bridge. I pulled over to the side of the road to collect my thoughts and say my thank yous and took my time to find the conference.

14. It would have been to get involved in more things earlier. I am gaining so much from being involved that if I could do it all over I would start being involved as soon as possible.

15. I would love to be able to read minds. I would love to see how many people actually say what they truly believe or say things just to make the other person happy.

16. Academically, I would like to finish my MBA and then start on my CMA (Certified Managerial Accountant) designation while I work. Professionally, I would like to be working in an environment where my input actually leads to decision making. I love management and interacting with people, so an ideal role for me to work would be a place where I am employed in a management capacity.

Food for thought

by David Penney

16 October 2001 was a day to think of the world's starving poor. Missed it? Don't worry, so did most of the globe. Here in Halifax, OXFAM Canada organized the fifth annual evening of education and entertainment called "The Global Feast". Their intent was to increase awareness of the fact that most people in the world go with little or no food on a daily basis. It was an eye opening experience and a good way to spend the evening. And if you set aside your preconceptions and prejudices about 'charities' and Activism, just as I did that night, I promise you that reading this article will be worth your while.

First of all, the very LAST thing I wanted to do was attend an evening dedicated to a lot of radical ideas about changing the world from people who have thoroughly rejected the status quo. After all, aren't such people hooligans who destroy private property, threaten police, and dress themselves strangely? At least, that is the mental baggage I dragged with me on 16 October, to Saint Matthias Church on Chebucto Road, here in Halifax. OXFAM was planning something called "The Global Feast" to raise awareness about world hunger and I was planning on spending an evening with an annoying and angry mob of troublemakers. I walked into the church hall and the first people I met were two pleasant women, minding the door and greeting people. Even though I told them I had no money for a donation of any sort, they smiled at me and whispered that if I was good, I might get rice to eat. This cryptic comment of theirs took me a bit by surprise until I entered the hall itself and smelled the most delicious aroma coming from the kitchen area. Ah, I thought, this isn't just a rally, this is really a dinner! And indeed, the hall was set up for a banquet like any other affair, including a rather fancy head table area. Some people were milling about but none looked too dangerous to me. And so I took a seat, read some information provided by OXFAM about their cause and soaked up the atmosphere. Perhaps the hooligans would arrive a little later?

In time, the hall filled with people of all sorts, young and old, men and women, who chatted with each other, some greeting old friends and some meeting for the first time.

Hardly a radical soul in the bunch, I thought. Not a chair overturned yet. But then the event got underway with a word from the organizers, who welcomed everyone warmly and then things got underway. Ah, I said knowingly to myself, here comes the ranting propaganda. And with that, five of the dearest older ladies emerged from a side room, dressed in comical and exaggerated grandmother costumes. It was the *Raging Grannies*, a national organization of women who attend rallies and protests, and educate audiences with stories and songs, using a gentle and comical touch. With a sweep of an outrageously gigantic umbrella, they began to sing about issues like the hidden costs of our economy ["What's the Real Price?"], being manipulated by our leaders ["Yes, the Government loves me. The Spindoctors tell me so."], and using food in international politics ["Suits Exploiting the Grass Roots"].

There was also a touching song about world unity. It was not until one Raging Granny, Sylvia by name, gave an impressive lesson in genetically engineered food, of which any professor would be proud, that I was absolutely won over by their style. The Raging Grannies were articulate and well informed advocates of intelligent decision making.

With the ladies finished, we began the "Global Feast". There were no menus to this feast, and we were told that the portions given out would be based upon the world's own distribution of food. According to OXFAM, only 5% of the world can eat as much of anything it wants and as it happened, there were three people in the audience randomly chosen to sit at the head table. They were served what smelled like a wonderful meal by an attentive group of food and drink servers. 15% of the audience were served a lesser, but still sustaining meal, just like their statistical global counterparts. I, on the other hand, was part of the vast majority of the audience [80%] who, like the world's poor, would get a meal that was paltry when compared to the banquet at the head table. Yet, unlike the world's poor, who sometimes go without food on a daily basis, the people at the Global Feast made sure all were fed decently. The words of the women at the front door came to my mind as I surveyed the room during dinner. The

difference in what people had to eat was quite visible to any observer and it was a rather good lesson in the balance of food distribution around the world.

Once dinner was complete, OXFAM Halifax's Brian O'Neill spoke to us about the purpose of holding an event like "The Global Feast", with emphasis this year on Afghanistan. OXFAM is dedicated to helping people around the world create and develop sustainable rural methods for food production. And though supplying people with basic food needs is not its main purpose, as of late OXFAM has found itself bringing supplies to more and more of the world's starving people. The UN has estimated that because of four years of drought, five million people from Afghanistan were at risk of starvation this fall, with almost four million already receiving food assistance. Over one million people are fleeing the cities since the bombing campaign began a few weeks ago, which means that almost a third of the country is now dependant on food aid to survive. The US food drops are an expensive and questionable method for helping the poor, says Brian O'Neill, since it cost the Americans 27 million dollars to drop food to the same amount of people OXFAM could have fed for four thousand dollars. The chaos in the country will only make dealing with food distribution worse, especially with the coming of winter. Relief agencies are asking all sides in the conflict to keep the roads open so that trucks bearing food can get to the people who need it. In the end, Brian O'Neill insisted, only the 'Political Will' from all sides is going to decide if people in Afghanistan will starve or be fed.

Some students from Saint Mary's were in attendance that night and I asked them why they were there. Keiko and Naoka are two students visiting SMU from Japan and they were interested in learning about world hunger. Jill and Katherine were two students in International Development and wanted to increase awareness of OXFAM and its works, along with the horrific number of land mines in Afghanistan. "No one seems to care," Jill sadly admitted. [For more information on SMU's newly formed chapter of OXFAM, contact Evelyn at SMU_IDS@hotmail.com or 422-2373]

The final two events of the

night were from the Irondale Ensemble and the "Radical Cheerleaders". The Irondale Ensemble Project is a theatre company based in Halifax and working in communities throughout the province. They gave a great 'mini-musical' game show featuring a satire of some corporate policies that were less than noble [along with naming those very corporations and their misdeeds]. The Radical Cheerleaders were a group of people who attend the various protests around the city and rally on those there to the issues at stake. The crowd responded warmly to the Cheerleaders, who were tired yet spirited from their recent demonstration outside a local McDonald's.

I hope I have given you a taste of what the "Global Feast" was like and that, like me, it has caused you to rethink your notions of those who wish to raise our awareness on important issues. I do not like to be manipulated by anyone, whether it is government, business or radical. I feared that an evening of 'raising awareness' would surely tax my patience as a reasonable man. Well, I am here to tell you that the entire evening was informative, relaxing and fun and the organizers of the event were friendly and motivated to their cause. It is easy to become complacent as Canadians and think everyone shares our standard of living. Scenes of starving children on television might even make us feel uneasy and that nothing can be done for them. OXFAM is simply and

sincerely trying to feed the world's poor and help them develop a system in which they can feed themselves. There is enough food in the world to feed everyone, said Brian O'Neill, and even to make us all a little fat. Please don't let partisan politics stop you from doing what you can to help organizations like OXFAM do their job. [www.oxfam.ca]

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night, and you better bring
your costumes and be legal.
1380 Boyz

Dirty D + McGee,
Happy Birthday boyz!
Have fun, but not too much
fun.
There with bells on and with a
pie

DD,
Lover's spats only make our
bond stronger, you jackass!!
Relieved roommate

Terry-Lyn,
Your friend is hizot, bring
her around more often.
You know what makes me
maad?

Organ,
Red lineÖhash markÖred
lineÖhash markÖHave a
good night — day,
whatever!
Checks

Justin,
Tic...Tic...Tic.....
?

Sydney,
Lose the Organ for the real
"Top Dog" on campus.
Da Huskie

Adrienne,
Next time get it in the toilet,
not the floor and your hair.
Your babysitter

Sean
Work this weekend?
Eve

Cee + Paper Staff,
I'm glad to see less errors
in the paper as of late. Keep
up the good work.
Easy Reader

Jeff,
I'm never sleeping in your
tent!
Cis

Whiskey Sour chick 1
Whiskey to forget the
weekend?
Whiskey Sour chick 2

Dirty D,
Is there going to be G.A. on
your B-Day, I bet against u
this time.
C. Mac

SMU Ambassadors,
That's for all the help this
weekend.
C.B. and C.O.

Hey Organ,
3 and 3, not Bad.
Babin

**Cute Whiskey Sour
Waiter**
Thanks for the cranberry
Whiskey Sour chick 2

CMac,
I hear your date on Saturday
was foaming @ the mouth.
Tha Boyz

Marvin's l'il friend,
Happy Anniversary - I love
you.
Snark

Danny,
So when did your girlfriend
get surgically attached to
mooch!
Smiling roommate

Jeffy D,
Are you going to watch
Pearl Harbour this
weekend? Don't forget the
tissues.
McIver

Ladies of SMU,
Mission: To force our Dal
roommate to the colours of
maroon and white. You
ladies can make this
happen.
1380 Boyz

SMUNF
Do I have to watch where i
sit or lick now at your
place??
Nynn

Kaz
Dogs, police and cars.
Interested in the story of
Thursday

Gimp,
Yeah, I know: Goal line,
Broomball line, Blue line,
Center Ice, Blue line,
Broomball line, Goal
lineÖ(my bad).
Organ

Rob,
What a bad time to meet in
the hallways.
Fellow fiedster

Tiff
Heehee, you know what I'm
saying!
Christine

Hey Babin,
Behave!!!
Organ

Adrienne,
Your hair looked and
smelled so nice Saturday
night. I just loved the puke
odour.
Disappointed Mac

Sydney,
57 to 58, let's call it a tie.
Organ

Hey Rob,

The black latex, gem
studded thong you ordered
won't be here on time for
your b-day.
Sorry

Little sister,
You got a problemÖ You
gotta fix it!
Jeffy D.

Cee,
You, me and ginger ale?
Lucky

Spaz,
Now you know not to mess
with me, sorry dude I was
strung out.
DD

Sexy,
You! Me! My shorts...what
do you say.
Naked

Speed Bag,
I want yer huge box of K.D.
Lucky

Mid-terms and exams,
I hate you all!! Got to hell,
you go to hell and die!
Spaz

LBO,
Paint!! I need paint!!
Lucky

C Mac,
Let's get drunk next
Thursday, and then write a
make up exam Friday
morning.
Good call

Gorsebrook,
Nuff said.
Lucky

Fiancee
Glad you're ...not a
minute.. I mean you.
Other half

Everyone,
Halloween Party @ 1380 on
Saturday. Prepare for a
scare!!
1380 Boyz

Jeffy D.,
Don't you hate it when
people call you on the can?
Checks

Michelle
I don't know if photoshop
works yet on your puter or
not.
Christine

Krysta,
Happy belated 22nd. Have
fun @ Pacifico?
Cee

Ched,
Are your legs open, you
filthy harlot?
Pep

Mike from Lab
I'm still waiting for you to
come back to the pub after
studying. I must thank you
personally for your
kindness
Sexy pitcher girl with the
matching tongue ring

Fiancee
Thanks for the present!
Nynn

Peaches
I trust you realI do. I just
don't trust her.
The girl with the looks

Puddin
Nice ring!
Christine

Stro
Thanks again!
JPro

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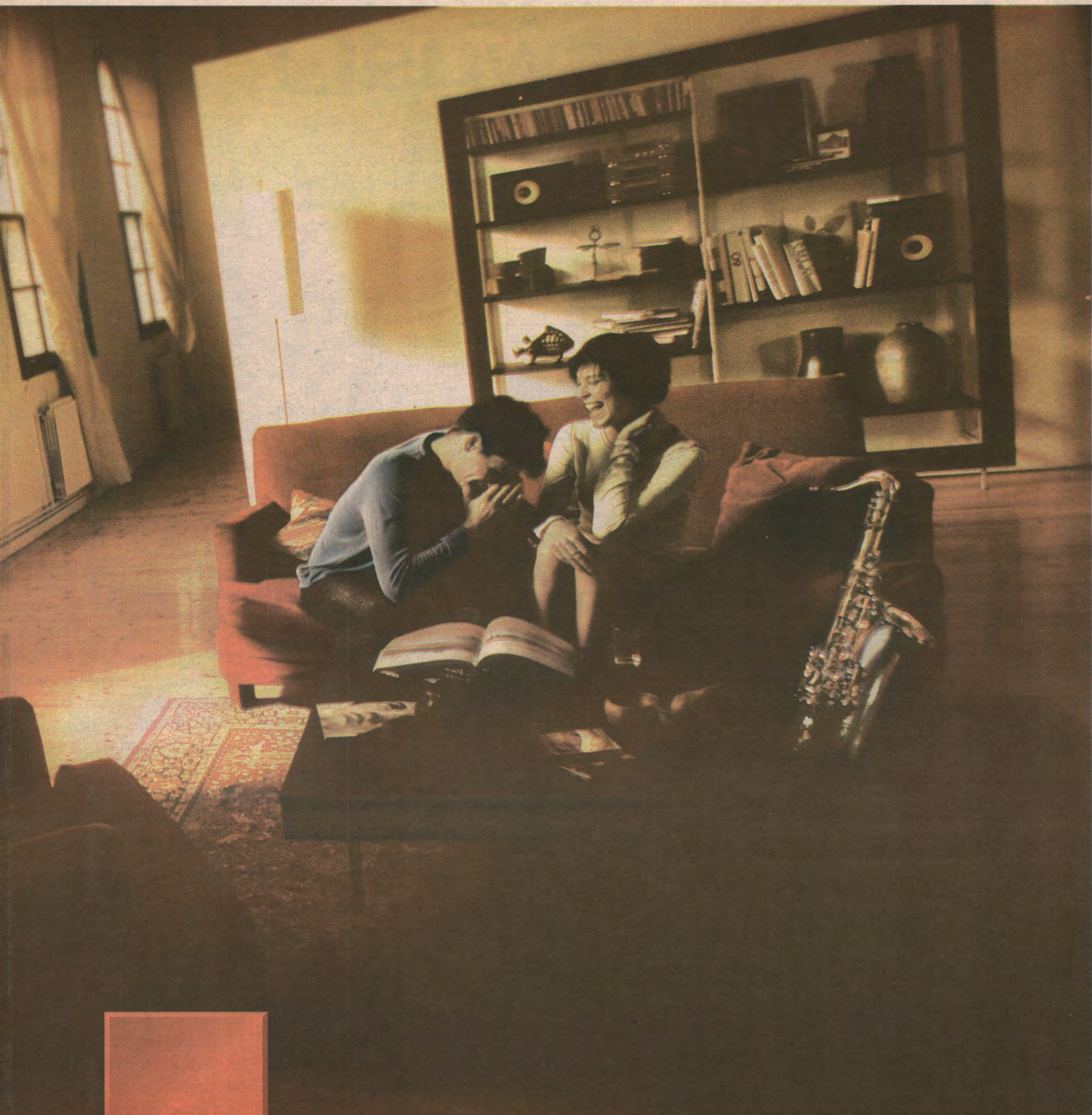
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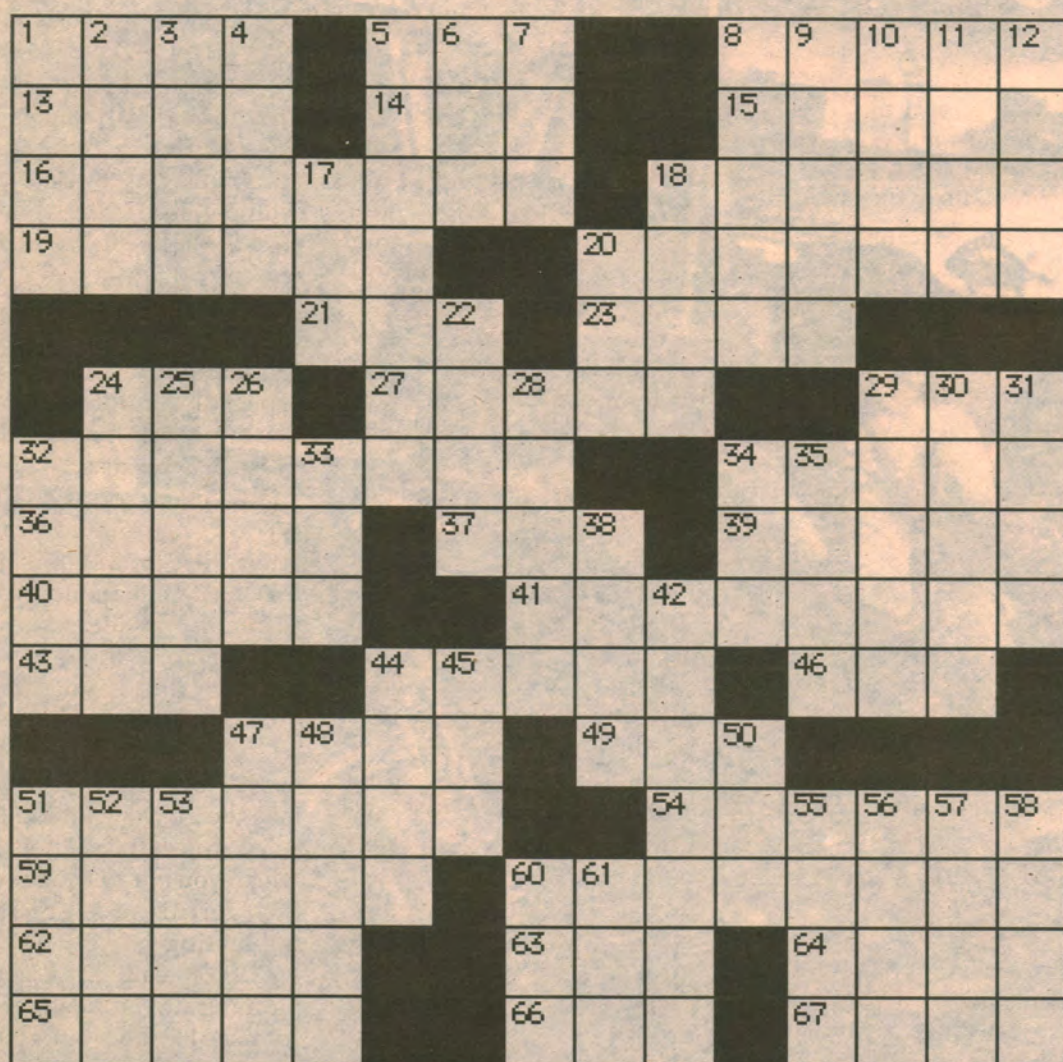


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CROSSWORD

12 • October 24, 2001 • The Journal

Tennis Anyone?



created by Kevin Smith
edited by his Mom and Dad

Down

- 1 Guys counterparts
- 2 Soothing succulent
- 3 High or star
- 4 Stuff
- 5 Plain to see
- 6 An evergreen
- 7 Bill's bud
- 8 Seine site
- 9 __ Usque Ad Mari
- 10 Say first
- 11 Shore wader
- 12 Take a breather
- 17 Large clock
- 18 Podium
- 20 N.S. woe
- 22 Art style
- 24 Say please, Hans
- 25 Drained of colour
- 26 French friend
- 28 Alan Ladd classic
- 29 Fragrant oil
- 30 Hairdos
- 31 Corner
- 32 Work well together
- 33 Athletic tear
- 34 Joined
- 35 Clothes
- 38 Indian princess
- 42 Learns inside and out
- 44 Small islands
- 45 Some NFLers
- 47 Actor Ed
- 48 Plow pioneer
- 50 They may follow 57 across?
- 51 Plays freestyle
- 52 Spirit
- 53 One of the Jackson's
- 55 "Ah, excuse me"
- 56 Urgent
- 57 Carton contents
- 58 Scram
- 60 Mimic
- 61 Auto

Across

- 1 Snag a fish
- 5 Salamander relative
- 8 AMC model
- 13 "That's __!"
- 14 Compete for
- 15 An emotion for Loren
- 16 Agassi to Graf, maybe?
- 18 Saps
- 19 Planted
- 20 Kitchen accessory
- 21 Springfield's Flanders
- 23 Yes, yes senior
- 24 Ovine output
- 27 Settles in
- 29 Fitting
- 32 #1 vs. #150?
- 34 Playful rodent
- 36 Philosophy of a sort
- 37 Paddle
- 39 _ Dame
- 40 Stainless material
- 41 Hingis Hingis, bo Bingis?
- 43 57 down's guardian
- 44 Scope
- 46 Some PGA tournaments
- 47 Mine opening
- 49 9001 certification
- 51 Plays in a lot of tournaments?
- 54 Skills
- 59 Some skirts
- 60 Ivanisevic's hand?
- 62 Alma _
- 63 Even
- 64 Thus
- 65 Sleep loudly
- 66 Places before 50 down, sometimes
- 67 Middle prefix

Last week's winner is Jason Roch. This week's prize is some cds. Drop off your completed puzzle to the Journal Office, 5th floor of the Student Centre.

Name: _____

Student ID: _____

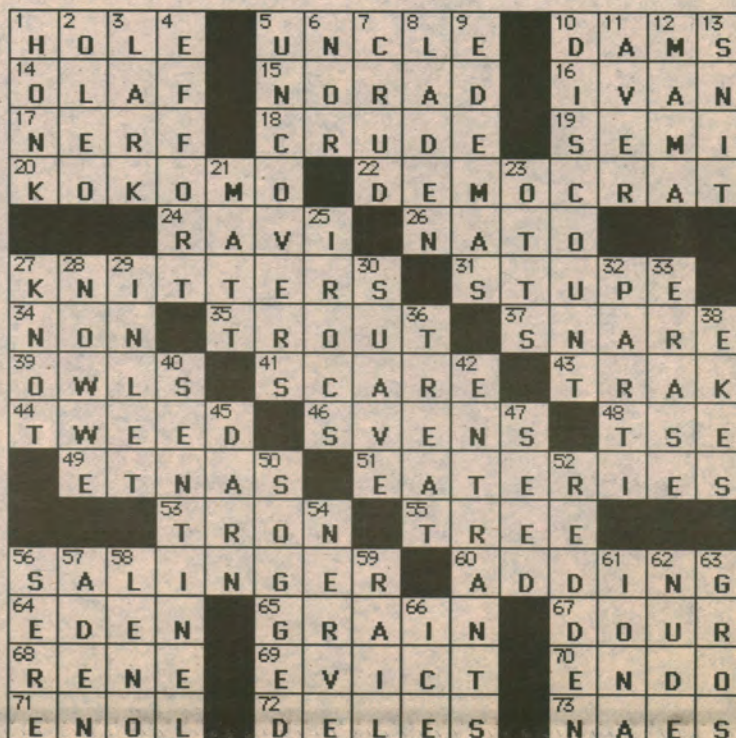
Email / phone number _____

Cryptoquote by Dan Woods

"OLX'G GZDW GL PH ZELSG
XZCZD GBZOTGTLX. TG'A
XLGVTXK ESG BSP, ALOLPQ, ZXO
GVH DZAV".
- JTXAGLX NVSBNVTDD

Last week's answer:

When you go into court you are putting your fate into the hands of twelve people who weren't smart enough to get out of Jury Duty. - Norm Crosby



The G-Spot: Getting into the stirrups for the very first time

by Kara Gammell
SMU_GSPOT@hotmail.com

Well ladies, it's that time you have all been waiting for. It's Pap Awareness Week. Yahoo. I know there are a lot of you out there that have never had a pap test, so I thought I would dedicate this weeks' column to wonderful part of woman-hood. And where better to start than with my own very first Pap test.

It was my first year of university, I was a student at Mount Allison (which I like to call Mount No-where), and I decided it was time to bite the bullet and just do it. It is important to start getting this examination after you have turned 18 or you have become sexually active. For me, those years were the previously mentioned "glory days" when I fit both criteria. I was so nervous that my roommate made me a loose-leaf cowboy hat to wear; I can still remember that sunny January day, sitting in the waiting room and sweating like a whore going to confession. It was over before I realized, and I busted out of the Health Centre doors jubilant, running around like Rocky, hands over my head and bouncing about. Well, that was how I felt, but in reality, I was slipping around in my jeans because

there was lube all over hell and creation. But after I did it that first time, now I don't care where I am, can hop on that table and I don't even need my cowboy hat.

Q: What happens when you go for a Pap test?

A: What happened behind the closed office door was pretty quick and painless. The doctor will come in and talk to you about what you are visiting for; this is a great time to request that they also perform a check for STIs such as Chlamydia and Gonorrhoea (Hepatitis and HIV are blood tests and are done by the nurse). It is also possible to discuss the options of birth control and receiving some preventative Emergency Contraceptive Pills (the morning after pill). Not all clinics give this out preventatively, but it is always worth asking for. Then the doctor will leave and allow you to undress. Most physicians will request you remove your bra as well, so they can do a breast exam, if they don't, you might as well ask for one while you are there and kill two birds with one stone. They give you a flimsy little paper sheet to cover yourself up with, but the thing that bothers me the most is,

whether to take the socks off or not? I usually take 'em off, but this one is up to you.

You will be asked to lie back on the table and put your feet in the stirrups. You need to scoot down to the end of the table and spread your knees apart. Next, a speculum will be inserted in your vagina, which will hold your vaginal walls open so your physician can view your vaginal area, including your cervix, and collect your Pap smear sample. A long Q-Tip is inserted and brushed against your cervix to obtain cervical cells for examination by a pathologist. Then, two more swabs are inserted for STIs as well as a visual examination for any peculiar bumps, etc.

It will generally take about five days to receive the results of your Pap smear, but remember, if you receive results, which are abnormal, it is most likely it is not cancer. Cervical cancer deaths have declined substantially due to regular Pap smears. The Pap smear is not a diagnostic tool, it is a screening tool, and abnormal results are followed with further testing.

A bi-manual exam will be performed next. Your doctor will insert a gloved finger into your vagina while palpating your lower abdomen to note

the size, shape and mobility of your uterus. They are feeling for changes in the ovaries, such as cysts or uterine changes including endometriosis and fibroid tumors, etc. The breast exam is usually the last thing they do, there is nothing to that, it really only take a few seconds. The doctor checks your breasts for any changes or lumps, and palpates your abdominal area for any irregularities. A reliable examination of your breasts should take approximately 30 seconds per breast. During your breast examination your physician should discuss monthly breast self-exam with you, they should offer instructions if you are unfamiliar with how to perform a BSE. Your elapsed time on your back in the office is usually on eight to twelve minutes tops. Not bad, considering you don't have to do it again until next year. Then, you can bask in the fact that you have made such a big step and start to brag to your other girlfriends who haven't done it yet.

Q: Is there anything special I should do before I go for a pap smear?

A: To achieve the most accurate results from your gynecological examination

and annual Pap smear, the best time for your appointment is ten days after your period started, while the worst time is the week prior to your menstrual cycle. Douching is never a good idea, because of the risk of infection it presents, but it is especially important not to douche for at least two to three days before your appointment. You also should refrain from sexual intercourse for 24 hours prior to your examination. You will probably feel more comfortable during your pelvic exam, if you empty your bladder beforehand.

Q: How long do I have to take the morning after pill?

A: You have 72 hours in which you are able to prevent the fertilized egg from implanting on your uterine wall. So, it really is not just the morning after. You can get this from the Health Services (420-5611) here on campus and some places will give it out as a preventative measure like Planned Parenthood Metro Clinic (455-9656). I know a lot of people hear it makes girls really sick, but as long as you take gravol as the doctor explains, you shouldn't have a problem with this higher dosage of birth control.

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Halloween

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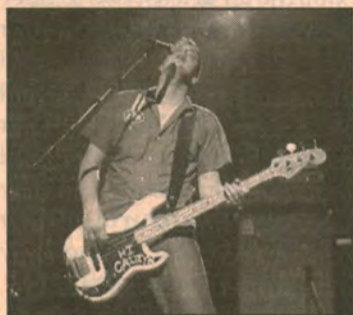
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but we'll try

It's All About The Beer

by Jon Bruhm

On Saturday, October 20th, The Watchmen returned to Halifax after over a year and a half's absence, putting on a most formidable show. As the masterminds behind the hits "Any Day Now", "Stereo" and "Boneyard Tree" they rocked Dalhousie's McInnes



Room for a solid hour and a half of power.

The opening act, local rockers Inland, were in the midst of celebrating this, their third high profile gig in recent memory, alongside their berth in the Keith's 'Rock The Atlantic' final and their last-minute addition to the Snowjam bill back in September. They played an enjoyable set, which included a dead-on rendition of Jimi Hendrix's "Fire", which almost beats the Red Hot Chili Peppers' take on the classic.

As for The Watchmen, they

were everything that we were expecting - one of Canada's greatest rock acts. The crowd, which was fair in size, was for the most part hidden behind the 'beer barrier' located in the middle of the floor, preventing those with alcoholic beverages from joining the band at the front of the stage. "It's all about the beer, isn't it?", lead singer Danny Greaves asked rhetorically, sipping his own brew in between a song. The barrier on the floor caused quite a gap between the mob in front of the stage and the beverage consumers, leaving ample space for some 'E'-laced youngsters to violently throw themselves about with dance moves that put the Electric Circus hoochies to shame.

Greaves' ghostly voice echoed in the hall from time to time on their quieter, Dave Matthews-like songs, and their harder songs further distinguished themselves as solid rock band - I even caught my brother, who is into punk music, air-drumming from time to time. I could tell that he, like most others in attendance, really enjoyed the show. Also, he was quite psyched when he was mistaken for 19 on several occasions by concert staff (he's 15).

After the show, we had the

opportunity to speak with Greaves and guitarist Joey Serlin. The two were very friendly and cordial, and they took time to sign autographs and talk to fans before getting down to business with the press.

The band has shifted gears since drummer Sammy Kohn left the band a few months ago, changing their outlook for the future. "We spent a lot of time experimenting with new sounds, new technology, new instruments, new tools, and all of those things brought us to a new sound." Serlin commented. "That's why I feel it's a brand new thing - a brand new band." "We have a lot more to learn, a lot more to write, and a lot more to discover as musicians," added Greaves.

The band's new record,



'Slomotion', is a two-disc set which incorporates new material on the first disc ('Fast Forward'), and a greatest hits

collection on the second ('Rewind') for the price of a single CD. "We wanted to put a really strong package together," said Greaves, "to do something cool for the fans, like a two for one package."

One of their better known tunes, "Incarnate", from their 1996 album 'Brand New Day' is a very poetic song. When asked about its meaning, Serlin, who penned the piece, explained that the song represents how one can be completely surrounded, in a social setting or by familiarity, yet still feel totally isolated at the same time. "But as long as you can find solace in one solid person that you can call your soul mate, then you're alright."

Other notable points from the conversation included that the likes of Pearl Jam and Jakob Dylan from The Wallflowers have caught The Watchmen in concert, and that bassist Ken Tizzard resembles Jim from the television classic

'Taxi'.

The Watchmen concluded their trip to Halifax with two encores, then Tizzard sped off to Hell's Kitchen in order to



spin records at the after-party. They have proven that they can play with the big dogs, and also that they can effectively reproduce their recorded sound in a live setting, while continuing to have fun with their music. Those who showed up at the McInnes Room were treated to an exemplary performance by one of our nation's greatest rock groups, who have not forgotten that the fans have helped to make them who they are.

Cultural Career Connections Panels, Workshops and Information

Location: Pier 21, (behind the Westin), Halifax

Date: Thursday, October 25, 2001

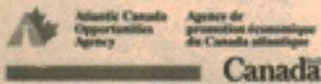
Time: 11:00 am - 5:00 pm

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This Halloween. Evil has multiplied.

THRIRTEEN GHOSTS

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THRIRTEEN GHOSTS

answer the following question:

This isn't Matthew Lillard's first role in a scary movie. Name his earlier film in which he was directed by Wes Craven.

Bring your answer to The Journal's Office on the 5th floor of the Student Center. Quantities limited. Screening will take place on October 25, 2001 at Park Lane Cinemas at 7:00 PM.

beautifulgarbage
Interscope Records
by Marcin Modzynski

Straight away, this album will most likely divide Garbage fans into two followings: those that like the new album, and those that want to know what happened to the band they have come to know and love. It's true that this album is very unlike the first two in its overall sound and feel. *Beautifulgarbage* can definitely be classified as pop; however, the difference between this and junk like O-



Town or S Club 7, is that Garbage has created something that has been lacking in pop for years now, quality. This album is what today's pop should aspire to, music that is lighter and catchy, but still created by the band themselves, from their blood, sweat and fears. With this music, people can finally see that pop can be more than the total schlock we've been fed for so many years.

A great thing about this album is that it has a little bit of everything for Garbage fans of the past as well, if they give a close enough listen. Elements of their self-titled debut CD can be heard, but more obviously felt, in songs like "Silence Is Golden" and "Shut Your Mouth". These tracks are harder, more driving, and produce a darker, more melancholy atmosphere. The progression from that album to

Version 2.0, from an edgy darkness to a still edgy not so darkness, thanks to much more computer processing, results in a hybrid rock-electronica, best showcased in track two, also the first single, "Androgyny". And although all the songs, including these just mentioned, fall in various areas within and around the pop category, there a couple of songs that need honorable mentions as some of the best pop I have ever heard. Two must-hears are "Untouchable", a very Britney Spears-ish sounding track and "Cherry Lips (Go Baby Go!)", where even Shirley Manson's voice has undergone a pop metamorphosis.

What else can I say? I have the utmost respect for Garbage for not only attempting this, but also accomplishing it with typical Garbage style, sexiness and flair. Yet this large jump from their older, established style does leave me longing for more old-school stuff. The ultimate test of a true Garbage album is how much time it spends in my player, and the truth is, after two weeks, it's still in there.

Live
5

by Peter Dobek

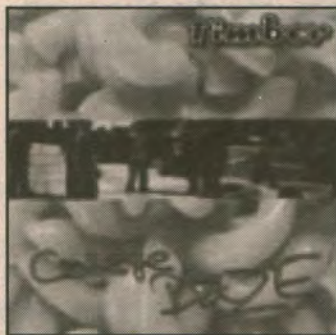
Live's newest album is aptly named, Five. This is a very eagerly anticipated album, being the predecessor of "The Distance to Here", the album which spawned the hit "The Dolphin's Cry". Live visited Halifax this year and rocked the hill, leaving every fan fully satisfied. To prepare the Live fans for what's to come Ed Kowalczyk made an appearance on Tricky's "Revolution, Evolution, Love". Surprisingly enough, Tricky did the intro on the album. The first single, "Simple Creed", is a hard song with a very peaceful message, "cuz

we need each other, we gotta love each other". The album is done in the same format; hard-rock riffs overlaid by harmonic lyrics, relaying deep emotions. It's the same thing that Creed tries to do except Live omits the religious references, tones down the distortion and Eddie Vedder impersonation. This is a rocking album, something that I personally look for. Anyone who has followed Live will love this album; it's a good addition to anyone's CD collection. Listen for their new soul-full new single, "Overcome".

College Daze
Timber
Independent

by Jon Bruhm

Timber is an award-winning, chart-topping four-piece ensemble from Newfoundland, who have shared the stage with the likes of Great Big Sea, Nelly Furtado and The Tea Party at various high profile concerts. Through out the past few years. Their sophomore recording, 'College Daze', is



an impressive fusion of folk, pop and hard rock. 'College Daze' could be compared to Hootie & The Blowfish's jangle-rock style, with an East Coast feel. Along with their acoustic rock sound, hard rock undertones are noticeable creating a subtle yet powerful edge, nearly hidden underneath the light melodies, excellent song-

Suckers in hell

by Jon Bruhm

Upon entrance into a near-barren Hell's Kitchen on Friday evening, we sat down and observed a glass full of suckers on every table, a play on Sweet Tooth's moniker. However, we were the suckers - one thing to be noted about concerts in Halifax is that one should never arrive at the advertised start-time. After about an hour, people began strolling in, sampling Hell's fancy hors d'oeuvres, and mingling amongst the aged crowd.

Sweet Tooth is a local five piece band, fronted by Steve Harley, who I'm told is a local general practitioner. He has a voice similar to Shaun Verreault of Wide Mouth Mason, and in fact, the group has recently performed alongside Big Sugar and the aforementioned WMM, thus qualifying them as a worthy up-and-coming Canadian act. The band is funky - not like the Chili Peppers, but funky with a bit of a southern rock twang - almost like Lynyrd Skynyrd with some added groove.

For this performance, percussionist Bruce Vickery made a guest appearance, significantly adding to the entertainment value of the show. Vickery lent his bongos, cow bell, tambourine and unlimited energy supply to the group, busting a move as he beat the heck out of his numerous percussion instruments, and added such vitality to the half-hour set.

Sweet Tooth is not a group who are necessarily geared specifically towards the University crowd, but they definitely know how to play. Like Tony Smith & The Mellowtones, they are a good band to go out and enjoy a beverage over, or dance if you feel up to it, as several of the ladies opted to do during the performance. Their new album, 'Gimmie Some' is available now, and I suggest giving it a listen, or catching their live act sometime, as they are an entertaining ensemble, especially with Vickery thrown into the mix.

writing, and singer Bill Hickey's golden voice.

The best, and most odd spot on the album is the final track, "Machismo", which completely strays from the disposition exemplified through out the previous ten cuts. It is more of a funky, hard rock-driven tune, complete with slap bass and a wailing Stone Temple Pilot-esque guitar solo.

Timber has put forth an excellent album, geared

towards a wide variety of listeners, and is a great pub band who Halifax is sure to enjoy. Those who can remember back to Frosh Week '99 may remember them as the band who rocked our Dry Pub Night. Luckily, they will be hitting The Attic on October 26th with Swifter, so get ready for a fantastic show, and be sure to tune in next week for a recap and possibly an interview with the band.

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Perez carries Huskies over Mounties

SMU pounds Mount A again

by Daniel Bonner

The football match-ups in the AUS this week were quite interesting. First off you have the St FX X-Men facing off against the Acadia Axemen, who are both vying for the opportunity to play the Huskies in the AUS playoffs. The other game in the Maritimes saw the #1 ranked Saint Mary's Huskies

65-7 victory. The final development since the first game has been the player count in Mount A. Days after the massive loss, the Mount Allison coach resigned, and players began to come out of the woodwork and return to play for the Mounties. The net gain for the Mounties has been limited, however, as with a laundry list of injuries the Mounties managed to only

putting on continued a few minutes later as he rounded the corner, got a few blocks and was gone for a 60-yard major to make the score 37-0 in favour of the Huskies. After the second team safety by the Huskies, Perez was at it again, this time receiving a pass from Jones and finding paydirt 26-yards later, the fifth time that Perez found himself in the endzone already, and the game was not yet half

over. After a Dominico Bartolacci field goal, Mount Allison put together and impressive drive that lasted 14 plays and put them just within field goal range. Mark Irvin barely squeaked the 46-yard attempt through the uprights, making contact with the crossbar, to put the Mounties on the board. The SMU defense answered again just before half, as Trefton Bollers

recovered a fumble in the endzone to make the score at half 56-3. The third quarter saw no scoring, but the fourth quarter opened with Mount A scoring. Again, courtesy of the boot of Mark Irwin, this time getting

the single point by sending his 53-yard field goal attempt through the endzone. Irvin soon attempted another field goal, but while trying to get the Mountie total to 7 points,

on only 11 carries, netting an average of 22.6 yards per carry, rushing for four touchdowns and receiving another TD. Ryan Jones had a less successful day than usual, completing twelve of his nineteen passes for 157-yards, two touchdowns and three interceptions.



Elsewhere in the CIS, the Acadia Axemen helped their chances of

advancing to the AUS playoffs by defeating the X-Men 39-20. Only two upsets occurred this weekend as Ottawa continued its slide down the standings with another loss, this time to 10th ranked Western. Unranked Windsor defeated 7th ranked Queens 36-9 in the other upset on the day.

The win came in the Huskies last home game of the regular season. This coming week sees the Huskies travel to St FX to battle the X-Men, who are trying to scramble their way into the AUS playoffs. Kick off is at 2pm in Antigonish.



all photos by Andrew Barbour/THE JOURNAL

welcome Mount Allison back to Huskies Stadium, the scene of the Huskies 105-0 season opening victory. A few things have happened since that now famous (some would argue infamous) victory many weeks ago. In the days that followed the game, Huskies coach Blake Nill made some remarks as to the dedication of Mount Allison to its football program. Nill soon came under fire for the comments. Nill and the Huskies also came under fire for defeating the Mounties by such a large amount, people felt that rules of taste and sportsmanship were broken in the victory, and that the Huskies were out to humiliate their opponents, if nothing else. Since that game the two teams have played, again as this time SMU traveled to New Brunswick to tackle the Mounties on their own turf.

dress four more players this week, then in their week one loss. Regardless of all the talk that surrounded this one, by 2pm on Saturday the talk had dissipated and it was time for action.

The scoring began early for the Huskies, as a familiar face to all SMU football fans, Luis Perez, got Saint Mary's on the board with a seven-yard touchdown run. Four minutes later Perez repeated the feat again, punching one in from seven-yards out to hand the Huskies a 14-0 lead. Perez would strike once more in the quarter, as after a team safety made the lead 16 points, Perez rumbled in from 26-yards out to make the SMU lead after one quarter 23-0.

Ryan Jones made his first touchdown pass of the game just seconds into the second quarter as he hooked up with Jay Currie, who did the rest,

scoring from 27-yards out. The clinic that Luis Perez was

scoring from 27-yards out. The clinic that Luis Perez was



The score was again one-sided as the Huskies wallowed in a

The score was again one-sided as the Huskies wallowed in a



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Hockey Huskies skate over Panthers

by Daniel Bonner

Homecoming weekend marked the beginning of the season for our Saint Mary's hockey Huskies, and unfortunately that season

few years, UPEI has been a basement dweller in AUS hockey, and this year was expected to be no different. After an impressive opening weekend, however, reality set in for the Panthers on

it a tie game, however as SMU goaltender Brent Zelenewich made the initial save on a Panther rush but was unable to keep the puck out of the net on the ensuing melee, to make the score at the first

frenzy in the second period was just a warm-up for the official's whistles, as the third period saw 49 minutes of penalties doled out on fourteen separate infractions. Two SMU players found the showers early as a result of this crackdown; rookie

defensemen Chris Manchakowski was shown the gate after receiving a five-minute major for slashing. SMU sparkplug Alex Halat was also

forced to leave the game early, receiving a ten-minute misconduct after accumulating four earlier penalties in the game. On the scoreboard, the Huskies added to their lead with Midgley and Byrnes netting their second goals of the game. Another rookie, this time Lindsay Plunkett, scored late in the game to hand the Huskies the 10-2 victory. As easy as the victory appeared, it is worth noting that the Huskies outshot the Panthers 42-24 in a game that saw SMU carry the play for the majority of the time, and receive outstanding goaltending from Zelenewich, who answered the call when tested.

Sunday afternoon saw the Huskies face what was sure to be a more difficult challenge in the form of the St Thomas Tommies. The Huskies took to the ice just fifteen hours

after the conclusion of the game with the Panthers. The Tommies, however, were no better off as they had played a tight game with the St FX X-Men just the night before as well. St Thomas scored first, taking the Huskies off guard, as on a SMU powerplay the

Tommies broke out and defensemen Troy Turyk scored on the ensuing rush, handing STU the early lead.

The Huskies responded well, proving that their powerplay was quite functional scoring twice on the powerplay a few minutes later, both Jeff Tetzlaff and Travis Kennedy responsible for the powerplay markers. With just seven seconds left in the first period SMU rookie Lindsay Plunkett found the twine to make the lead 3-1 Saint Mary's at the intermission.

The second period belonged to the Tommies, who scored three times in the frame, twice on the powerplay, to reclaim the lead at 4-3 after forty minutes of play. The seesaw battle continued in the third with the Huskies scoring first to tie the game at four, as defensive anchor Steve Gallace hammered a shot past the STU goalie. SMU's Brett Gibson



all photos by Dan Bonner/THE JOURNAL

began on a sour note with a 4-3 loss to Acadia. This past weekend the Huskies were hoping to get back on track as they hosted a pair of teams destined for different directions. The St Thomas Tommies have long been a powerhouse in the AUHC, and just last season the Tommies won the AUS hockey crown. This season could be another success story for STU, as league MVP Jason Sands has returned to lead the Tommies to the top of the AUHC. On the other hand, after an impressive victory

Saturday night when they ventured into Alumni Arena to battle the Huskies.

Apparently hockey fever has yet to spread throughout the Saint Mary's campus as only a scant 400 fans filed into Alumni Arena on Saturday night to catch the Panthers and Huskies do battle. The first period was a wide-open affair with lots of end-to-end action and few penalties, a pleasant surprise given the tendency of AUS officials to be 'whistle happy'. The period also sported little in way of

intermission 1-1.

Everything that was absent in the first period, scoring and penalties, were available in plenty in the second period. In a wild period that saw seven penalties coupled with seven goals, SMU asserted their dominance in the game. The Huskies cracked off six goals in a row starting with Clark Udle's first of the year just three minutes in. Big SMU defensemen Jason Maleyko, a rookie with the squad who played for the Brampton Battalion of the OHL last year, scored his first as a Huskie to make the lead 3-1. Saint Mary's captain and last year's scoring leader Jim Midgley netted himself a goal next just two minutes later, as the Huskies continued to press after successfully defending against two UPEI powerplays to extend the lead to three goals. Defensemen Brad Morgan wired a shot home just past the halfway point in the period, a goal that would end the night of Panther netminder Jason Flick who allowed five goals in just over 30 minutes. The familiar names of Steve Gallace and Jason Brynes each scored next for the Huskies with Brett Gibson assisting on both goals, at 7-1 the rout was on. UPEI managed to find the twine behind Zelenewich just before the second intermission to close the gap to five goals heading into the locker room. Evidently the penalty



over the UNB Varsity Reds, the UPEI Panthers followed it up with a 3-3 tie with the St FX X-Men. Both games garnered some respect for the Panthers, who were not given much of a chance this year. The fact of the matter is that for the better part of the last

goals. However, there were two, the first of which was scored by the Huskies to give them an early lead, as a shot from the high slot led to multiple deflections, eventually striking Travis Kennedy who received credit for the goal. UPEI soon made

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An interview with Stacy Wilson

The co-captain of Putting it on Ice shares her insight

by Kathleen Lingley

Friday evening I was given the opportunity to talk with Stacy Wilson, former member of the Canada Women's Olympic Hockey Team (1998), about her experiences in hockey. For Stacy, hockey became a part of her life at an early age. Growing up in New Brunswick in the 1970's, there was not a well-established minor female hockey league so she chose to play with the boys. Then, after playing with them from the ages of eight to fourteen, she decided to stop and did not play again for five years.

At Acadia, she and a group of women decided to start up a team. From there, Stacy went on to play for a women's team in Moncton after graduation and then for the National Team with whom she played with until 1998. After retiring from the National Team, Wilson took a coaching position at the University of Minnesota-Duluth, where she and the other coaches built an excellent women's Division I hockey team, who last year won the NCAA Division I National Championships.

My first question to Stacy related to a casual conversation that we had earlier in the day after watching David Bastistella's film "Shinny". We had been talking about the film and how it captured the essence of the simple pond game. Stacy readily identified with the film and the shinny experience and she began describing for me what shinny meant to her. For Stacy, getting out on the ice with family and friends is all about "pure play, there are no rules, no drive to win, just the drive to play and have fun". Her first experiences with hockey were in an open arena, and because of this Stacy has a strong connection to playing hockey outdoors.

Shinny is "spiritual" for her. Everything fades into the background; nothing else exists except you, the ice, and the other players. Even the trek to the pond is a significant part of the experience; walking with the snow crunching underneath your feet, with your skates and stick slung over your shoulder. The simplicity of the trek, the game, and the outdoors surroundings are what shinny is to so many people across Canada, Stacy included.

After discussing the simplicity of shinny, Stacy

started describing the atmosphere surrounding women's hockey in Minnesota. She said her team is a treasure to the town. They receive incredible amounts of written media and airwave coverage; the team even has a radio broadcaster who travels with them. The people of Minnesota "love" the team, their children ask for the girls' autographs, and there are generally a thousand people in attendance at the games. After winning the N C A A Division I National Championships, the women were invited to meet the President. Their airfare and some other expenses were covered by companies' eager to help out these women's hockey heroes.

I was interested to know how Stacy saw hockey as a part of a young woman's growing process, since she as a player would experience the

impact of hockey as well as being able to see it in her players. She said that if there is the right coaching and the right atmosphere, the experience will be confidence building. Hockey allows girls to find themselves and find what they are about. Likewise, hockey is an opportunity "to learn life's lessons in an artificial arena".

We ended our discourse



with Stacy encouraging all women out there, regardless of age or skill level, to become active in ice hockey. She says that if you have the interest, there should not be anything holding you back. Secondly, she reflected on her own

career. When I asked her to single out one moment that was the most significant and memorable for her, she took a few moments to consider before answering. The moment she shared with me was that of "winning the silver medal" in the Nagano Olympic Games. Having the medal put around her neck was a learning experience. "From that I learned that I can lay it all out on the line and I can still lose. What we forget is that it takes courage."

Stacy was telling me that even if you do not achieve your ultimate goal, you realize that it's ok, that you played as hard as you could and that is all that can be done. Sport is the only venue where people actually see you fail. No one knows when you fail an exam or don't make your sales goal in a retail job, but everyone sees you miss that goal or lose that game. It takes courage to admit that you have done all that you could and that still was not enough, that someone else was better than you at that one time.

handed the lead back to the Huskies as he capitalized on a STU highsticking penalty to score on the powerplay. St Thomas had an answer five minutes later, however. The tied game was short lived as the Huskies went up 6-5 thirty seconds later courtesy of a Keith Delaney goal. With one minute to go the Tommies called a timeout and strategized for a last second equalizer. The session at the bench apparently worked as 400 SMU fans watched STU tie the game with just thirty seconds left in the game. The overtime session proved pointless as the teams combined for four shots, making the final Saint Mary's 6, St Thomas 6.

This weekend's results are promising for the Huskies, who grabbed three out of a possible four points, and proved they can run with a team the caliber of St Thomas. This week offers a very similar test, in fact an identical one as the Huskies travel to New Brunswick to do battle with the aforementioned St Thomas Tommies on Friday night. The very next day the Huskies cross the straight to PEI to take on the Panthers in a rematch of the Huskies 10-2 drubbing this past week.

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Women's rugby end their season

by Daniel Bonner

The Saint Mary's women's rugby has enjoyed a successful season to this point. With a record of 5-1, the Huskies finished first in the Nova Scotia conference. The Huskies relished two victories over the three time defending

Huskies their only loss of the season. Regardless though, Saint Mary's still had to take care of business with the Tigers of Dalhousie, and on this past Saturday the good season for the Huskies turned into, hopefully, a good playoff run.

When the game began on

the Huskies began to drive again, and after a long successful run by Gretchen Tanner, Sherry Lake picked up the ball and sailed across the tryline to extend the Huskies lead. Vanessa Pyke came within inches of adding the convert, but it ended up

being no good to make the lead stand at 8-0. By this point SMU was rolling and the Huskies added more points to the total, Lake completed her second try of the game and Kim Spinney added another while Pyke, who had been kicking well all day, added both the converts to put the Huskies in front for good at 23-0. In the other game on Saturday the X-Women got by the Axettes to set up a St FX, Saint Mary's Nova Scotia division final.

If there is another game on this planet that more accurately resembles ancient warfare than Rugby, I have yet to see it. Rugby is all about outnumbering your opponent, outflanking your opponent and outfighting your opponent, and this was

happen, did not disappoint, as the Huskies and the X-Women did battle on that breezy afternoon. Much to the dismay of the Saint Mary's fans in attendance, the X-Women successfully avenged their two earlier defeats to the Huskies, and now have a chance to defend their title as they

down the Huskies 13-10. The X-Women now move on to play in the AUS championship game against the New Brunswick Champions, this Sunday in a game that could mark the X-Women's fourth straight Atlantic title. The Huskies on the other hand see an excellent season wasted, as they will be forced to watch the remainder of it from the sidelines.

The Huskies made great improvements this season, and needless to say, the women's Rugby program at Saint Mary's has a promising future. Fans can rest assured that the Huskies rugby team will be back better than ever next year, and then perhaps they will have the final pieces of the puzzle installed to defeat the X juggernaut.



AUS champions, the St FX X-Women. However, the Huskies knew that regular season aside, the road to an AUS championship still ran through the X-Women. This past weekend saw the playoffs commence with Saint Mary's taking on Dalhousie, and St FX battling Acadia on Saturday with the winners advancing to the divisional finals the very next day. While many people expected the Huskies to handle the 0-6 Tigers quite convincingly, the bigger question was who would SMU rather be matched up against in the divisional finals. On one side you have St FX, who as mentioned, are the three time defending conference champions, but they are also a team they have beaten. On the other hand you have Acadia, a team that while their record wasn't that impressive, they did manage to hand the

Saturday, the action was fast and furious and a first half, controlled by the Huskies, failed to turn into success on the scoreboard. Despite dominating the play, and keeping the action deep in the Dalhousie end, SMU managed only a three-point penalty goal to lead 3-0 at half. After a pep talk at half by the



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Saint Mary's coaching staff, the Huskies came out and emphasized the fundamentals, and the success of which was soon shown. Very early in the second half

never better exemplified than the Nova Scotia final on Sunday afternoon at the Commons. The final that everybody wanted to see

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