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# THE JOURNAL

since 1935

SAINT MARY'S UNIVERSITY • HALIFAX • NOVA SCOTIA

Volume 67- Number 23- March 20, 2002

## Science experiment gone wrong?

by Jeremy Strong

Last week the Fire Department paid a visit to Saint Mary's University to douse a small fire that erupted on the roof of the Science building. Students were evacuated and gathered outdoors to watch as the firemen tackled the small blaze. Many students were attending labs at this time and could be seen standing out next to the Science building in

their lab coats.

After a lengthy wait the fire was extinguished and students were permitted to re-enter the building. The damage to the building is fairly minimal but still being assessed.

This fire was almost certainly an accident and in no way related to the other recent fires in South End Halifax.



photo by Lianne Nixon/THE JOURNAL

Firefighters finish fighting a blaze on the roof of the Science Building last Wednesday.

## Dalhousie strike

by Jeremy Strong

Is the Dalhousie strike finally winding down? Negotiations may have resumed between the DFA (Dalhousie Faculty Association) and Dalhousie University, but classes have not. If the talks do not result in a negotiation agreeable to both sides soon, it may be too late to resume classes and

some students may not be able to graduate or receive grades this year.

As of Monday afternoon at press time, the conciliator had invited the DFA and Dalhousie university to the table for discussions in hopes of ending the strike. Perhaps by the time you read this the strike will be over, but perhaps not.

## SMU's proposed budget for next year

The pros and the cons

by Jeremy Strong

It's that time of year again, and the University's Budget Committee has completed their proposed budget for the next academic year (which begins in September). The proposed budget is not yet set in stone - it still has to go through the University's Board of Governors - but there are some aspects of the budget that may not please everyone.

For instance, the proposed increase to tuition is 5.75%. If this figure is passed, many of the students who protested on the "Day of Action" to freeze tuition fees, will not be happy. The 5.75% increase would be .75% more than last year's five percent increase. This means that Canadian students attending SMU will be paying \$939.06 per full credit course instead of \$888 dollars. International students, who already pay double what Canadian students pay for tuition, will see an increase in fees from \$1776.00 per full credit course to \$1878.12. So for a Canadian student to take five full credits per year would cost \$4,695.30 per year (that's without student fees, book fees or residence fees).

International students are looking at \$9,390.60 per year (again not including other fees).

Residence students will be hit even harder if the proposed budget is accepted, with residence fees proposed to rise by 18%. This figure seems outrageous, and many may be inquiring as to why such an increase in residence fees is necessary. The answer is that the university needs to cover the cost of the expensive residence renovations from past years. Apparently, expected local community and business donations fell through.

On the plus side, scholarships and bursaries are being given a proposal for a large jump, from \$50,000 to \$100,000. This is an excellent increase.

Another positive result of the proposal may be some new renovations to the Student Center (which will cost the university \$1,000,000), which would be completed by the time classes started in September. The renovations to the current Student Center would increase cafeteria and

lounge area space, and make the option for holding various events in the cafeteria a reality.

Finally, on the plus side is a proposal which would allow an increase in the time students would be permitted to drop unwanted classes - with no penalty. Currently, students have one week from the commencement of classes to drop unwanted courses without penalty. The proposal would allow that period to increase to two full weeks. This would give students more leeway when deciding which courses are or are not for them.

The hidden catch that brings this idea down, is that the tuition refund scheme would have to change. This means that the percentages of money refunded for dropped classes would be altered. So, if a student dropped a class in the first two weeks, they would receive all of their money back for that course. In the third, fourth and fifth weeks though, the refund would drop to 75%, 50% and then 25% respectively. Then weeks six, seven and eight

continued on page 3

### Public Service Announcement

Going to court over fisheries:  
US and Canadian experience

Chris Zeman, American Oceans Campaign attorney, speaks at Saint Mary's University about the improvements US Fisheries and Oceans Policy has seen as a result of court action. Two local speakers will present the Canadian experience with an emphasis on the ongoing legal challenge between Ecology Action and the Department of Fisheries and Oceans concerning the destruction of fish habitat. The talk will take place at 7:30pm on March 25th at Saint Mary's University, room 255 of the Sobeys Building. Light refreshments will follow. For more information, contact Mark Butler, Marine Coordinator at the Ecology Action Center, at (902) 429-2202 or by email: ar427@chebucto.ns.ca.

# SMUSA Page

Students' Representative Council Meeting-

Sunday, March 24, 2002

No Classes- Good Friday, March 29

Classes- Easter Monday, April 1

## Arthritis Society Fund Raiser

Come and support Scott Covey on Thursday March 21, when he runs 8 straight hours in hopes of raising money for the "Joints in Motion" marathon program. A treadmill will be set up in the Saint Mary's Student Centre and with your support he hopes to run 40 miles or more.

## Annual Psychology Conference

**March 22, 2002**

Luncheon, poster session, student presentations, guest speaker and banquet. Please register with the Psychology Dept.

Secretary by March 15th.

For more info call 420-5139

or visit MM302A

## Grad Photo

### Deadline

Photos taken by Berryhill Fine Photography must be taken by May 1. For an appointment call 429-1344.

Photos taken by other photographers must be dropped off to the 5th floor Student Centre by April 15.

For more info call Fiona Gordon at 496-8705

## "GOOD MUSIC, GOOD TIMES"

TONIGHT  
OPEN MIC  
NIGHT



THURSDAY  
PUB  
NIGHT

The Gorsebrook Lounge

## This week at SMU

### Journal News

#### Commerce Dinner – March 20<sup>th</sup>, 2002

The Saint Mary's University Commerce society cordially invites you to the 28<sup>th</sup> Annual Commerce Society Business Dinner. This event will be held on March 20<sup>th</sup>, 2002 with a reception at 6:00pm and dinner served at 7:00pm in the Conference Hall. For additional information, contact the Commerce Society at 496-8799.

#### Days Against Discrimination: Race, Class and Education – March 19<sup>th</sup>

– 22<sup>nd</sup>, 2002 (taking place at the Saint Mary's University Art Gallery).

Wednesday, March 20<sup>th</sup>  
 “Visible Minorities / Invisible Hurdles. How to Make the University Experience More User-friendly”

Candy Palmater, Native lawyer and educator.

Thursday, March 21<sup>st</sup>  
 “From Refugee to Student: Overwhelming Odds”

Scott Sterns, immigration lawyer

Students from Sudan and Burundi.

Friday, March 22<sup>nd</sup>  
 “Closing the Post-Secondary Door on Welfare Recipients: Is Nova Scotia Marching Backwards?”

Department of Community Services, N.S.

Dalhousie Legal Aid, TYP and IBM Program

SMU Financial Aid, SMUSA

The Marguerite Centre  
 Moderated by Bruce Wark, Journalism Professor at King's

College, Contributing Editor to The Coast.

Special Film Screening  
 Thursday, March 21<sup>st</sup>, Sobey Conference Theatre, 7:00pm (doors open at 6:30pm)

“Honour Before Glory” with director / actor Anthony Sherwood, the National Chairman for the March 21 International Day for the Elimination of Racism for the Federal Government. Free admission.

Light refreshments will be provided.

For more information, please contact Jo Stern (420-5113) or Yuri Akimoto (420-5075).

Saint Mary's Psychology Department and the Visiting Speakers Committee present:

“What is Emotional Intelligence and Why is it Important?”, a lecture by Dr. Jack Mayer. Dr. Mayer is a professor of Psychology at the University of New Hampshire and a leading researcher on the topic of emotional intelligence. The lecture is on Friday, March 22<sup>nd</sup>, 2002 at 4:00pm in room 255 in the Sobey Building.

#### The Eighth Annual Gallery Reading Series

The Department of English welcomes Mark Anthony Jarmin from Fredericton, where he teaches fiction writing and edits fiction for *The Fiddlehead*. Jarmin has published the novel *Salvage King, ya! A herky-jerky picaresque*, and three short-story collections, most recently *19 Knives* (Anansi, 2000). He will be at the Art Gallery on Friday, March 22<sup>nd</sup> at 5:30 pm. For additional

information please phone: 420-0315 or 420-5715.

**M.I.K.E. 2002 – Millennium Issues for the Knowledge Economy – March 26<sup>th</sup> & April 20<sup>th</sup>** “Knowledge is power, but only actions produce results, building a stronger Nova Scotia knowledge economy by 2004” will be held on March 26<sup>th</sup> and April 20<sup>th</sup> in the Sobey Conference Theatre. It's time to turn discussion and debate into action and formulate a plan for our province's future. Sponsored by NovaKnowledge, M.I.K.E. 2002 is an opportunity to exchange opinions with the panel and provide input into the planning process. Moderator: for the March 26<sup>th</sup> debate will be Paul Kent, Senior Vice President, DMR Consulting Inc., Atlantic. The topic will be: Setting goals and priorities. It's easy to point fingers and complain. How would you set Nova Scotia priorities? Panelists will include: Bernd Christmas, Chief Executive Officer, Membertou Reserve Band Council and Daurene Lewis, Principal Halifax Campuses, NSCC. NovaKnowledge will capture the essence of the M.I.K.E. debates and circulate to key leaders and policymakers throughout the province. For information call 494-3189 or visit the website at [www.novaknowledge.ns.ca](http://www.novaknowledge.ns.ca).

#### Call for Publications

The April edition of *The Times* will feature recent publications by Saint Mary's faculty. Faculty and staff who have authored/edited a text, novel or collection in the last year are invited to forward a copy of

their book or book cover to Lisa Legatto at Public Affairs. The books and covers will be returned after the image has been scanned. The deadline for submissions is April 1<sup>st</sup>, 2002.

#### Saint Mary's Art Gallery

Saint Mary's Art Gallery is pleased to present

*Seeing Things: The Paintings of Gary Evans*. The exhibition runs from March 1<sup>st</sup> until April 7<sup>th</sup>, 2002. Gary Evans' paintings challenge traditional perceptions of the landscape. This major solo exhibition surveys the past five years of Evans' practice, charting the development of several series of paintings that move from solitary bush studies to the most recent works in which visual portholes and living curtains reveal desolate urban scenes and distant tableaux.

#### Applications for 2002-2003 Scholarships

Named Undergraduate (Part-time and Full-time), Alumni Leadership, and Saint Mary's University Faculty Union. Information and applications are available at Student Services fourth floor and the Continuing Education Office on 883 Robie Street. Deadline for applications is May 25<sup>th</sup>, 2002.

#### Bookstore Closure

The Bookstore will be closed for inventory and Easter from Wednesday, March 27<sup>th</sup> to Monday April 1<sup>st</sup>, inclusive. All departments

are requested to bring in their purchase requisitions prior to March 26<sup>th</sup> to ensure processing before the end of this fiscal year. Our year end clothing sale is now in full swing. For the month of March only, take 25% off regularly priced clothing and 10% off the price of all marked-down clothing. Discounts cannot be combined.

#### Join the team

Saint Mary's University is entering a team in the 2002 Walk to Cure Diabetes in support of the Juvenile Diabetes Research Foundation on Sunday, May 26<sup>th</sup>. This is a terrific family oriented fun day, with refreshments, a BBQ lunch at the finish line and lots of entertainment. Please be generous with your support. To join the team, or obtain additional information, please contact Barry (5176) or Valerie (5565).

#### Trip to Ireland

In celebration of the 200<sup>th</sup> anniversary of Saint Mary's University in 2002, the Alumni Association invites you to join an intimate and unique tour of Ireland. This unique opportunity to tour Ireland will be led by Dr. Cyril Byrne of Saint Mary's University (Irish Studies). Tour Dates: May 25<sup>th</sup> – June 7<sup>th</sup>, 2002. To register, please contact Aquila Tours at (800) 561-9091 or for further information, please contact the Alumni Office at 420-5420 or email [alumni@stmarys.ca](mailto:alumni@stmarys.ca).

The release party for the “Lockpicks” Anthology will be held on Thursday, March 21<sup>st</sup> at 8:00 pm in the SMU Art Gallery. The new anthology will be available for five dollars. There will be readings of selected works, music and food. All are welcome.  
 by David Miller

continued from page 1

### Proposal

would not allow for a refund at all. That means a W on the transcript, but no cash refund.

Everything mentioned above is proposed. So that means, from now until the Board of Governors meets to make a decision about whether or not this scheme is approved, any of these details might be altered. And in order for this proposal to turn into an actual budget, the Board of Governors first has to approve it on March 28<sup>th</sup>, 2002.

The Board of Governors has four members of SMUSA, who sit on the board to represent the students of Saint Mary's. Right now those four members, along with many other concerned students, are currently working to revise this proposal, and are voicing

concerns about it to the Board and to the Senate.

Students concerned about the possible effects of this proposed budget for next year should get in touch with a representative of SMUSA as soon as possible.

Residence students are the ones who will be the most effected by the budget proposal, particularly if it becomes next years actual budget. Students in residence will have to pay not only the higher tuition, but the 18% residence increase as well. This may anger some residence students who have already re-applied for a spot in residence next year or for next years new students who will have to apply for residence before they are fully aware of the costs.

Currently, the University spends approximately 75% on

salaries, and the other 25% goes to other venues. This new proposed budget must accommodate that 75% spending allowance for salaries. The University seems to be attempting to avoid the situation that has erupted at Dalhousie this year. If the faculty are given an increase in pay, then the chances of them going on strike in the near future become less.

Unfortunately, the continuing rise in tuition makes the possibility of student action more and more prevalent.

Look for follow up articles about next year's budget proposal in the coming issues of The Journal.

Special thanks to Paul Deveau and Steve Lane of SMUSA for providing information and advice about this article.

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What follows is the opinion of the writer alone, and not necessarily the opinion of The Journal, Saint Mary's University, or any affiliates of either. If you would like to comment on, or respond to any article we print under the Opinion heading, please do so in writing, bearing in mind the Journal reserves the right to reprint such material. Bring responses to: The Journal, fifth floor of the student union building, Saint Mary's University.

Or, if you are interested in writing a news story, or being a news-writer for the Journal, please call 496-8201 and ask for the News Editor, Jeremy Strong.

## The rant: Are we doing something wrong here?

by Jeremy Strong

We are doing something wrong. The world is quickly going into steady decline all around us. There is violence around every corner and implied in many actions. There is violence here in Halifax like we've never seen before - three people shot in the head in three weeks - one of them in Bedford (Bedford is a small place and it is uncommon to go 10-15 minutes without seeing a police cruiser), shot in the head while at the Rubber Ducky Car-Wash. The Rubber Ducky Car-Wash. It sounds like a nice, fun car-wash to me. But not anymore now that someone got their head blown off there. There was also a cab driver shot in the head in Dartmouth, robbing him wasn't enough for the perpetrator. And then there was the man shot down outside the Copper Penny for a dispute inside the bar.

It's getting worse all over the world every day and we love watching it on Television. We can turn on FOX and watch COPS, where cameramen follow the police as they chase criminals across lawns and are right there to

capture the brutal take downs and adrenaline rushes the officers get when they are confronting armed and dangerous people. It's all a game. Watch the COPS bust those nasty criminals for smoking POT and shooting COKE. Look at that prostitute kids, doesn't she look lovely with her snotty nose and needle holed arm? Isn't watching COPS fun? Everything on television has become so real that the line between what is real and what is not has already begun to blur.

Or let's watch World's worst police video's, where you can see officers shot down in front of their cruisers for trying to give speeding tickets. Or Banned from television - where you can watch a man being gored by a bull (which is tortured and starved until it is crazy), don't you feel bad for him kids? The poor guy.

Hey let's watch Survivor 9, where contestants are flown to the moon to see who can live the longest in a harsh lunar environment. We'll give them all a tank of air and some freeze dried ice cream.

Let's watch Wrestlemania XXX and see if we can smell what the Rock is cooking.

Maybe human flesh?

Actually let's not watch television, it's too depressing and violent. Let's go on vacation. Where do you want to go? How about somewhere in the middle-east? What do you mean we can't go there? Oh that's right, I forgot that the Palestinians and the Israelis have been ritualistically killing each other since before I can remember. Why do people do this to each other? Virtually everyday right now in the middle-east, a suicide bomber supporting one side or the other blows himself up and tries to take as many innocent people as possible with him/her. I feel sorry for those children who are afraid to go to school.

We recently witnessed, two airplanes flown into two of the biggest buildings in the world, on television - and none of it is getting through to anyone. I honestly didn't believe it when I first heard about the World Trade center attacks. And I think many people are still in shock. We are going to keep on killing each other until the planet just can't take

it anymore. Sometimes I wish a horrid race of aliens would try and annihilate us, just so we could all stop killing each other for five minutes.

People say the digital age is a wonderful period of endless information and technology right at our fingertips, but I wouldn't know because I can't see any of it through all the porn. We are learning less and less and consuming more and more. We are all becoming puppets, but not puppets in some massive government conspiracy, just puppets of our own garbage heap. I once wanted to have children, but sometimes now I become afraid that it would be cruel to do so.

The most recent video game technology lets you shoot down cops and old ladies in the street. And don't lie to yourself and say kids can't get their hands on these games.

The process of human evolution has been like a snowball rolling down a massive hill. We keep picking up speed and growing bigger and bigger. We crush

everything in our path and if we lose a piece along the way we don't care, because we just keep on rolling and getting bigger. But sooner or later that snowball is going to smash into something at the bottom of the hill, and it will all be gone.

I know this all sounds depressing and it all sounds pessimistic. But I am depressed and it is all true. Some people tell me that this is just the way life is and I have got to learn to accept it. But I deny that. I refuse to believe that the world we live in is a world that cannot be much different if only we would all try just a little bit harder. I also refuse to believe that what we have become is natural. I don't think it is - I think that we as human beings have abused our unique gift of intelligence and self awareness. There are other species on this planet that are dying daily because of us, and when they are all gone and the world is a nuclear swamp, we may wake up and wonder what we have done to ourselves and the earth, but it will be too late.

A PRESENTATION BY DR. JOHN D. (JACK) MAYER

# What is Emotional Intelligence

and Why Is It Important?

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Friday, March 22, 2002 @ 4:00pm  
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For further information contact  
Saint Mary's University's  
Psychology Department at 420-5846



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Dr. John D. (Jack) Mayer is a professor of Psychology at the University of New Hampshire who co-authored the first scientific articles on emotional intelligence. Dr. Mayer's current work on emotional intelligence has been featured by American media including Time, and The New York Times.

Sponsored by Saint Mary's University's Department of Psychology and Saint Mary's Visiting Speakers Committee

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## Another sad day at SMU

**A**nother tragedy occurred at Saint Mary's. Yet again, we are forced to face our own mortality.

One of our own, Peter Strong, 24, passed away after a car crash Friday night.

Peter's car was traveling on the Trans-Canada Highway, near Moncton, when it left the highway and tumbled down a 15-metre embankment, onto the top of a passing freight train. He was on his way to visit his girlfriend when the accident occurred. The slippery road conditions caused Peter to lose control of his car, when he tried to pass a transport truck, said RCMP.

Peter will be a greatly missed part of our Saint Mary's community. He was a loyal and caring friend, employee, referee, athlete, and companion. Hailing from Dartmouth, Nova Scotia, Peter graduated from Dartmouth High in 1996, receiving a Gold "D" and the "Sportsman of the Year Award" in his senior year. After graduation, he moved into retail sporting goods sales, while also attending school here. As many have said, "Peter's love of life was only exceeded by his passion for sport."

He enjoyed soccer, curling, skiing, golf, badminton, cycling, among various other sports and activities. Peter could often be found participating in, coaching, refereeing, organizing, or watching sports events, exhibitions, and competitions locally as well as throughout the Maritimes.

At a young age, Peter excelled as both an athlete and coach. Peter moved through the Dartmouth United Youth soccer programs to become a member of the Saint Mary's University Men's Varsity Soccer team, and a Division 1 soccer player for both Cole Harbour and Forest Hills Soccer Clubs. He coached and ran development programs for Dartmouth United and Dunbrack Soccer Clubs and most recently was coaching for the Girls Regional Training Centre and Girls Keeper High Performance Training Centre in Halifax. At the time of his death, Peter was co-coaching with his stepfather, his sister's under 14 Tier 1 team.

When not coaching or playing, Peter worked at Play It Again Sports in Dartmouth and then at Cleve's, Spring Garden Road for five years. He also worked for the Gorsebrook Research Foundation and as a Saint Mary's University Intramural Coordinator.

Described by everyone he knew as a genuine people-person, Peter liked everyone, and everyone liked him. "He related well to his players as a coach and conveyed sincere interest in his family, friends, teammates, customers, and acquaintances."

Peter leaves behind his parents, and sisters, among many other family members, and loved ones. He also leaves behind his girlfriend of four and a half years, Bonnie White of Stellarton, Nova Scotia.

Visitation will be at Walker's Funeral Home on Prince Albert Road, Dartmouth from 2:00-4:00pm and 7:00-9:00pm Tuesday, March 19<sup>th</sup>, 2002. Celebration of Peter's life will be 10:00am on Wednesday, March 20<sup>th</sup>, 2002 in St. Peter's Roman Catholic Church, in Dartmouth. In lieu of flowers, please make donations to the "Peter Strong Development Fund for Young Coaches", care of J. Murphy, 95 Spring Ave, Dartmouth, NS B2W 4C6 (phone: 435-1241), or the charity of your choice.

Due to this tragedy, the majority of the Soccer teams have elected not to play the final Intramural games on Sunday, March 24<sup>th</sup>, 2002. The winning Soccer Team T-shirts will be given to Peter's team, "The Eagles" at the Intramural Awards Banquet on April 3<sup>rd</sup>, 2002.

Take the opportunity everyday to express your love for those dear to you. Cherish every moment.

C.M.



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## Seeing Things: The Paintings of Gary Evans

March 1st to April 7th, 2002  
Saint Mary's University Art Gallery

by David Penney

Sometimes the art world can confound people. I myself prefer portraits to any other kind of painting because I feel the human face is the most fascinating of all

subjects. Landscapes, I thought, were pretty but uneventful, something easily duplicated by a camera. In short, made without much effort by the artist.

Gary Evans takes such a notion and turns it on its head. He is not content to simply let people walk by his paintings. He demands your attention and your effort, for no casual glance will suffice to truly take in what he has done. But if you are willing to arouse your senses, his paintings will repay you with offerings of a new and different contemplation.

I am more familiar with writers as artists and in my mind, unless an author's style evolves as time passes, their ability to communicate a point of view will stagnate and become irrelevant. I took that interpretation with Gary Evans as well, since his works in the gallery range from 1995 to 2001, and looked for signs of progress. It is more than obvious that he has developed his technique and has moved into an outlook that he enjoys.

For example, the Bush Study paintings from 1995 are simple, focused works of precisely what the title suggests. He takes shrubbery that might be found outside the campus

buildings and gives it depth, using tone and shadows. They are dark, but not murky, with various hues of green. One painting allows for half the canvas to be empty of any subject but the darkened background. From there, I turned to 1998 and his painting Field Work #39, where there is more experimentation and colour. His hand becomes bolder and there is a certain vibrancy about the strength of the brush strokes. His perspective is changing, and what he might have been contemplating with the shadows of the Bush Studies he now puts into play with the wider angle of his focus. He has been known to use a keyhole technique, in which one image is surrounded by suggestions of colour, as if the viewer were looking through a keyhole to a world beyond. But, when the 2001 paintings were made, you can see that he has taken this tool and moved with it to make the act of observation itself a theme. Now the paintings, whether about the mundane, as in Parking Lot with Store and Planters, or

the exciting Apparatus for Twisting and Turning, are no longer satisfied with being reflective pieces. Like the demands of television, they leap out and draw your eye, questioning the aspects of your world-view. Yet, unlike T.V., you cannot be passive and must engage the work and ask of it the same questions it wants from you: How do I see the world, near and far, beautiful and plain? What shapes my vision and my attitudes? Why do I perceive my world in this fashion?

Gary Evans seems to say to me that I, as the observer, matter. The observer becomes the theme of the paintings, which in turn become a mirror to our perceptions. He is interested after all in the human condition but chooses not to express his insights with portraits. He challenges us all to look at ourselves and why we believe and think as we do. The paintings then become a very personal statement and one is left to ask: Am I able to take up the challenge?

## Cold and flu blues

by Jane Collins

This is the time of year that the incidence of colds and flu are highest. Campus life is crowded – you sit in class with people who cough and sneeze all around you – how can you avoid getting sick? We all have immune systems that protect our bodies everyday from all kinds of invaders. Our immune systems can be thrown off by neglect of our body and mental well being.

Dr. William LaValley, holistic medical doctor at the Medical Wellness Centre of the Maritimes in Chester, N.S., summarizes three trouble spots – foods, fluids, and fumes. The wrong choices in these three areas can create a weak internal environment that is more susceptible to disease. It's impossible to avoid all the negative factors in today's world – the air we breathe can be full of pollutants that we have to endure. We also encounter germs and viruses in the classroom, on the bus – everywhere.

How can we look after our immune system? Most importantly is good food. Fresh fruit and vegetables, organic if possible. Reduce or cut out sugar, white flour, and saturated fats. Pasta from rice is far more nutritious than white flour pasta. Supplements are very important – taking a high potency multi-vitamin, multi-mineral is necessary for the production of red blood cells.

If you feel a cold coming on, increase Vitamin C to one gram per day. "Esther C" stays in the body four times as long as regular Vitamin C. Drink lots of water, four oz each half hour – drink as

much as half the number of pounds in your body. Room temperature water is less of a shock on the system. Exercise in moderation and breathe deeply to keep your lymphatic system moving; don't overdo exercising – too much can release immune suppressing stress hormones and even exhaust your immune response. Sleep allows tissues and body systems time to repair and regenerate.

Remember – an hour of sleep before midnight is worth two hours of sleep after midnight. Keep stress levels as low as possible. Stress sets off a whole range of immune suppressing chemicals and reactors in your body. Ten minutes a day of deep breathing and visualization can help your body mobilize your internal healing powers. Laughter is a great stress buster and immune builder.

Herbs have long been used as immune system builders – either as a tea or a tincture. Garlic is a natural antibiotic – take in capsule form, or simply chop up a clove and take daily with juice.

Echinacea and astragalus help stimulate white blood cell levels – these herbs should be used in cycles, not constantly. And two old favourites – wash your hands frequently and cover your mouth when you cough or sneeze.

Caffeine and smoking also help depress your immune system. If you end up with the flu or a cold, stay home until the symptoms subside – everyone will be grateful.



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Wednesday, March 20, 2002

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When? Dinner is served at 7:00pm

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## Cigaretted White Russians

by *Envirodudes*

Don't you love it when you're enjoying a White Russian and some dumbass drops a cigarette in it—bummer, pretty much spoiled eh? Well, keeping with the topic of waste, the one thing that is possibly worse than not recycling at all, is a problem that is common to many recycling programs: contamination. This means that stuff is getting put into the recycling bin that does not belong there. For example, glass bottles in paper recycling, or non-recyclable materials in any of the recycling bins. This creates many problems as

contamination levels get too high, nothing in the bin can be recycled, and it may have to be thrown out with the rest of the garbage.

In fact, a recent study has shown that almost 50% of the contents in the blue bins (for paper) in the new residence recycling program are materials that should not be there: Contamination—Booooo. However, the good thing is that contamination in the green (organics) bins is much less, under 15% on average.

So, what we're asking is that you please check the bin before you put your recyclables or garbage in there, because contamination can actually ruin all the hard

work that has been put into the program so far. It's like boozing it up during exams and then having to do the year all over again. All that hard work for nothing.

Now, if you've been reading our articles you know how we like to tell people how to do things, and it's not that we're trying to be pushy or anything, in fact, our suggestions are actually easy ways and little things that can be done to help protect our future. So, our contact is the same Bat time and same Bat e-mail address (yeah I know that's not funny): [smuenvirodudes@hotmail.com](mailto:smuenvirodudes@hotmail.com) — we like to hear from people either way — good or bad, feedback is our food.

## Best Buddies facts

by *David Penny*

### What is Best Buddies?

Best Buddies is a university and college based volunteer program designed to foster friendships between students and adults with intellectual disabilities.

### Where did it start?

Best Buddies International was founded in the United States by Anthony Kennedy Shriver in 1989. It has since grown to encompass over 550 chapters in Canada, the United States, Greece and Egypt.

### How did it come to Canada?

Best Buddies Canada was incorporated as a registered national charity in 1995. Since then the program has expanded from coast to coast, with chapters at over 40 campuses across Canada. Locally, Dalhousie University and King's College have chapters.

### How did it come to Saint Mary's University?

Professor Faizal Junus of the Psychology Department has been working in the field of disabilities for the past 14 years. In addition to his teaching courses on disabilities at Saint Mary's University, Professor Junus is a behavioural psychologist working with disabled persons throughout the province of Nova Scotia. One of his priorities has been raising public awareness in community integration of persons with intellectual disabilities. Both Professor Junus and Best Buddies Canada are committed to

creating integrated communities where people with intellectual disabilities participate fully in social and cultural life. This means bringing people together and providing opportunities for people who have been marginalized and isolated to find their place among their peers. Thus, Professor Junus, with the help of 12 students from his Psychology 420 (Psychology of Disabilities) class undertook the project of establishing a Best Buddies Chapter at Saint Mary's University.

### What is the overall goal of the Best Buddies Chapter at Saint Mary's university?

Friendship is the key element of Best Buddies. Usually, the bond of friendship develops through social contact, by doing things with others and finding common interests. Since contact between students and persons with intellectual disabilities seldom happens spontaneously, Best Buddies facilitates social contact by organizing group activities and requiring ongoing one-on-one contact between participants.

We hope that volunteers' involvement with Best Buddies will strengthen their empathy and understanding of the ability for people with intellectual disabilities to hold a job, fall in love, be independent, and most of all, be a responsible and compassionate friend. Volunteerism can and should be an integral part of our everyday lives. Best Buddies urges all participants to realize

that reaching out to persons with intellectual disabilities is not a community or social service, but a recognized need to broaden social circles and understand all parts of our community.

### How does it work?

Best Buddies Canada establishes chapters on university campuses wherever there are interested students. Each chapter is managed by student volunteers, called Campus Coordinators. At Saint Mary's University, guidance is provided to the coordinators by a faculty advisor, Professor Faizal Junus.

### How are Buddy Pairs matched?

Each chapter works with a Host Site, a community organization working in the field of intellectual disabilities. The Host Site Coordinator and Campus Coordinator match students with a Buddy, according to a schedule of interests and interview. All student volunteers must complete an application, submit to reference questionnaires and undergo a police record check.

### What type of time commitment is involved?

Student Buddies and Buddies make contact with each other once a week. One-to-one activities (going for coffee, taking a walk, etc.) take place twice a month. All the Buddy pairs at a chapter get together four times per year for a subsidized group event.

### Who benefits from the Best Buddies program?

We all do. The friendship

*continued on page 11*

## Best Buddies:

getting to know our community

by *David Penney*

Two strangers get on an elevator, one able bodied, the other in a wheel chair. The able bodied person finds out what floor the person in the wheel chair is going to and immediately presses the correct buttons, and then upon arrival, promptly helps the other person by pushing and steering the wheel chair out of the elevator. Once the wheel chair has cleared the elevator doors, the able bodied person continues onto their own floor, satisfied that a good deed has been done for someone less fortunate than themselves.

What is wrong with this scenario, Faculty of Psychology's Professor Faizal Junus might suggest, is that the able bodied person chose to see the disability rather than the person. Rather than view the individual as an equal, a judgement was made on the impairment observed. And though it began with good intent, such an attitude is fundamentally unfair and leads to a notion that those people with disabilities deserve the pity of those without.

That is why Professor Junus has encouraged the students in his Psychology of Disabilities class to become part of Best Buddies, a university and college based volunteer program designed to foster friendships between students and adults with intellectual disabilities. This means providing opportunities for people who have been marginalized and isolated to find their place among their peers. It also means raising awareness.

Melanie is a student who is Best Buddies with Helen, and they both agree that everyone should get involved. They have been together now for a month and getting to know each other has been an enjoyable experience. Another pair are Kathleen and Jamie and they have found the experience of meeting each other to be rewarding. Kathleen loves to chum around with Jamie, a student at Saint Mary's, who says that she has found the program to be an excellent way to develop a relationship with a person with an intellectual disability.

Best Buddies Canada establishes chapters on university campuses wherever there are interested

students. Student volunteers, called Campus Coordinators manage each chapter. They in turn work with Regional Residential Services Society of Halifax, and together they match students with a Buddy, according to a schedule of interests and an interview. All student volunteers must complete an application, submit to reference questionnaires and undergo a police record check.

Jessica is just one of the coordinators at Saint Mary's, working under the guidance of Professor Junus. She is working hard with faculty and students to create this new chapter of Best Buddies at the university and explained the finer points of the program. Students and their Buddies make contact with each other at least once a week. And everyone benefits from the Best Buddies program. The friendships formed help to build understanding not only among Buddies and Students, but also in the community, and students can gain valuable training and experience.

Paul is the Buddy of Chimene, who said that as a student the program has expanded her understanding of adults with intellectual disabilities. Paul mentioned that he has a full schedule but that he likes the time he spends with his Buddy. The next group activity will be a bowlathon in April and since Paul is an avid bowler, he is sure that he and Chimene have fun.

It is hoped that the students' voluntary involvement with Best Buddies will strengthen their empathy and understanding for the ability of people with intellectual disabilities to hold a job, fall in love, be independent and most of all, be a responsible and compassionate friend. Best Buddies urges all participants to realize that reaching out to persons with intellectual disabilities is not a community or social service, but a recognized need to broaden social circles and understand all parts of our community.

Until a chapter has been officially set up at Saint Mary's, students can contact Professor Junus by phone at 420-5856 or Email [[junus@husky1.stmarys.ca](mailto:junus@husky1.stmarys.ca)].

8 • March 20, 2002 • The Journal

## On the road with Trip Complete

A tribute to Dunbar the Pastrami Unicorn

by Edgar Hartling

What a privilege it was to be allowed to tag along with a devote following of fans for SMU's 2002 Battle of the



Bands winners Trip Complete, to UNB Fredericton for the regional competition and a chance at going to Guelph, Ontario for the national finals.

Adam Burke, Trip Complete's drummer, deserves full credit for founding this band. It was after all his initiative and excellent knowledge of music,

which allowed for him to make the best possible selections for the four-piece ensemble. He started by seeking the talents of Morgan MacDonald, an amazing guitarist and superb vocalist. After hearing how good he was, Burke then sold him on the fact that he already had a solid bass player by the name of Corey Shortliff. With Shortliff on bass and Burke's amazing stylings on the drums how could Morgan refuse? As luck would then have it another guitarist moved onto Burke's floor, Tim Culbert. Tim is quite possibly the best guitar player for his age that I have seen. After Tim played a few songs for Burke he was hooked and from there a group began to form and now the rest is history.

How Morgan sums up his musical talents is in a simple poem that he wrote: "two roads diverged in a yellow wood. I got confused, sat down, drank some beer, played some guitar and that has made all the difference."

The best part of the trip happened even before they hit the open road. It was after their performance on Friday night, they had time for a band practice. Morgan's father, another accomplished

guitarist, was just killing time on the stage playing some blues on his guitar. Morgan, seeing this, decided to jump into the jam with his harmonica. One by one, the rest of the band joined in and what resulted was the best jam session that I have ever experienced. The way the band was able to read each others moves and anticipate Morgan's father's chords was amazing. Few bands have the ability to feed off one another's talents like that. Seeing Morgan and his father playing together was like watching a young baseball player play with his favorite player, or for a novelist to meet their favorite author, essentially it was like seeing him play with his idol.

The competition itself was an experience in itself, the good news being that the fans that came from SMU ran the majority of the bar for most of the night. The unfortunate news was at the end of Trip Complete's set. After having some technical difficulties with sound, not of their own but with the bar's equipment and having to follow the home town band, Fat Jeabus from Saint Thomas University, Trip Complete finished with a solid third place finish. They came in behind both the New

Brunswick bands from STU and UNBSJ. However, they did finish in the standings ahead of every other Nova Scotian University band, making them the top university band in the province. The good news from the night as well was the way in which the band took the news. They knew that each one of the bands was good enough to win the competition, so there was no real disappointment. The only thing the band really needed at that point was a large draught from the bar.

From the parents and fans that accompanied the band for this whirlwind of a road trip, there was a resounding undertone spoken about the band. No matter how the band placed in this competition they would return to Saint Mary's as champs. They will also have their ever-expanding legion of fans cheering them on from show to show.

Trip Complete asked me to take the time to thank all those who helped out in their own special way. From those who cheered them on, drove them up, or even donated their house to the band for the weekend. Without their

continued support from friends and family, the band would be nowhere.

The band having been officially formed in early January has come quite a way,



expanding their talent and fan base at an exponential rate. With this early success it won't be long before you see this band's name in lights. To put it simply lead vocalist Morgan was quoted as saying; "Allet ever wanted was some skittles and a friend". Doesn't that just say it all?

Make your Trip Complete; see the band live every Sunday night at the Tickle Trunk.

## On top of it all

March 20th - 26th

by Jon Bruhm

**Wednesday:** Abbanania & Stayin' Alive pay tribute to Abba & BeeGees at The Rebecca Cohn Auditorium...The Stampedeers charge into Casino Nova Scotia.

**Thursday:** America & The Stampedeers ride to The Metro Centre on 'unnamed equine'...Rangelife & The Heavy Meadows groove at The Marquee Club with Alma Latina in Hell's Kitchen...Seth and The Spokks invade The Khyber...DJ Trixxx not just for kids at The Mercury.

**Friday:** Symphony Nova Scotia & friends play The Cohn...Joydrop & Buck 65 collide at The Marquee as Siren sounds in Hell...Blue Quarter & Seth and The Spokks beam up to The Attic...The Mellowtones minus Tony Smith play The Planet...Tribute to Nirvana featuring Hadrian Seven and more at The Tickle Trunk...The Jimmy Swift Band fly at The Velvet Olive...Hop On Pop make a Slight Return at The Khyber.

**Saturday:** Symphony Nova Scotia once again at The Cohn...Jazzberry Ram 'thinks about sex' at The Marquee as Nathan Wiley makes Halifax debut with Matt Mays in Hell...\*\*Supergarage, Flush & Swifter 'demolish' The Attic\*\*...PDQ & Blue Quarter blast off to The Planet.

**Monday:** Jann Arden & The Ennis Sisters 'insensitive' at The Metro Centre...The Guthries wrap up Month of Mondays in Hell.

**Tuesday:** Bittersweet Symphony Nova Scotia at The Cohn.

\*\* denotes JB's Pick O' The Week

That's all for this week from your fly on the wall, keeping you On Top Of It All. E-mail questions/feedback to [ontop@aroundhalifax.com](mailto:ontop@aroundhalifax.com)

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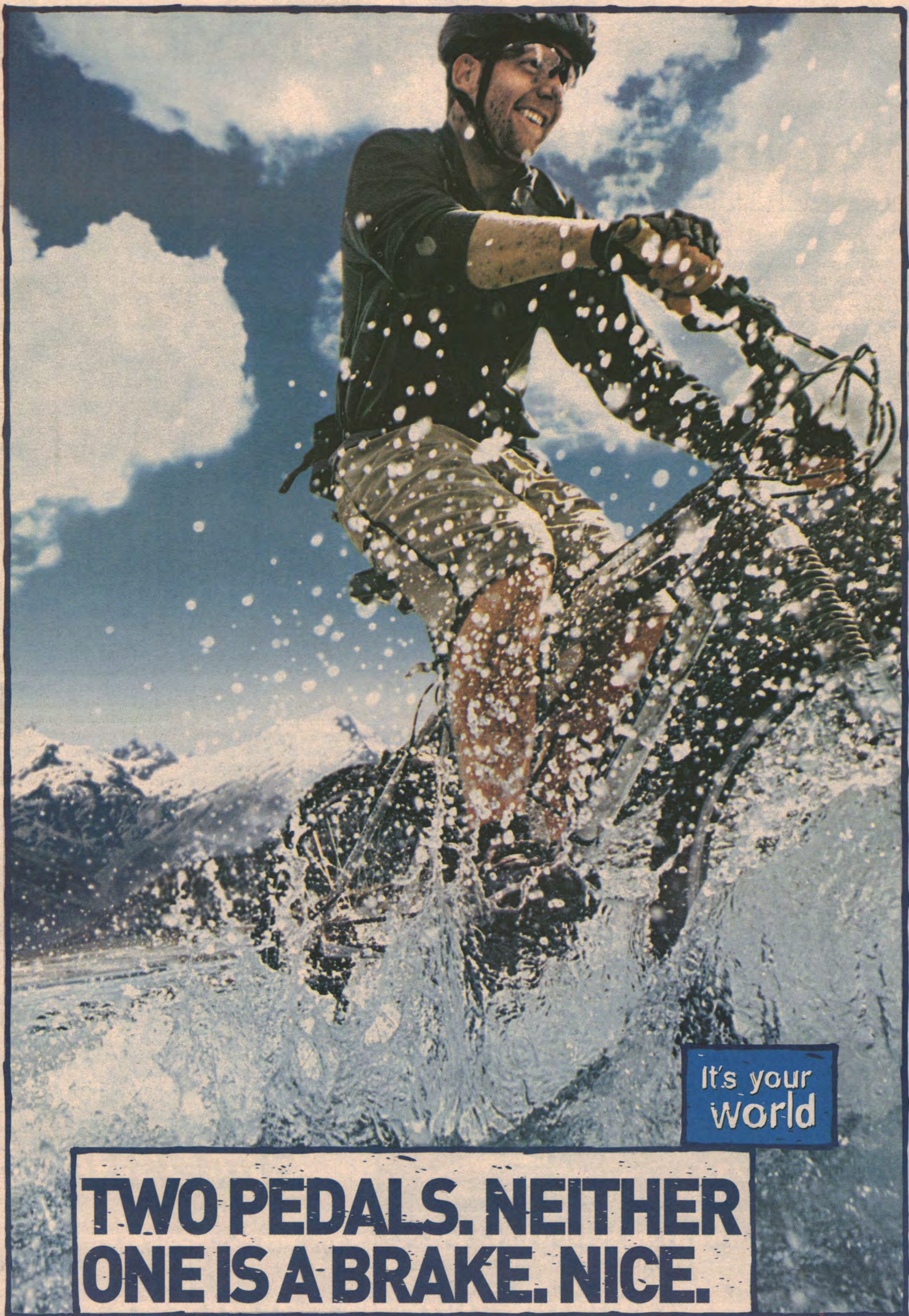
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## Not your father's Jason movie

by Jarrod Francis

The next few months promise to be big for movies. Sequels will be appearing for hits including *Austin Powers*, *The Matrix*, *X-Men* and a little know flick called *Star Wars*. The later part of the year will see the next installments for the fantasy hits: *The Lord of the Rings* and *Harry Potter*. There is however, one sequel which just might outshine them all. There is a good chance you haven't heard of it yet, even though it's set to open next month. I feel it is my journalistic duty to inform you that April 26<sup>th</sup> will see the return of horror icon Jason Voorhees in *Jason X*. Oh, but it gets better. Jason is going to outer space.

The year is 2455. Earth is no longer habitable and the population has migrated to space stations. A team of students return to Earth to study plate tectonics and

discover a giant man wearing a hockey mask frozen in time. So, of course, they bring him on board to study and someone gets the bright idea to "modify him." No, I'm not making this up. I only wish I was that good. Gone is the classic hockey mask. Instead the new Jason has some type of metal mask and appears to be done up like some type of cyborg. I'm not sure of the rest of the plot, but I'm guessing Jason's not going to be joining the students to study plate tectonics.

I don't know exactly what it is about this movie that has got me so looking forward to it. Yes, the plot is completely ridiculous and will not likely be taken seriously by any respected movie critic. I think that it is the movie's ridiculousness that I can't help but love. There are bad movies that are just bad, and there are bad movies that in some strange way you just can't help but enjoy. This

movie seems to recognize that it is this type of movie and become that movie better than any before it. It is the Hamlet of B-movies.

Some people may see it for nostalgic reasons. Few people did not get frightened by one of the nine preceding Jason movies in their prepubescent period. Fans looking for an old school horror however, may be disappointed. First of all, it's in space, not Crystal Lake. In terms of characters I expect you're more likely to find ones similar to today's teen movies. Hell, it might not be any different than *She's All That*, or *Cruel Intentions*. If these movies were in space, and the characters were being chased by a giant man carrying a machete.

One has to wonder if they waited too long to put this movie out. Is anyone still interested in a Jason movie? Briefly, we saw a return to popularity for the horror genre with the *Scream* and *I*



## Hip-hop hero in Hali'

by Kristen Kent

The anticipation was killing me. Would this be the pinnacle of Halifax's hip-hop career or break another bone in the frail community? The crowd was concerned Redman wouldn't show up as history had dictated for our city. On top of that, I was told that over a hundred independent promoters in Toronto tried to book artists from Def Jam - almost all of which were unsuccessful. Well, lucky for me and 3,000 other hip-hop heads, we did receive the Redman treatment. Along with the local hip-hop heroes the Goods, Scratch Bastard, Kaleb Simmons, and Canadian representative

Saukrates. Redman blasted an extended hour of high energy with friends like Suga Bear and DJ Kool. Although the police presence made the vibe a bit Guantanamo Bay-ish, the fans did manage to bounce rhythmically and obey the slanderous commands from the microphone.

Overall, the show was amazing, or so I thought. Nick Hart, a correspondent for MuchMusic, brought me backstage for his interview. Nick got a plush seat next to the man, while evil-eyed female groupies slammed me. "Halifax was tired" Redman began, and I couldn't help but agree that there were a huge number of half-pint hip-hop fans glued to the upper bowl. He continued to say, "I like to play in clubs, where people can get their drink on". Nick

assured him he was drunk just before Saukrates dominated the dialogue with T.O. props. But hey, Toronto already soaked up enough of the spotlight. Besides, Halifax barely has enough club space to hold an April Wine cover band. The interview gradually declined from that point and I felt the sinking feeling that the infamous Redman will tell his infamous friends not to come here, to just stick with the Tee-dot, as preached by Saukrates. Encouragingly, Mr. Red did say he will be back, I just hope we can be a little more intoxicatingly prepared next time that we are treated to one of the greatest musical artists of this generation.

*Know What You Did Last Summer* movies. A couple of years ago might have been the best time to release this movie as it could have capitalized on their success. With a plot like this however, I guess the producers are confident enough to release it anytime. Maybe this movie can teach the younger generation a thing or two about real horror. After all, Jason has lived on for his tenth sequel. None of the newer crop made it past three.

So, begin renting the old slasher flicks, parade around in an old hockey mask, do

whatever you have to do to prepare yourself. You might want to visit [www.jasonxmovie.com](http://www.jasonxmovie.com) the official web site which has a trailer and cool intro, or you might want to check out [www.fridaythe13thfilms.com](http://www.fridaythe13thfilms.com), which has some cool pics, a timeline and, you'll love this, a body count. Of course this movie is only a build up for the main event people have been waiting for for years. Jason versus Freddy. The only thing that could make that movie greater is if it was, you guessed it, in space.

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## The G-Spot: Doing it Canadian Style

by Kara Gammell  
SMU\_GSPOT@hotmail.com

The sun has risen on the morning after Saint Patrick's Day, and there are some sorry sights to be seen on campus and as you can imagine, I am one of many. People actually dragged themselves to classes despite having put in a hard day yesterday in at the pub, guzzling back green beer like it was their last drink before a trip through the desert. Let's just say, I did my time and now I am paying the price.

Having arrived at noon like the devout Irish I'm not, I settled in to play a few games of Scrabble and polish off a few brews. I'm not sure when I started to cross the line of being pleasantly pissed, to full-out loaded, but I assume it was when I found myself doing the running man, circa 1992 on the upper dance floor; give me a few drinks and I will break out my dancing shoes, no matter how out of style they are. Yeah, that's right, I was getting down with my bad self and trust me, it was bad.

I considered doing a bit of observational field research of the sexual kind, watching the potential couples that have

found love through green colored glasses "gettin' lucky at the pub", but it didn't really happen, because I was too busy on stage singing a few musical numbers and pretty much preventing any future relationships I may have found myself in for the next year or so. Let's just say that it is purely a coincidence, rather than 'a sign', that the name Kara is found in Karaoke (it's also in Karate but you don't see me in a black belt competition now do you?). And I wonder why some hot young bucks from the halls of Saint Mary's don't whisk me off my feet. You don't need to tell me that I'm a catch, because baby, don't I know it.

Before I ended up two sheets to the wind and tits up in my bed by 10:30 that night, my best friend made an astute observation - that not only was yesterday St Paddy's Day, but also the "Kara Gammell Crush Convention". Every boy I had ever considered as prey to stalk on our ever-shrinking campus was out in full force yesterday. There were the obvious "what was I thinking" boys but also the guys who would fit into the "okay, so I am officially on crack, having let that slip

through my hot little fingers when I had the chance" category. I know right now, that any boy that knew I had them set in my sights, are assuming that they fall into the later category, but alas my dear boys, t'aint so. One can certainly imagine the pride that these young men must have felt, when I moon walked past them on my way to the bar. I mean who wouldn't want a piece of that? And I still can't figure out why I don't get laid.

**Q: Heard you are hard-up (no pun intended) for questions so here you go: There was a mention in last week's article on the trimming/shaving of women's pubic hair, what's the word on how women like their men's grooming in that department?**

**A:** I thought and thought about this one and came up with nothing (pardon the pun) so I set out to ask anyone who would humor me. It came down to this; of the numbers of girls I questioned there were two most popular responses. Some of the ladies preferred completely hairless (although some worry that they have simply been

conditioned to this preference and learned to like it) however, others have likened bald balls to that of a plucked chicken and some girls have claimed to feel like a bit of a pedophile in the past. The other part of the majority has said to enjoy the presence of pubes, but as long as there has been some effort to sustain and maintain an enjoyable playing field. However, one friend of mine claimed that she doesn't care or even have an answer, because due to the memory loss that time brings, she barely remembers either way, having not seen a package or had the full-meal deal since the ice-ages (and when she says that she means the Ice Storm in Quebec - and I thought I had it bad).

So boys there it is, you be the judge, just make sure to put a little effort into it, and always remember *do unto others, as you want them to do unto you.*

**Q: I thought I'd let you know that there is at least one other meaning for a double-bagger. My group of friends has always used the term to refer to a girl so dirty that you'd want to wear two condoms.**

**A:** Thanks for the heads up on this one. Although, I am sure that you know that two condoms is never better than one because of the weakening of the latex caused by the friction during penetration. Wait until that little Miss Peanut Butter Legs (because her legs are soft and easy to spread), ends up with a broken condom, the next thing you know, you'll be contacting her once a month for the next 18 years. Or as one of my guy friends would say, "She's a butter girl - everything's great "but her" face."

**Q: How often do people have sex; think about sex and who would they have sex with?**

**A:** Can't say that I knew this' one off hand, I mean I

know how often I think about sex, how often I have it and who I would have it with, but that isn't what your interested in I'm sure. So I checked out the latest sex survey by Durex, Survey into Sexual Attitudes and Behaviour: Canada, Fall 2001, and it is there that I struck gold.

According to the authors, the average number of partners that Canadians who are sexually active have is 10.6. Canadians are also having sex an average of 99 times a year, although those aged 21-24 are having sex more often at 117 times. Six in ten claim to have sex at least once a week, while 4% claim to have it every day. Nine in ten Canadians say they think about sex everyday and the average number of times spent thinking about sex a day is 11, while more than half (54%) think about it one and four times daily.

Men apparently think about sex much more often than women do - 15 times a day compared with five. Where do they want to have it at? A third of Canadians would like to have sex on a beach, while 21% would prefer to be in a Jacuzzi, spa or a hot tub (can't say that it would be my top choice, but hey, these are the stats). Interestingly enough 4% of Canadians would rather have sex in the office, favoured by men at 7% and 2% of women (the office eh? You don't say.)

Now here are the not so surprising statistics: Men are more likely to go to bed with an ex-partner (53%) as compared to women at 34%. Four in ten of men would go to bed with a total stranger, as compared to 12% of women. 32% of Canadians choose having sex as their top choice of extracurricular activity, and as no surprise it is a favorite for far more men than women at 45% compared with 19%. My question is this - if this is true, who are the men having it with? If you come up with anything my lovely little readers, I have got four words for you - hook a chick up.

*continued from page 7*

### Facts

formed through the Best Buddies program adds a new dimension to the lives of both people involved. A Best Buddies friendship also helps to build understanding not only among Buddies & Student Buddies, but also in the community. Students who lead their chapters receive

valuable training and experience.

**How can students get involved with the Saint Mary's University chapter of Best Buddies?**

Until a chapter has been officially set up at Saint Mary's University, students can contact Professor Junus by phone (420-5856) or e-mail (junus@husky1.stmarys.ca).  
Saint Mary's University

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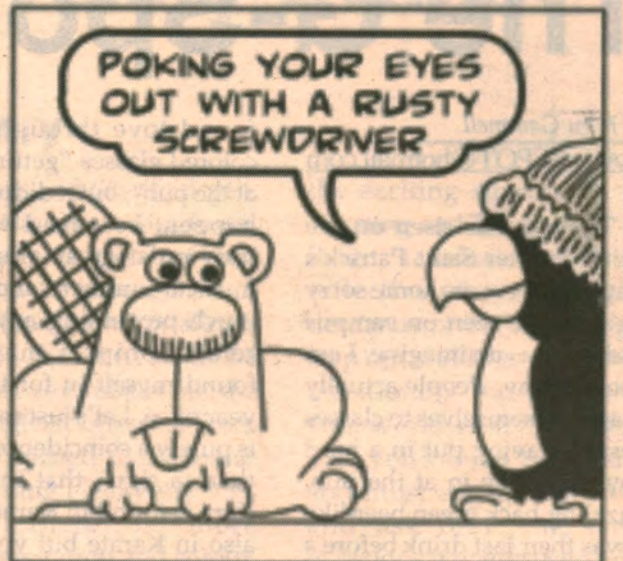
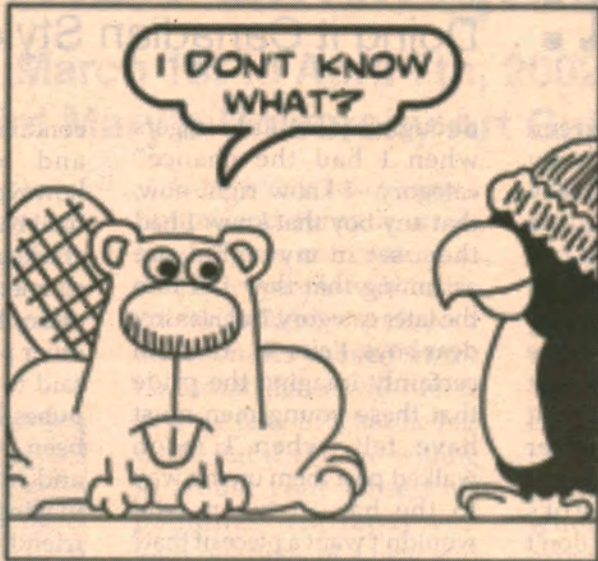
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**Woudln't want to deal with what you do...**

**Surfing frosh leader,**  
Sucks about the guy. But if you still wanna hang out, give a shout,  
**Surfing facilitator.**

**McFlirt,**  
The kissing was good.  
**Prunk at the Dub.**

**Allison,**  
Did you continue the St. Paddy's Day tradition? I know I didn't get the kisses.  
**Scallion**

**McIncoherent,**  
Less alcohol = us able to understand when you talk  
**McTaking care of you**

**Sexy,**  
I miss you. I'll see you in Europe.  
**Scallion**

**Dannie,**  
Having fun at the job? And you thought you wouldn't

be able to get one!?  
**Hope we can work it out**

**Dirty Don,**  
You beat me to the punch. Next time I'll be quicker.  
**Scalzone.**

**St.Patty's Pub Goers,**  
Glad I wasn't the only messed up with the double dose to my liver. Missing one watch, if you found it and have it, please come see me at The Journal offices on the fifth floor of the Student Centre  
**Cecilia, aka "need to know the time"**

**McRichie,**  
Next year, same time, same place for St. Paddy Day. Nothing but love.  
**Fitzstephen O'Scallin**

**O'Tara McTaylor,**  
Next year will be better! Thank god for old-school.  
**Cis**

**Kathleen,**  
I'll park your car anytime  
**Jules**

**Hans,**  
What's it like kissing a guy?

**Arbuckle**

**Angela,**  
"Oh, that's what the fingers are for, so you can rip off the phone numbers!"  
**You know who**

**Trio,**  
About what???  
**Make that still doesn't know what you are talking about**

**Duncan,**  
You're a Vaseline Viking  
**Baby buckle**

**Meat packer,**  
Now that's what I call fresh meat.  
**Silent Observer**

**Rob,**  
Are you gonna have a few hands in ?  
**Cathy**

**Puke,**  
So, what if I have low standards.  
**Drunk neighbour**

**Rob,**  
STAY GAY, HA!  
**Ykh**

**Natasha,**  
Do you want to borrow my shoes?

**Going to Charter Day**

**DJ, Mouse, Coke,**  
Super de Duper, Cheddar, Egg, Bacon Sausage having spectacular.  
**Tired driver**

**Luke,**  
Did you borrow that bra from Candace or did you get it from your private collection?  
**Rob**

**Cee,**  
Mad love for yah babe  
**Special guy**

**Fred-town,**  
Keep your cabbage people.  
**12 hours in the cellar**

**Adrienne,**  
Looks like another five day drinking fest is coming up. Try to keep all your liquor down this weekend.  
**Laura and Ange**

**Jeffy D,**  
It's nice to see that you will be going downtown in your own car instead of your parent's car.  
**Cheeks**

**Scotty,**  
Glad you didn't shave your

head. Hope you're feeling better now!

**Jules**

**Roofus,**  
I love it when you call me Big Poppa...we going to the ship?

**Kekumbas**

**Tiffa,**  
Wish I had seen your show! Maybe next time!

**Stine**

**MIndcheese,**  
How's your terran?

**Gnarth**

**Don't leaf me in the dark,**



yearbook@smusa.ca

## Quote of the Week

"Give me chastity and continence, but not yet."  
- Saint Augustine

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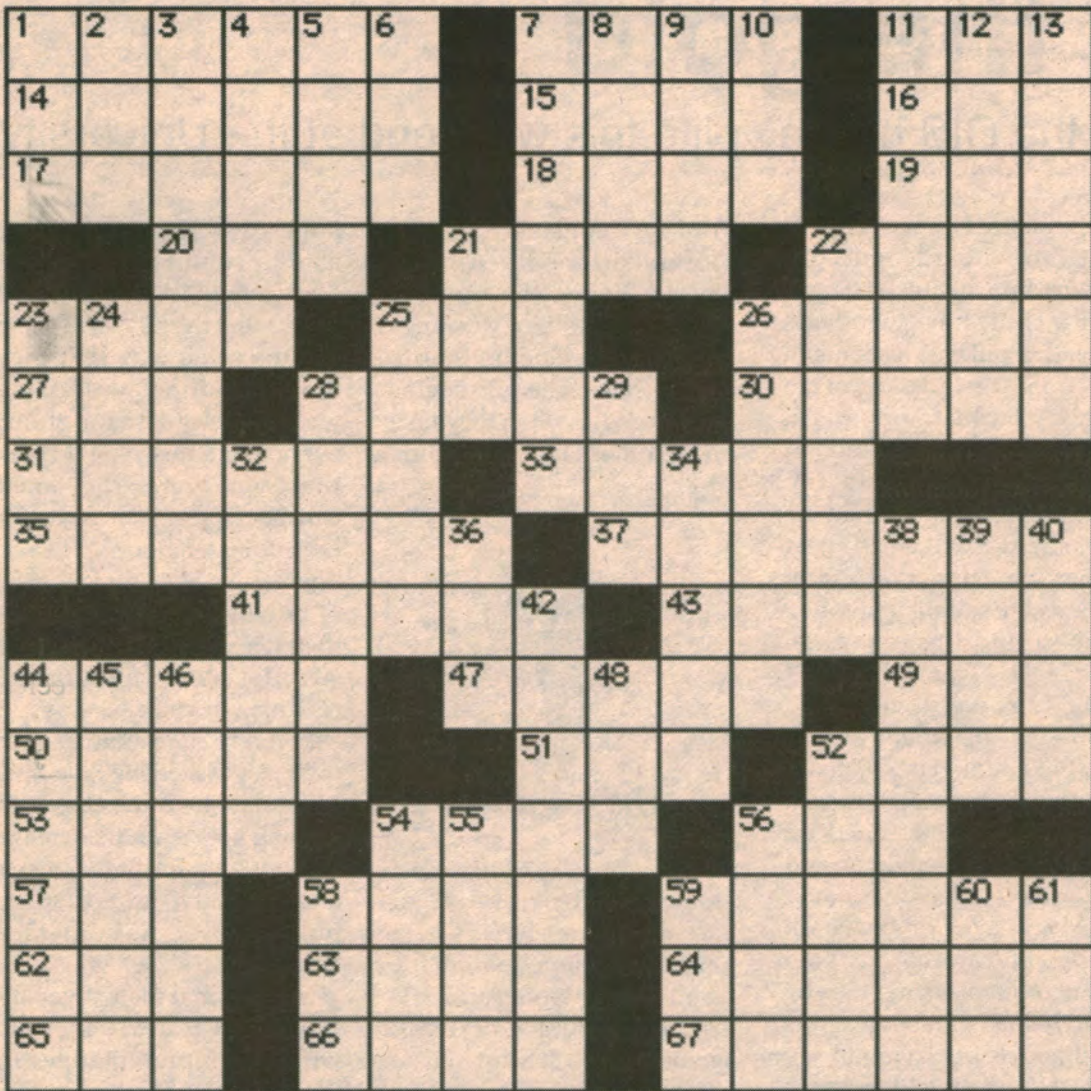
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# CROSSWORD

The Journal • March 20, 2002 • 13



created by Kevin Smith  
edited by his Mom and Dad

**Across**

- 1 Box
- 7 Like the Gobi
- 11 CMYK alternative
- 14 West Indies dialect
- 15 Grampa's helper
- 16 "Telephone Line" grp
- 17 Hoarding bird
- 18 General's sidekick
- 19 Greek T
- 20 SEAL's group
- 21 Whirlpool
- 22 Old west exclamation
- 23 Side (with)
- 25 \_ Lanka
- 26 Actor Robert
- 27 By way of
- 28 Daytime mainstay
- 30 Fraser's brother
- 31 Harmonious
- 33 Hangman's knot
- 35 Oozing
- 37 Was a cladist
- 41 Couric's show
- 43 Unpopular bug
- 44 Goaltender Rheaume
- 47 Fat
- 49 \_\_ mode
- 50 Swears
- 51 Edinburgh refusal
- 52 Formerly
- 53 Canadian chanteuse Celine
- 54 Remits
- 56 "License to \_", Beastie Boys debut
- 57 Masher
- 58 Actress Ward
- 59 Maintain order
- 62 Pac opposite
- 63 Partner of 34 down
- 64 Office assts.
- 65 Number one
- 66 Armstrong's quaff
- 67 Hair problem

**Down**

- 1 NHL supplier
- 2 Coach Parseghian
- 3 Maintain order
- 4 \_ turvy
- 5 Actress Lena
- 6 Society page word
- 7 Expulsed one of 1755
- 8 Sudden search
- 9 Dr. Jones, to pals
- 10 Twisted Sister frontman Snider
- 11 Commissioned industry
- 12 Sideways look
- 13 Branches
- 21 Goof
- 22 Most like 7 across
- 23 Tilden competitor
- 24 Lay inside of
- 25 Blow
- 26 How some things are better left
- 28 Tear-jerkers
- 29 Ad \_
- 32 Location of Billy Joel's girl
- 34 Partner of 63 across
- 36 4 qts
- 38 Common Halifax site
- 39 Shocking sea finds
- 40 Relative of 22 across
- 42 Chinese sun and moon symbol
- 44 Zany
- 45 Take the stick
- 46 Pasta bit
- 48 N'est \_?
- 52 Comedian DeGeneres
- 54 Animal lover's org.
- 55 "Thicke of the Night" host
- 56 Bit
- 58 The Concorde, eg.
- 59 Cut for NS
- 60 KFC rank
- 61 Language suffix

Last week's winner is Amber Cerezke. This week's prize are movie passes. Drop off your completed form to the Journal offices, 5th floor of the Student Centre.

Name: \_\_\_\_\_

Student #: \_\_\_\_\_

email/phone: \_\_\_\_\_

## Cryptoquote by Dan Woods

" CWLJ WN GSO ECXH, X

OZBQG, X OJXB; X NQG, X

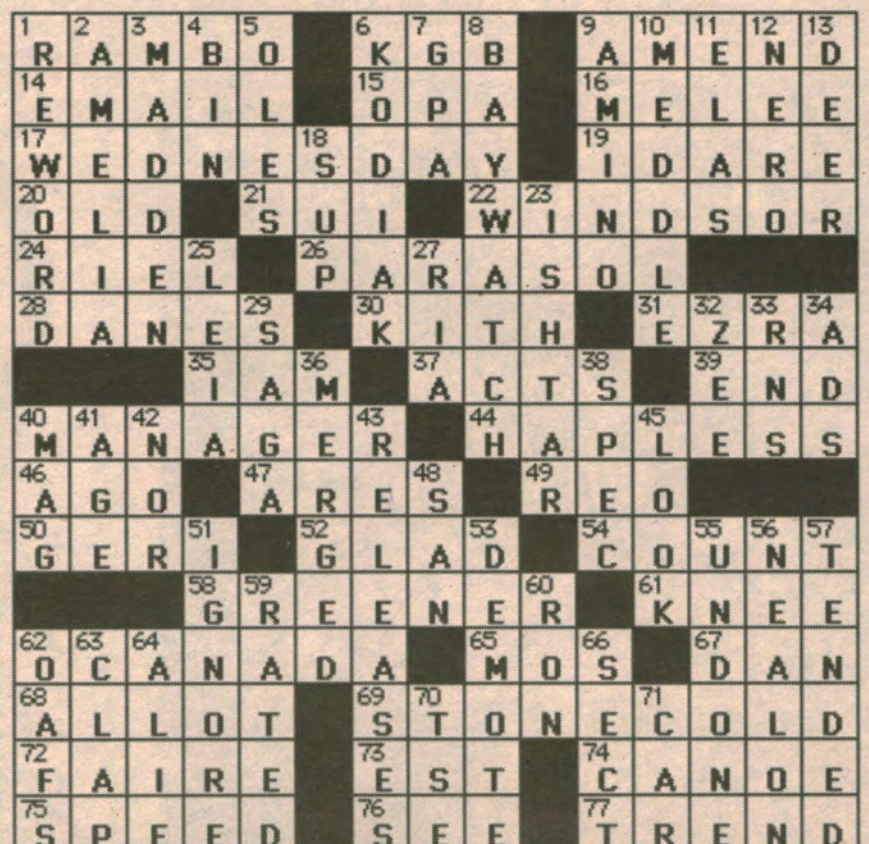
NUJJB; X OZJU- VQQI IXH."

- CJQU IJ RQUOJUXJFJU

### Last week's answer

"Newspapers are a device unable... to discriminate between a bicycle accident and the collapse of civiliation."

George Bernard Shaw



## SMU goes for the gold

Huskies hope to prove they are among the CIS hockey elite this weekend at the University Cup in Kitchener

by Daniel Bonner

This weekend brings with it do-or-die time for the Saint Mary's hockey Huskies. For the first time in twenty-five



years the Huskies will be competing for the national championship in men's hockey; this year hosted by Kitchener. The Huskies have enjoyed ten days of basking in the 3-2 series defeat of cross-town rivals Dalhousie. Before heading off to Ontario, Huskies coach Trevor Stienburg sat down with the Journal and talked about the series that was, and the series that is about to be.

When describing the AUS finals against the Tigers, coach Stienburg is quick to point out the tremendous series it was from the fans' perspective, saying "It was a good series, that's for sure. I don't think anybody could have asked for more as far as emotions, effort and intensity go. For our guys to fight off the ghosts and goblins of twenty-five years and get the job done was definitely a treat for our fans."

While the series was transpiring much of the talk was centered on the tough physical play that some onlookers were labeling as dirty. Tiger coach Fabian Joseph sent the league the

tapes of games two, three and four hoping for disciplinary action towards the Huskies. Coach Stienburg, however, failed to see the implied 'dirtiness', adding that everything that happened on the ice was simply hockey. "I thought we were very disciplined. There were things happening in warm-up before that the fans and the press aren't aware of and we certainly weren't behind that at all. I don't think that we

should make any apologies for being a bigger, stronger and more aggressive hockey team, and we're certainly going to play that way in Kitchener. I'm proud of the way that the guys conducted themselves in the paper as well as on the ice. When things are said and lines are crossed it makes no sense to stand there and point fingers, at the end of the day we have a job to do and we did it."

Alex Halat has been a player on the hockey team since 1997, and for all of that period he has worn a scarlet letter in the AUS. Halat has been labeled as a goon throughout his

AUS career, which has been for the most part unwarranted, especially in the latter part of his career. The fifth-year winger, who has brought his game along way this year alone, silenced some of his critics when he lifted the puck over a sprawled Mike Weatherbie to clinch the series for the Huskies. When speaking of that fabled goal, coach Stienburg said, "It was

poetic justice I think. I believe that the whole league has shown him no respect and that includes everybody. I think that officials have made easy calls to get Alex out of the game." Furthermore, coach Stienburg, commented on Halat as a player, saying "Coaches constantly point the finger at Alex, but when I hear names come up for recruiting they're all saying that they have to find themselves an Alex Halat. Teams that don't have him want him, and teams that play against him don't like him. He's a feared man, but he goes at it honestly. He gets somebody lined up and he goes after them and that's the game. I've never heard any scout or any coach or anybody say 'that guy's too mean, or he plays too rough,' so I'd hate to think that at this level people are trying to say that. He's a prize dog for us and he's done a great job."

Heading into this week's tournament, the Huskies have managed to secure themselves some national recognition, grabbing the number two seed, behind only the Alberta Golden Bears. The Huskies are the top seed in Pool B, with the number three seed UQTR Patriotes, and the number five seed Saskatchewan Huskies.

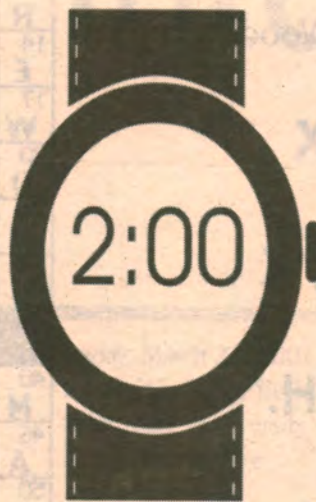
Pool A consists of the aforementioned Alberta Golden Bears, the number four seed Western Mustangs and the host Guelph Storm. The Huskies schedule begins this Thursday when they take on the other Huskies, hailing



from the University of Saskatchewan. SMU's next game then depends on the result of game one. If SMU loses they play the next day, against UQTR. If Saint Mary's knocks off the number five seed Huskies they will then have a day off before meeting UQTR on Saturday night. The top teams from each pool then meet in the championship game on Sunday at 3:30pm, which will be broadcast on TSN. This setup means that the Huskies in essence have to win both games to ensure themselves a trip to the finals. Coach Stienburg simply

hopes that his team will be able to continue their great play from the AUS season. "I expect that the guys will come out the same way that they did, and address everything we addressed throughout every game this year. I think that we were the most consistent team all year, we had the least amount of losses. These guys have done the job of proving to everybody that they deserve to go on. If we stick to what we do best - rolling four lines, having everybody contribute in their own way - then we'll be fine. It's going to come down to playing very sound defensive hockey, disciplined hockey and we have got to play physical, in-your-face hockey."

Last year at the University Cup the AUS fared very well, with two representatives in the form of St. Thomas and St. FX. While St. Thomas (the AUS champions last year) stumbled, X made it all the way to the final game against UQTR. In a game that went to double overtime, UQTR eventually emerged victorious, dashing hopes for the first AUS national title since UNB won it all three years before.



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### COUPE UNIVERSITY CUP TOURNAMENT SEEDING

- 1 ALBERTA
- 2 SAINT MARY'S
- 3 UQTR
- 4 WESTERN
- 5 SASKATCHEWAN
- 6 GUELPH

## Slipper doesn't fit

Huskies lose to eventual champions in last minutes

by Stephen Clow

After qualifying for the Final Eight tournament two weekends after they won their AUS Semi-final against UNB, the Saint Mary's Huskies were

ready to cheer on SMU as they are the last hope for the AUS, but their work is cut out for them as the Golden Bears were ranked #1 for all of the

rebounded SMU 24-18 including a 13-2 margin offensively, and had only shot 22.2%, a very unusual number for one of the nations most potent offences.

The runs continued to start the second frame as the Golden Bears would reel off a quick 8-2 run to pull within three as first team all-Canadian Robbie Valpreda came out of hibernation to hit a pair of three point buckets. Still the Huskies would not pack it in. They used a three point play from Goree and a deep two ball (originally called a three) from senior guard Colin Allum, to put the Huskies back up

by seven with just over ten minutes to play in the final frame. At about this time the Huskies should've gotten a shot in the arm as AU committed their seventh team foul of the half, putting the Huskies at the line after each foul for the final ten minutes.

The exact opposite would hold true as SMU went 2-7 over the next eight and half minutes from the line and AU's Valpreda would hit two clutch threes to put his team up by one with 1:21 to play.

The CIS works really hard to find officials to work this Final Eight tournament, and it can't be easy to bring in refs from each region of the country and try to distribute their games so that there is no controversy and no ref can be considered a "homer". But last year in the Final game between St.FX and Brandon, the ref called a foul against Brandon's Tex Winters with no time on the clock, thus giving Dennie Oliver two free throws to win the game. He missed both and the X-Men won in overtime, but that is not the point. That was a terrible call, and the second worst and perhaps the most devastating was Friday night in the SMU vs. Alberta tilt.

With Alberta up one, the ball got swung around the perimeter until it found Valpreda, who had hit five threes in the second half already. Knowing a shot was coming, SMU forward Goree jumped to block the shot and as the ball clearly came out of Valpreda's hands, Goree got a clean piece of it. On the play a whistle had been blown and a foul called against Goree, his fifth. At this time it appeared that the foul must have been



called after the shot as Goree might have hit the big man, but the refs signaled three shots. A horrible call to say the least.

However, the referees cannot be blamed for the loss as Valpreda only hit one of the three and SMU was only down two with a minute to play. But it wasn't meant to be as SMU failed to hold on to the ball and didn't score in the last minute, while Parker iced six of six from the line to give the Bears the 68-58 victory.

Although the Bears won by ten, the outcome of the game was in jeopardy until there was about 20 seconds left on the game clock. Nathan Anderson had a very impressive game and really sparked the crowd by shooting 7 for 16 for 18 points, Colin Allum added 15 points and Goree added 13 before being fouled out. Stephen Parker lead the way for the Golden Bears, finishing with 23 points and seven steals, while Valpreda scored 16 second half points to finish with 17 for the game.

The win sent Alberta through to the semi's, while the loss moved SMU to the

consolation round.

Other scores from Friday were: #1 Western 71 #8 Victoria 65, #6 York 81- #3 Brandon 77, #4 Laval 74- #5 St.FX 56.

The Huskies would face the #3 ranked Brandon Bobcats in the consolation semi on Saturday with the winner advancing to the consolation final on Sunday.

Just like their previous game the Huskies were on the wrong side of an opening game run, this one an 8-0 run by the Bobcats that spanned the first three minutes of the game. Not happy with his starters performance Coach Quackenbush elected to go with his bench for much of the remainder of the half. The move paid off as the second stringers played with emotion and pulled the south end school back to within striking distance after Jon Thibault felt a streaking Ben McCarthy who did his best impression of doctor funk. This put the Huskies within seven with six to play in the opening frame.

However, the more experienced Bobcats would double SMU's output 20-10 in

*continued on page 16*



all photos by Peter Horne/THE JOURNAL

then seeded with respect to the other seven teams who had qualified for the national tournament. They drew the seventh seed but more importantly, they drew the #2 seeded Alberta Golden Bears, a rematch of the thrilling national final when SMU downed the Bears in OT in 1999.

However, that was then and this is now. The Huskies weren't 100% as their starting center Nate Phillippe had gone down with knee problems in that berth clinching victory over UNB and their all-star forward Damon Parachnowitsch wasn't healthy as his knee was still giving him trouble. No matter, the Huskies would be ready to go come game time. Or would they?

The scene: Friday night, Halifax Metro Center 8:03pm, St.FX has just lost big to Laval and all the regional fans are

regular season.

Alberta came out fired up and used an early six points from all-Canadian honorable mention Stephen Parker to go up 9-0. However, this would be a game of runs and SMU would counter the Bears efforts with a 12-4 run of their own, capped by a Gabe Goree three point play, to pull within one. It was at that point that team captain Nate Anderson turned it up a notch. The 5'6" guard from Inauchula, Florida was a pest for Alberta defenders, as he would score eight of his team high 18 down the stretch, including back-to-back three balls to push SMU up 30-17. Alberta would answer with the last four points to put the half time score at 30-21 in favor of the hometown Huskies.

After looking at the stat sheet at the half, one could see that the Huskies may be in trouble. Alberta had out



## 2001/2002 Intramural Awards Banquet

Wednesday, April 3rd

7:30 p.m. Courtside Lounge

All participants invited, winning teams admitted FREE!

Officials Pay Night

Wednesday, March 27th

6 to 8 p.m. Courtside Lounge

continued from page 15

## Basketball

the final six minutes to take a 44-27 lead into the locker room.

The starters were back on the floor and began to put the ball in the hoop. AUS all-star Damon Parachnowitsch pulled SMU within 11 after a pretty up and under play and Gabe Goree made the lead just nine a minute later as he drilled a three ball from the top of the key.

But it was not meant to be as the Bobcats proved too much down the stretch and SMU failed to score. In a moving gesture, Quackenbush subbed out both his playing seniors Allum and Anderson in the last minute so that they could get their last ovation from the fans in attendance. Nate Phillippe's eligibility also ended this weekend. Brandon won the game 74-61.

Parachnowitsch finished with a double double (14 and 10) and Nate Anderson chipped in ten. Joe Prue, who finished with a game high 15, paced Brandon.

The loss officially ended

SMU's season. Other scores from Saturday were: Victoria 73-66 over St.FX, Western 79-64 over Laval, and Alberta 66-59 over York.

This set up a Western versus Alberta final on Sunday.

In a well fought game that went right down to the wire the Alberta Golden Bears used a big game from high flying guard Stephen Parker and Mike Melnychuk to capture the national crown by defeating the Western Mustangs 76-71 in front of a crowd of 6,671. Parker and Melnychuk each had 17 to pace the Bears, while Rueben Hall added 14 of his own. CIS player of the year Andy Kwiatkowski led the Mustangs with a game high 25 and Kelsey Green added 13 off the bench.

Stephen Parker was named game and tournament MVP. The tournament all-stars went as follows: Ryan French, York; Charles Fortier, Laval; Andy Kwiatkowski, Western; Jim Grozelle, Western; and Robbie Valpreda, Alberta.

The title was Alberta's first since they won two in a row from '94-'95.

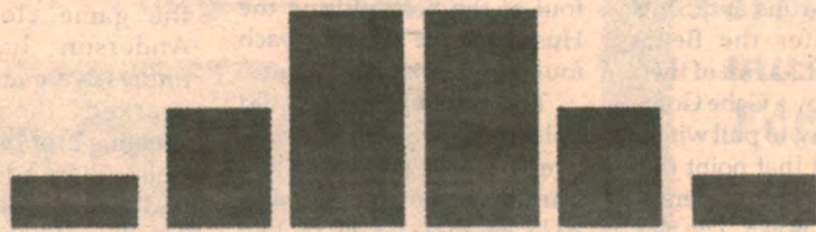
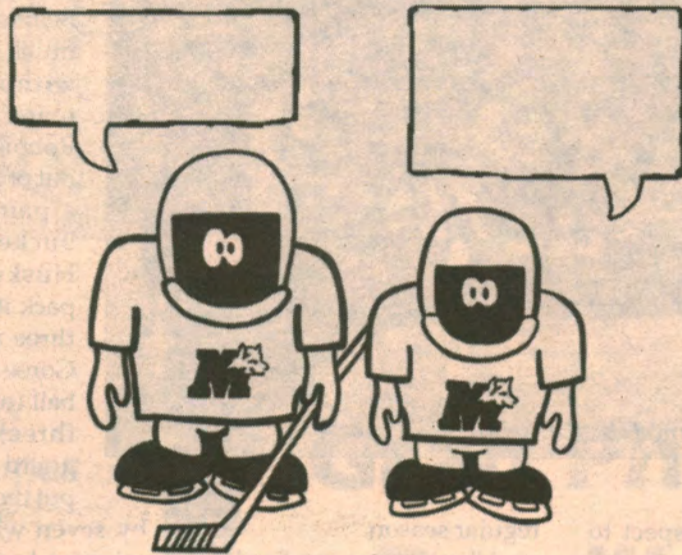
## The Journal Caption Contest

We need a caption for our cartoon.

Submit your caption to the Journal 5th floor,

Student Centre, by Monday, March 25

for a chance to win an 8 X 10 action photo of this year's AUS champions, the Saint Mary's hockey Huskies



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