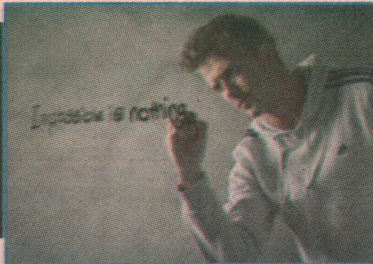




Join WUSC and Stand Up and Speak Out to Make Poverty History, more information on Page 4



Vote for your favourite slogans! To find out how check out page 11

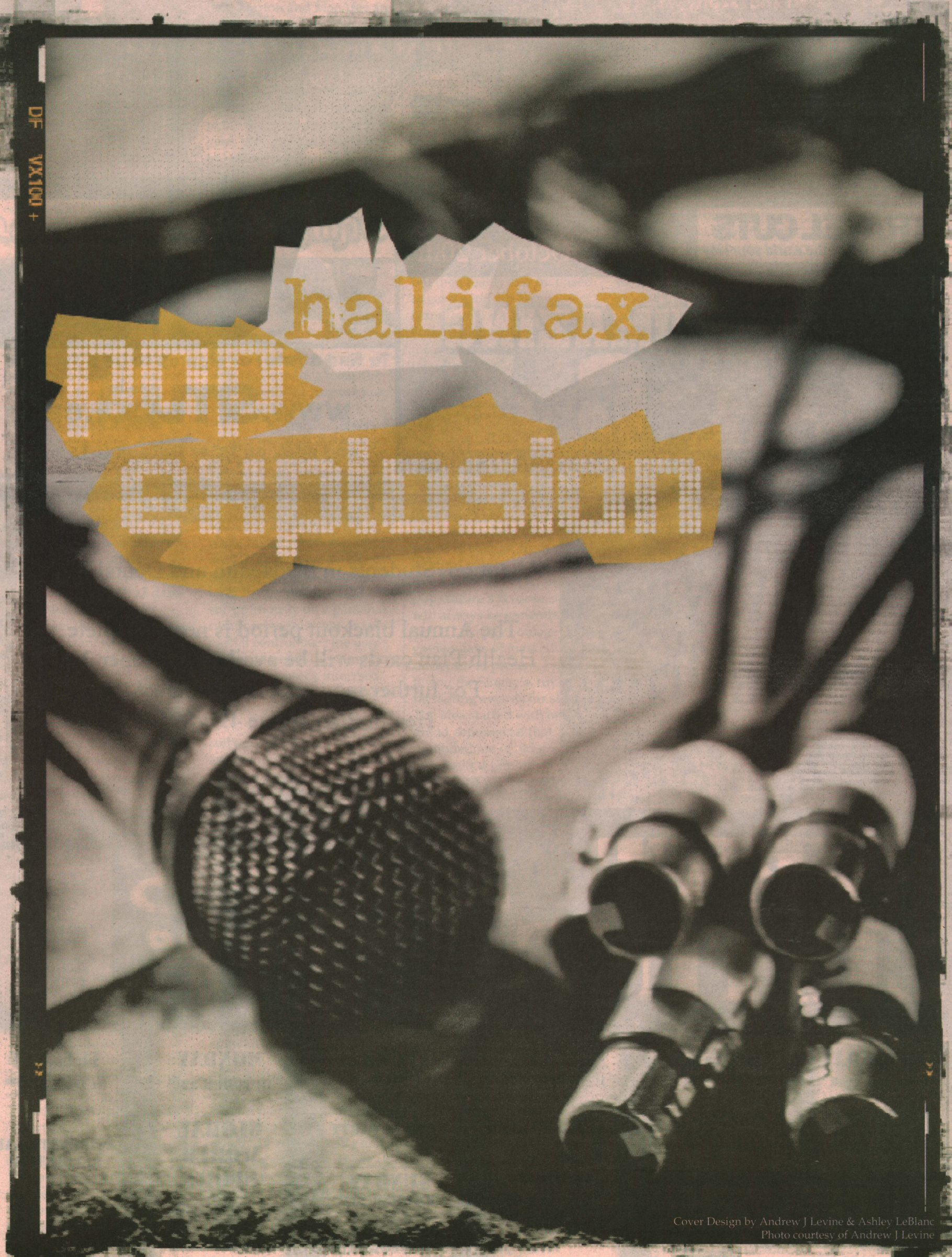
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THE JOURNAL

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



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SMU
2007

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To find a Tutor or sign up to be a Tutor go to:

www.smusa.ca

and click on Tutor Database to apply.

weekly bulletin

Attention Students in the Health and Dental Plans

The Annual blackout period is near complete,
Health Plan cards will be available October 22nd
For further inquires please contact the
Health Plan Office 496-8754

EVENT LISTING

the *Gorsebrook*
since 1974
lounge
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WEDNESDAY
OCTOBER 17TH

OPEN MIC NIGHT

THURSDAY
OCTOBER 18TH

JAGERETTES ON TOUR

FRIDAY
OCTOBER 19TH

OKTOBERFEST
HUSKY FOOTBALL

SATURDAY
OCTOBER 20TH

CLOSED PRIVATE PARTY

SUNDAY
OCTOBER 21ST

AVAILABLE FOR BOOKINGS

MONDAY
OCTOBER 22ND

GLOBAL WORLD SPORT

TUESDAY
OCTOBER 23RD

INTERNATIONAL REVOLUTION

HAPPY HOUR

Monday to Friday 4:30-6pm
Wednesday and Thursday 9-10:30pm
2\$ DRAFT



PERSPECTIVES

Letter From The Editor: Midterm Madness

AMANDA WENEK

It's that time of year again... the time when the skies are grey and the air is chilly, the stress feels unbearable and the workload insurmountable; it must be mid-term. A time for essays to start piling up, and a seemingly never ending succession of tests is never a fun time for any student. Not to mention the dreary weather that kicks in at the same time.

The weather has great bearing on our moods. With the emergence of cooler weather, shorter days, and decreased sunshine, we find our attitude accordingly speckled with shades of grey. I, personally, notice this phenomenon every year and I find myself

generally just disappointed with where I am at in life. Scientists have even found a name for this once a year bummed-out attitude clock-work.; it's SAD, seasonal affective disorder.

With the shorter days and the decrease in sunlight comes the reluctance to get outside and stay active. Seasonal mood variations are believed to be related to light, so it is really important if you are feeling the effects to keep up with outdoor physical activity. Exercise releases endorphins and endorphins cause happiness, thereby staying active outdoors will counter balance the SAD.

It's all too easy to sit inside during the colder months, but the fall and

winter months have plenty to offer: apple picking, playing in the leaves, walking through parks to see the leaves changing color, snowboarding, ice skating, building a snowman, etc.

It really doesn't help that midterms begin at just the same time. Taking a full course load can mean five major tests in a one week timespan, not to mention the essays and assignments that may be due around the same time. It's really easy to feel overwhelmed, so it's important to keep a positive attitude in order to not just give up. I myself am feeling the strain, and being in my final year it feels too easy to succumb to the intellectually burnt out state that my mind is in.

Try to focus on one task at a time, in turn this will decrease the chance for you to feel like you are facing an impossible amount of reading, writing, and studying. Be sure to take time for yourself; whether it be to relax with a fun read, watch a movie, do yoga, or go outside for a walk. There is such a thing as studying to the point where your brain won't retain anymore, so it's important that you allow yourself a break to think about things other than schoolwork.

List your tasks in order of priority, for example if you have two tests in two days then focus first on the one that comes first, or the one you think you may need to study a longer amount of

time for. In creating a list of what needs to get done and when you will do it, you will feel that your workload is more manageable and actually be able to see the end in sight. In turn, this will provide encouragement to get the job done.

This time of year is crucial for any student, so no matter how discouraged you may feel in the face of large quantities of schoolwork, it's very important to maintain a positive attitude. In light of the change in weather, it is even harder to do so at this time of year regardless of midterm madness, so be sure to stay active and don't be afraid of the outdoors.

Letters To The Editor: Bus Etiquette: Networking

JACQUELINE ANTWORTH

When I chose to attend Saint Mary's, I did so knowing that it was a considerable distance from my hometown in New Brunswick - five hours by car to be exact. This seemed like the perfect distance; I am close enough that I can make the trip home in a day if need be, but far enough away that my parents don't unexpectedly drop by to "just say hi". Despite this careful planning, there is one downfall- I am forced to take the bus.

The problem with the bus is that anyone can travel on it; Acadian Lines seems to have no standards for who they let on each bus.

That means that from time to time you will inevitably sit next to someone who stinks worse than your roommate's homemade veggie burgers, or who won't stop talking to you about how they're "getting clean" at the Portage Rehab Centre in Sussex. It's always an intense waiting game when new passengers board the bus. You are silently praying that they sit next to someone else and you try to make yourself look as unwelcoming as possible by fake sleeping, listening to your iPod, keeping your bag on the vacant seat, or staring blankly out the window.

This spring I was taking the bus back to Halifax.

A 20-something year old man sat next to me and began to chat. Now, I don't particularly like to talk on the bus, but I didn't want to be rude so I politely listened to him. Eventually, he told me he worked for a well-known non-profit organization here in Halifax and that he always introduces himself to people wherever he goes. Networking, he said, is invaluable and you never know who you'll end up meeting that could help you out in your professional future. By the end of our trip, he had given me his business card and offered to accept my resume for a summer job.

While his kindness was appreciated, I wondered

if he had the right idea: is networking on the bus really such a great idea?

Woodstock, by bus, is a nine hour trip. My day starts early, so for the first half of the trip I try to get in some vital hours of sleep. I am usually wearing sweats and have that worn down, pissed-off look that you can only acquire by spending hours on the bus. And, since I have been on the bus since the crack of dawn I'm not in the greatest of moods. As a result, I'm not so sure I want anyone business-related to remember the bus version of me.

Networking is all about seizing opportunities and forming valuable contacts

that will hopefully help your future career. The bus can be a great place to meet people, if that's what you're looking for, since you are in relatively close perimeters with another individual. However, you should be prepared for the fact that your Bus Buddy may not want to talk. Remember, the person sitting next to you is stuck sitting next to you until your stop or theirs; they aren't necessarily talking to you by choice.

I think networking on the bus is not the best idea; it's an action done out of convenience, not opportunity. So, on behalf of bus travelers, I beg you, no networking on the bus!

It Ain't Easy Being Green

TYLER FRASER

Ahhh, the pleasures of children's television programming. You know, I look at childhood differently than some, and of course I remember only a twelfth of my own, but I do remember Sesame Street, and I remember the things they said. Take it from the frog, kiddies, it isn't easy being green. And let me tell you, Kermit was a well informed individual. He was also well aware of something. In fact that quote of his was made familiar with the biggest smash hit of 1970 - "Bein' Green" featuring Jim Henson. Metaphorically speaking, the message is equally apt within current social-political dialogue. Of course that whole show centered on instruction plus information, so messaging was quite likely intended.

But to repeat Kermit's notion, it is not easy being

a green colored individual. But it also isn't easy living a green conscious lifestyle. It appears the only thing to get people interested in crisis is a transcontinental rock concert, or cinema motion pictures, or celebrity political endorsements. Raising awareness through corporate sponsored entertainment? Doesn't work my friends, but I'm here to present an alternative.

For the eco activists, here is an event you can pull behind; *No Gas Required*, an alternative transportation advocacy portal, has launched a national video contest for students to share their opinions about carbon emissions. Contest information has been sent out to every two and four-year school in the country, and all students are encouraged to participate for a chance to win \$1000 and a free electric car for their school. So to explain further, make

a video people will watch, but most importantly use the opportunity to express your opinion, and to rally behind such an important cause. Plus, there's a cash prize, so it's worth a shot. Just be creative!

The Miles

Revolution Video Contest accepts submissions at www.nogasrequired.com until November 15th. All submissions will then be uploaded by *No Gas Required* onto YouTube where students can view and rate their favorite videos. The five entries with the most views will each win a \$1000 cash prize and a MILES Electric Vehicle for their school.

So for the eco activists out there, make a video and hopefully some money. For the camera equipped, share your camera. Share your ideas, express your dissent, meet people you agree with, or write for The Journal; it's fun too.

Residence Recycles: Hot and Sexy Recycling!

ADAM HARRIS

This new program was launched in cooperation with the Residence Life Office and a class project for Environmental Seminar (ENVS 4499.0). It is a fun way to teach and engage residence students in a recycling program. I will be getting class credit for this, while helping to make the 3 residences and the university community a more environmentally friendly and sustainable place.

Hot and Sexy Recycling is a 45 minute interactive workshop. Each floor in residence has signed up for a time when they will compete with another floor. First, the two floors will learn

about recycling in Nova Scotia, and how to recycle. Did you know Nova Scotia was the first province to reach the goal of reducing waste by 50%? Next, the floors will compete to see who is recycling champion. Finally, each apartment or suite will come up with a system that works for them, and will help them recycle easily.

Not in Res? Then take a look around campus at the different options for recycling where you work and study. Facilities Management has placed yellow bins for recyclables, blue bins for paper, and black bins for things that can't be recycled. It only takes a second, and it's easy to do.

Life from the eyes of an overachieving slacker: A little older, a little wiser.

MIKE SOAPDISH

When I set out to write this series of articles, I wanted to chronicle this age where we really begin to experience love and loss, joy and sorrow, and the change it takes on life. Most of it is light and fluffy offering a little humour to daily common experiences. However, this week deals with a painful experience I was too naïve to foresee in May of last year.

Quite a few soldiers from the Maritimes have returned back home from Afghanistan. Many of my friends were among them, having formerly served with them, some of which for over a decade. Sadly, one of them did not make it home alive this time around.

Some of you may have known him personally or would know him to see him around the halls of Saint Mary's. The majority of the student population was unaware of his passing or even how close it hit to home

until convocation, when his father accepted a degree on behalf of Chris Stannix. I was aware of the fact that some of my friends would probably die during that particular tour, it was an epiphany that I had after my first regimental funeral. It was the words of a wise, old infantryman who toured in the former Yugoslavia during the early nineties which stayed with me while I was choked with sorrow for my fallen comrade; he dryly stated, making no promises of comfort, "This may be your first regimental funeral, but it won't be your last." This was a fact that I accepted and prepared myself for, but I was not prepared for my friends walking wounded off the battlefield. I just want to clarify now that not everyone I know was affected to the same degree due to varying roles they had filled that did not involve offensive operations.

The most crippling blow to my naivety was when a friend who I admired

in and out of the Army was visibly shaken. If there was anyone who could walk away untouched from the experience it was him I wholeheartedly believed could. I based this on the fact that he was well adjusted, experienced, and a person I looked to for an excellent example of patience.

Before he left, he believed that Afghanistan was the place to be and said it with such certainty. Now he seems to be a shadow of himself, often distant and awkward in the presence of civilization. He told me in the only lengthy conversation we've had since he returned, that every day when he wakes up he is filled with dread of being asked the question "what was it like over there". He is washed over with sorrow, never telling jokes like he did before, missing the support of his team, and forces smiles with false cheer.

My friend may be injured but he will find a way to deal with some of

those demons. It is my best friend that I worry about the most, who seems to be under far more mental anguish. I became worried the moment I spoke to him on his return, he seemed alone in a crowd and hardly talked. He eventually drowned his silence with beer one night and that is when he slowly began to talk. Vividly, he described his nightmares without looking at me; he just stared at the wall replaying behind his eyes the haunting visuals and experiences.

It was soon after that my friend developed resentment for everyone that went on with their life as if there was nothing wrong back home, while he fired shots in anger at the Taliban. Since his last visit he stopped talking to me. I am more than certain that my relationship with him is over since he has alienated himself from his friends here.

I would have never thought this could happen, for some insane reason. The pointless act of war robs youth blind of their health

mentally and physically. I ask then, what is this all for? It is an awfully different view I have, being on the other side of the fence now seeing my friends come home a mess or in a steel box. No reason is a good enough reason to justify this, and it adds insult to injury when we're kept in the dark about the degree of large scale progress within Afghanistan. I will stop myself before getting too political, but I don't see the worth of what we're doing in poisoning and damaging a strong able-bodied generation of youth at home, in order to help abroad for foreign policy's sake.

These young men and women may have signed on for this, but it's not only them who are affected. Let us all think critically of the reasons our politicians give us for deploying them, and set aside feelings of patriotism stirred up with sensationalist speeches, since we often forget it is at someone else's expense.

SMU, Stand Up and Speak Out to Make Poverty History!

GAJU KAREKEZI

The World University Service of Canada (WUSC) society invites you to join us, other student groups, Non-Governmental Organizations, religious groups, and individuals across the country to this year's 'Stand Up and Speak Out'. This event is one of many taking place around the world, and is being held on October 17, 2007, the International Day for the Eradication of Poverty, at 2:15pm at the Husky Stadium.

Worldwide 'Stand Up and Speak Out' events will be mobilizing millions of individuals around the world to call on the governments of all United Nations (UN) member countries to keep their promise to end poverty

and achieve the Millennium Development Goals (MDGs) by 2015. We will be doing the same here on campus by demanding that the Canadian government keep its promise to end poverty and meet the MDGs by 2015, as well as demanding that governments of developing countries be accountable for their actions and play their part to achieve the MDGs. In addition to calling on governments to keep their promise to end poverty, all groups taking part in this event will be attempting to break the Guinness World Record set by last year's 'Stand Up and Speak Out', where 23.5 million individuals worldwide took part.

The MDGs are eight goals which were established

at the United Nations Millennium Summit in 2000. All UN member countries signed the Millennium Declaration. This was the first time developing and developed countries of the UN vowed to meet a set of goals with measurable targets within a particular time frame regarding the end of poverty. Through this declaration, these countries committed to do their part to reduce: extreme poverty, hunger, disease, illiteracy, environmental degradation, and discrimination against women. These goals are all connected. By achieving one goal, a ripple effect will be seen in countries where these problems exist.

A few of these goals are, Goal 1: "Eradicate

extreme poverty and hunger". This goal aims to reduce by half the proportion of people living on less than \$1 a day, and to reduce by half the proportion of people who suffer from hunger. Goal 2: "Achieve universal primary education". Developing countries can strive to do this by ensuring that all boys and girls complete free primary schooling. Goal 3: "Promote gender equality and empower women". This can be done by increasing the enrolment of women in primary and secondary education, and increasing the number of women in the workplace and other areas of the economy. Goal 4: "Reduce child mortality". This goal aims to reduce by two thirds the proportion of children who

die before the age of five.

Governments of developing countries must acknowledge that it is their primary goal to work towards achieving these goals. However, in order for them to do so, wealthy countries, such as Canada, must also do their part by increasing and providing effective aid (0.7% of GNI), relieving or cancelling debt, and implementing fairer trade rules before 2015. This is what we will be calling for at the October 17, 2007 'Stand Up and Speak Out', and we hope that you will join us.

For more information about the MDGs, and the remaining five goals, refer to 8goals.ca or www.un.org/millenniumgoals/

Great Music For a Great Cause

KATIE MACDONALD & CASSANDRA EBERHARDT

The Gorsebrook Lounge held the IDS Undergraduate Society's successful Benefit Concert on September 28th. Just under \$500 was raised for the 'Fundacion Aliñambi', an orphanage for abandoned and/or abused children in Quito, Ecuador. Each year the IDS Society chose an organization for which it fundraises and this year's organization stems from a society member's personal experience in working with the foundation this past summer.

The 'Fundacion Aliñambi' relies entirely on private donations to keep their doors open and therefore 100% of the proceeds raised from this year's events will go directly to helping children at

the orphanage.

The concert, hosted by Izreal, featured Halifax's hottest DJ IV spinning beats with performances by local artists: DNA, Pat Stay, Joe Buck, Ambition, Quake and Miracle. After taking the stage it was obvious why there was so much hype leading up to the concert as the boys showed what they were made of with sets including 'Atmosphere' and 'Ladies Man'. With hot beats and great lyrics they kept everyone on their feet and wanting more.

If you made it to the show and liked what you heard or if you missed it but want to hear what DNA is all about, grab the album 'Blood, Sweat and Headphones', which features SMU's own Devin

White and is only \$10 a piece; available at: Mary Jane's, HMV, Music World. The society would like to thank

everyone who came out to support the cause as well as the performers and volunteers who gave their time to make

the event possible. If you want to donate to or find out more about the cause contact Cassandra at smu_ids@yahoo.com.

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NEWS

The 2007 Nobel Prizes Awarded



KIM DARES

The 106th Nobel Prizes have been awarded in the fields of Chemistry, Physics, Medicine and Physiology, Literature, and The Peace Prize for humanitarian work. Also the newest Nobel Prize, for Economics has been awarded for the 38th time.

The Nobel Prizes were created following the death of Alfred Nobel, of Swedish heritage. Over his life he had been active in all the fields he created awards for. He developed dynamite, established his own company, Nobel's Explosive Company, he was involved in peace movements and did work as an author. In his will he stated he wanted much of his wealth to go toward establishing awards in these fields. Nobel died in 1896, but it wasn't until 1901 that the awards bearing his

name were first handed out.

Nobel clearly stated he wanted the Nobel Prize Medals for Chemistry, Physics, Medicine and Physiology and Literature handed out in Stockholm, Sweden. The Nobel Peace Prize was to be given out at a ceremony in Oslo, Norway. This award is presented by the Chairman of the Norwegian Nobel Committee. The Peace Prize is decided on by a Norwegian Committee. Along with the award, winners receive 1.5 million dollars in prize money. In the case the award is shared, as with the Medicine, Physics, Peace and Economic prizes this year the money is equally shared between the laureates.

The 2007 Award Winners were announced one day at a time starting Monday October 8th. The first award given out was for great work in Medicine and Physiology. It was awarded to Mario R. Capecchi, Sir Martin J. Evans, and Oliver Smithies for: "their discoveries of principles for introducing specific gene modifications in mice by the use of embryonic stem cells" according to the Nobel Prize website. (nobelprize.org) This work is especially important in helping scientists understand from the cellular

level what causes diseases like Cystic Fibrosis, as well as how seemingly healthy people can develop degenerative illnesses, diabetes, and cancer.

Ever wonder how your iPod can hold so much yet is so small in size? The 2007 Physics Award Winners Albert Fert of France and Peter Grunberg of Germany are the people to thank for that. They are jointly honoured with creating the technology used to read data on hard disks. They discovered Giant Magnetoresistance in 1988 and without this MP3 players or laptops would be entirely different or non-existent technology.

The award for Chemistry went to Gerhard Ertl for his studies of chemical processes on solid surfaces. In brief his work will help researchers understand how catalysts in automobiles function, what

makes fuel cells work and why iron rusts.

Doris Lessing of Britain was awarded the Nobel Prize for Literature for her work. Lessing has been described as a 'realist', someone who writes about what she feels strongly about at the time. At 87 years old she is the oldest recipient in the Prize's history. She was praised by the Swedish Nobel Academy for her "skepticism, fire and visionary power." Lessing's win has been

shrouded by controversy as some in the academic community feel she won because of her politics as opposed to her talent. Her 1962 novel "The Golden Notebook" has been described by many to be as important a work as

Catch-22 or Catcher in the Rye.

The Nobel Peace Prize was jointly awarded to former Vice President Al Gore and the Intergovernmental

Panel on Climate Change for their work educating people on the effects of man-made climate change and in addition laying the foundation to create change. Al Gore and the I.P.C.C. will share the 1.5 million dollar prize. Gore announced he plans to donate his \$750,000 to the non-profit Alliance for Climate Protection.

The I.P.C.C. was founded in 1988 and has been working tirelessly to help raise awareness about man-made climate change. It was set up by the UN twenty years ago to help guide government decisions. Both Gore and the I.P.C.C. were chosen by the Norwegian Committee "for their efforts to build up and disseminate greater knowledge about man-made climate change."

The last prize to be awarded was the Nobel Prize for Economics, handed out Monday October 15th. The Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel was awarded to three Americans for work on the Mechanism Design Theory, which looks at the efficiency of the marketplace. The prize is shared between Leonid Hurwicz, Eric S. Maskin, Roger B. Myerson.

Photos: www.pbs.org, www.explosives.org

Emergency Texting



ALEKS SOLAK

The University of New Brunswick is just one of the universities across the country looking to adopt a new 'text-message' emergency alert system for their students and staff. In the event of a major emergency on campus, such as a potential school shooting, security staff members could activate a system that would send text message alerts out to students. This would permit emergency staff to get potentially lifesaving information immediately into the hands of thousands of students.

Interest in the alert system is especially strong in light of last year's deadly shooting incident in Dawson College in Montreal. A gunman entered the school during lunch and began 'firing randomly' as

one witness described it. Panic quickly followed. Students ran from the building and into the streets. No one really knew what was going on. Was there one shooter or more? Should people take immediate cover, or run away? Was it all over, or was this just the beginning?

Lack of information causes panic. In last April's shocking massacre at Virginia Polytechnic Institute and State University there are numerous examples of students having no idea what was going on. A student named Josh told WDBJ news station in Virginia that he was just sitting in class when, "We heard some loud banging, we weren't sure if it was construction or not, then we heard some screaming." One student who was part of the initial dormitory lockdown stated in a CBC article that "We're all locked in our dorms surfing the internet trying to figure out what's going on."

Access to information is crucial not only for potential victims in an emergency situation, but to those responding to it as well. This is why the RCMP has recently begun a

program called School Action for Emergencies or SAFE plan. The RCMP describes their system as "...a computer database of school premises containing photographs, floor plans, and pre-identified emergency procedures for each school." Access to this kind of information is helps responders to prepare plans for evacuation, lockdowns, or even the entry of tactical or 'SWAT' teams.

The SAFE program is modeled after a system put in place by the Peel Regional Police called the School Police Emergency Action Response Program, or S.P.E.A.R. SPEAR was created following the tragic shootings at Columbine. A document on the RCMP website lists the following as major problems that hindered emergency response at Columbine at the time of the shooting: Outdated floor plan, student had to draw floor plans for police, confusion, fire alarms interfered with police operations, no one knew where to set up staging areas/command post, parents/media flooded phone lines for information.

The SAFE program seeks to solve all these problems by standardizing the way information is distribu-

ted should this happen in Canada.

The text message alert system could be a way to supplement the SAFE program by providing all this useful information to the students facing situation. Lanny Fritz, the director of campus security at the University of Calgary, has stated that they have started the program in direct response to the lessons learned at Virginia Tech.

Their university has already teamed with Rogers Communications to develop an internal alert system. Response from the students has been good. So far 2200 students have signed up for the optional system.

In their system, text messages are only be sent to students in life threatening situations or to warn about serious campus disruptions, such as a closure due to a big snow storm. The system is being funded by the security budget and has an initial cost of \$3,400 and will cost \$2,400 per year, plus 25 cents per message to operate. In an article in the University's student newspaper, The Gauntlet, Fritz was reported as saying "We don't anticipate having a lot of these go out, but when they do go out,

it will be money well spent."

U of C follows Concordia, the first Canadian university to launch the emergency text alert system. University of Toronto, University of British Columbia, and Simon Fraser have plans in place to have systems running by the end of the year. UNB and McGill are in the preliminary stages of looking at using text messaging as an alert system, but no decisions have been made as to whether they will do this, or even if they can do it.

The Manager of University Security at Saint Mary's, Bill Promaine told the Journal "Saint Mary's University is reviewing additional options, including emergency text messaging, in our efforts to alert the community in times of emergency as part of our overall Emergency Management framework." This process involves the evaluation and enhancement of systems already in place. Facilities Management and ITSS are also playing an active role in helping prepare SMU for an emergency. There are no definite plans to activate emergency text messaging at Saint Mary's yet, but it is being strongly considered.

Special thanks to Susan Ehrhardt

Haligonians Unite to Support Myanmar: Hundreds Protest



Protesting Buddhist Monks are protected by hand-holding supporters in late September.

JESSICA WOODMAN

"It is a matter of life and death that international pressure be placed upon the dictators that rule the Burmese government. The slaughter of peaceful protestors in Burma must be stopped." This was said at the demonstration in Halifax to advocate for the right to hold peaceful protest in Myanmar. Then the crowd chanted "Free, Free."

On October 6th, a few hundred people gathered in Victoria Park, Halifax to demonstrate their support and solidarity for the people of Myanmar. This was to protest the latest slaughter of Buddhist cleric's who lead a non-violent demonstration. The peaceful march was held to protest the cruel domination of the Burmese government. The Union of Myanmar, known until 1989 as Burma, underwent a name change to better reflect the ethnic makeup of the country.

This type of brutality is nothing new for Myanmar citizens and recently the situation has sparked international attention. It is hoped that international protests will pressure the Myanmar government to stop the violence.

Over 45 years ago, a cruel military regime, the Junta, took over the government in Myanmar. The people protested the actions of this government. Finally, in 1990 Myanmar was allowed to hold a democratic election. Aung San Suu Kyi was elected by the people as leader of the Democratic Party in Burma but until today the government refuses to let her hold office. Suu Kyi was imprisoned and protests were

squelched with violence.

The demonstration in Halifax was lead by Amnesty International and it was titled "Allow Peaceful Protest."

It was one of many held in cities across the globe. Before the actual march around the square, a few people stood up to speak about the situation in Burma. Brang, a native of Myanmar, was one of the first to speak to the crowd. He started a chant "Free, Free" to show support for Aung San Suu Kyi in hopes that soon she will be set free from



prison. She has remained under house arrest for almost 18 years.

The demonstrators in Victoria Park did not just chant slogans in English. The chants, with the help of Burmese natives, were done in the Burmese language. The Halifax protest was orchestrated to show the military regime of Myanmar that they may stop demonstrations in Myanmar, but they cannot stop the rest of the world.

The latest protests began in mid-August when fuel costs were increased. This led to an increase in public transportation costs. Bad news in a country where over

32% of the population live under the poverty line and the majority are just over it. This increase lead to the largest anti-government protests in over 19 years. Over 1000 Buddhist monks lead the protests in late September. According to government reports ten people were killed, and 2100 detained but according to dissident groups over 200 people were killed and 6000 detained.

"Stop buying Chinese goods," said Jackie. She was another speaker at the forum, and she suggested this because China is in a position to help the Burmese people. Jackie said "Use your strong Canadian dollar and refuse to buy Chinese goods." Jackie had just spent time living on the Thai-Burmese border and China could help the Burmese people achieve democracy. She told the crowd how important it was to use the economic pipeline to put pressure on China. China and India are in support of the Junta's powerful military regime in Myanmar as they are interested in the country's

location as well as its vast oil and gas deposits. China is currently the regimes main ally and supplies the most aid and diplomatic resources to the Junta.

Ravi, another speaker at the Halifax demonstration, was born in Myanmar. His family fled to Canada when he was only five years old. Ravi related his personal experiences as a Burmese refugee and reminded the crowd that the government's brutality was not anything new. The regime has been silencing the Burmese people with military violence for many years.

Ravi explained to the crowd the power of protest

and why it is so imperative for Canada to help Myanmar. Ravi related that when the TV show "Jericho" was cancelled by CBS, the fans of the TV show protested. They sent pounds and pounds of peanuts to the network in protest. It worked and the show was brought back.

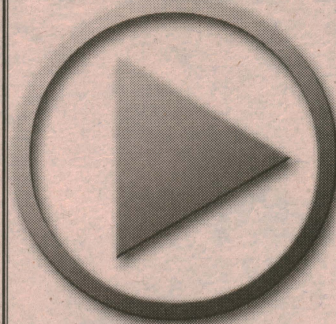
Ravi said: "If people can go to that much effort for a TV show, then could people go to that much trouble for Myanmar?" This is an important question to ask all Canadians. Are we willing to open our hearts to the suffering of others and add our power to their fight for the most basic of human rights, the right to assemble?

This idea raises an important question. What is it that makes Canadians stand up and do something? Is it something as unimportant as a TV show? (No offence to fans of Jericho). Is there something that we can do right now, in order to help the Burmese people? How has this situation been kept a secret for so long? How was it possible to keep the people of Myanmar silenced for over forty years?

The military regime in Myanmar denies and minimizes the latest injury and murder of non-violent protestors. The Generals issued false reports and claims that only a few people are injured. They also said troops "systematically controlled protestors", yet they did this with tear gas, clubs, and bullets; this was a peaceful protest. Thankfully, with advances in technology and use of the internet the truth is being told. In looking at the situation in Myanmar, it makes one think how fortunate one is to live in Canada where assembly and free speech is so normal that it is taken for granted.

Photos: Reuters, Agence France-Presse - Getty Images

NEWSFEED



PRINCE WILLIAM'S TOUR OF DUTY

Second in line to the British Throne, the Prince has been temporarily assigned to do a tour of duty with the Britain's Royal Air Force and Royal Navy in 2008.



HARPER REFUSES DION

Prime Minister Stephen Harper rejected opposition leader Stéphane Dion's request to open talks just days before Harper's Minority Government goes to a vote over the Throne Speech.



CANADIAN WOMAN KILLED BY ALLIGATOR

An elderly Canadian woman was killed in Savannah, Georgia after being attacked by an alligator. The 83-year old woman died from blood loss following the attack. The alligator was captured.



NOOSE ON PROF'S DOOR AT COLUMBIA UNIVERSITY

A noose was hung on the door of an African American Professor's office at Columbia University's Teacher's College, Oct.9th. Professor Madonna Constantine is known for her anti-racism work.

Photos: news.bbc.co.uk, New York Police Department



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ARTS & ENTERTAINMENT

Get Ready to pop!: Your Guide to the Halifax Pop Explosion



RESSA PETERS

It's that time of year again. The time you have to start stressing about midterms, you're gearing up for Halloween parties, and you want to work off all that turkey you ate at Mom's over Thanksgiving. Well here comes your chance to get out, hear some new music, and dance your socks off. The Halifax Pop Explosion is back! Beginning Tuesday night and carrying on until Saturday (or early Sunday morning), the HPX is as big and as great as it's ever been. In its 15th year it offers over 100 different performers playing over five nights and fifteen different venues downtown. There are also all-ages shows each day for those who have not yet reached that magical age.

Wednesday October 17th: If you were lucky and smart enough to get tickets

to Tegan and Sara, enjoy them, if not here are some other options: Hop down to the Marquee at 10pm for Halifax acts **I See Rowboats** followed by **Laura Peek and the Winning Hearts** and Montrealers **The Besnard Lakes** (Tickets \$8 advance, \$10 at the door).

If heavy beats and hard rhymes are your thing, head up to The Attic for 11pm to catch **DJ Raregroove**, **DJ BK One**, **Blueprint** and **Brother Ali** (\$10 advance, \$12 door).

Thursday October 18th: At 7:30 there's an all-ages show at The Pavillion featuring new, local, indie rock acts **In This Style**, **She's No Angel** and metal-core **Athaliahs**. Then you have a choice of six different showcases at different locales all starting about 10-11 pm. Toronto acts **The Most Serene Republic** and **Apostle of Hustle** at The Marquee

(\$15 advance, \$19 door) or the newly solo **Shotgun Jimmie** from Sackville, N.B. at Ginger's (\$7 door) are just two of your many options.

Friday October 19th: For all-ages, there's a 7pm show featuring four different Ontario bands at the Pavillion. Jump around to reggae punks **The Flatliners**, peek into the soul of **Casey Baker and The Buffalo Sinners**, feel the genre-fusion of **The Saint Alvia Cartel**, and bop around to new punk and old rock from **Attack in Black** (\$12 door).

If you're a pirate or classic movie aficionado, The Maritime Museum of the Atlantic will screen the 1926 silent film *The Black Pirate* featuring a live score performed by **Upstream's Sunrise Orchestra** (\$15 for students, \$20 for everyone else).

If you're old enough to get into Tribeca, check

out **The Celebrity iPod Battle** where local and guest performers duke it out for DJ iPod supremacy, sure to be a fun time.

Acclaimed local act **In-Flight Safety** play the Marquee at 12:45. (\$12 advance, \$14 door).

Saturday October 20th: Feeling peckish? Take in a nice vegan brunch hosted by Mat and Dave from CKDU's "Let's Get Baked" and featuring music from **Their Majesties**, **Just Barelys**, and **Brent Randall and His Pinecones** (Gus's Pub, \$5 to get in, another \$5 for breakfast at 10 am).

On Saturday afternoon, starting at 1pm at the Lord Nelson Hotel, there's a showcase of music related workshops. Learn about everything from CD design, to knowing your rights (and royalties), to touring.

At St. David's Church Hall, from noon to 6pm,

learn the A to Zs of making your own 'zines, comics and merchandise. Word nerds will also want to check out the book launches and local author reading. (\$5 and a free magazine for all)

On Saturday afternoon there are also four different all-ages shows. If you missed **Joel Plaskett's** free concert, you can catch him at St. Matthew's Church for \$25 with **David Myles** and **Forest City Lovers** at 7:30. And at the Marquee, one of the bands to play at the very first Pop Explosion, **Eric's Trip**, re-unites to help celebrate the 15th anniversary supported by **Land of Talk** and **Miracle Fortress** from Montreal, and Vancouverites **Mother Mother** and **Pride Tiger** (\$14 advance, \$18 at the door starting at 10pm).

For full and up to date listings, pick up one of the handy guides sitting around town (The Student Center in particular) or visit www.halifaxpopexplosion.com and get ready for some great music!

Halifax Pop Explosion "Pops In" with Unique Sessions

TOM WESTOLL

This year's Halifax Pop Explosion has a secret weapon. Of course, it wasn't supposed to be a secret, but due to a miscommunication when the festival's media kit was printed up, The Pop In Sessions are going ahead as the "no case" alternative to the bar shows which make up the festival's showcase.

The Pop In Sessions are a development project of producer and creator Andrew Watt and are a series of videotaped in-house concerts from some of this area and this country's best indie music acts set in an intimate studio atmosphere before a live studio audience. During the Halifax Pop Explosion when some big names will be in town, Watt was able to pair up some hot local acts with out of town guests.

This year represents a bit of a learning curve for the Pop In Sessions. They want to become a regular part of the HPX festival, something that organizers hope will become

a unique part of the festival in years to come.

"They really kind of just let me hand pick some bands from their roster ... it was all sort of within the last month of planning for the pop explosion, which is something next year we'll probably spend some more time on" Watt says, explaining the absence from the festival listings. Nevertheless, he figures that it will benefit the sessions in the end. "It's like a no case without being a no case and it's sort of not stepping on the local (shows) toes which is a good thing because some of the shows are not that much bigger in terms of numbers." Watt figures that they could fit about 100 people into the studio for a taping.

The acts lined up for the Pop Explosion Pop Ins include out-of-towners **The Most Serene Republic**, **Zoobombs**, **Besnard Lakes**, **Miracle Fortress** and **Bicycles**. Each of those visiting bands who are playing the festival are being paired up to give

the taping a local flavour. The local line up includes **The Stance**, **I see rowboats** and **Windom Earle**.

The Pop In Sessions began in February of this year as a brainchild of Watt, but he is pretty quick to point out the help he has had from a solid cast of volunteers from the get go. Watt's business partner at Common Ground Studios where the sessions are taped is Chris Mitchell who has looked after the audio during the tapings; Greg Fry has been involved in the creative aspect of the project as well as Patrick Doyle, a professional director of photography who Watt says is bringing the technical end of things to the project. From conception to completion the process of filming and editing a session can take up to 6 weeks. Organizing the schedules of a large group of volunteers and negotiating deals with the band (the band must

give permission for the show to use their material for broadcast, but the band is able to use the finished product for their own promotion, in other



words, no money is involved) can take up to three weeks but as Watt puts it, "the back end of the project is a whole other thing... it ends up being 2 or 3 weeks before we get a finished product afterwards."

"We try to do the best with no money, basically.

That whole set was made for 300 bucks" chuckles Watt as he recalls the process of building an intricate broadcast worthy background set that would give the sessions its character. "We were buying materials and cutting and drilling, like, 639 holes" he says about the eye catching design, which is a rich red background that has hundreds of light bulbs within it. The set is a major part of the Pop In Sessions, since bands are able to use the finished product to their liking, it provides a nice visual link between the various sessions that have been and will be recorded.

"The key people involved in the Pop In Sessions have all agreed that... "it's not going to hurt us to have what I guess would be 'the brand' pushed out there into different mediums" Watt says. "If we keep it generally the same look, people are going to start wondering 'if we have 12 of...

...Continued

Canada's top indie artists that all have online material that has a background that generally looks the same', then that's going to be that extra marketing push that we need."

Andrew Watt's plans for the Pop In Sessions include producing broadcast quality concert series for the internet, because that's where he feels the future of television lies. "TV is moving into the internet, it already has, but [I want] it to be internet based broadcast quality. My icing on the cake would be for a network broadcaster to pick it up" in the format of a six part mini series, he explains.

It can be hard to find

any voids in Halifax's diverse and continuously active music community, but the Pop In Sessions are filling in a unique niche. Unless it is an ECMA or Juno type of showcase, there are no featured performance spotlights being produced in this 'for broadcast' type of manner. As Watt puts it, "What the Pop In Sessions [are] hoping to do, and maybe what we'll get better at, is making it that much more comfortable for the artist to perform and giving the audience a really up close look at how the artist is feeling at the moment. One of the things we had talked about from the onset was that the artists we want on the show are people that we'll want

to see 10 or 20 years from now, people will want to see this... to have a snapshot of our favourite artists when we're 50 years old, you know, people hold on to that stuff pretty dearly if you're a true music fan."

For all of Halifax's true music fans looking get a glimpse of things for themselves, check out the existing Pop In Sessions which features Buck 65 among others, and is hosted on The Coast's website (www.thecoast.ca). Be on the lookout for a new Pop In Session website coming sometime in November that will host the finished products of this weeks tapings.

Photo Of The Week

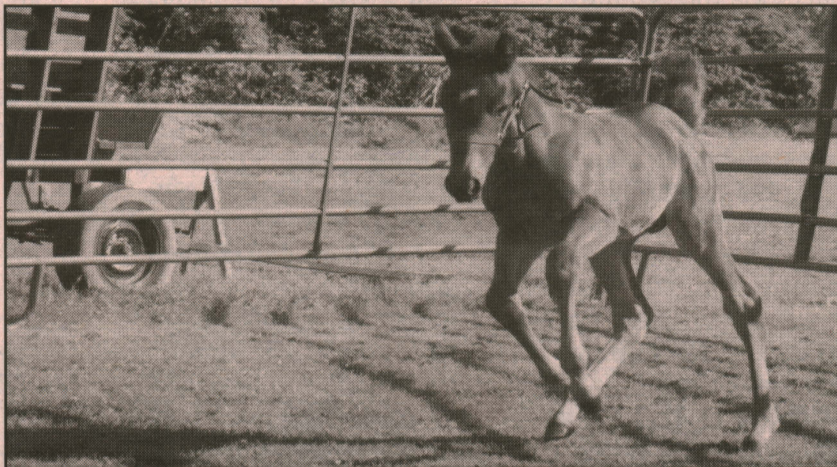


Photo Courtesy of Nicole Aube

Want to see your photo in print? Submit them to arts.smu@gmail.com

A Horror Novel to End All Horror Novels: *House of Leaves*

DAWN DAVIS

Once upon a time there was a manuscript tied together with string that was exchanged among friends. This manuscript eventually surfaced on the Internet and slowly gained popularity until its official publication on March 7th, 2000. The book quickly became a bestseller and to this day is whispered about in small circles, and requested frequently at my bookstore. *House of Leaves* by Mark Z. Danielewski is like nothing you've ever read before.

In a sentence, *House of Leaves* is an edit of a manuscript about a movie about a haunted house. Johnny Truant is essentially the hero of the novel, being a regular guy living off of little money in America. He finds a manuscript called The Navidson Record which was composed by the blind and recently deceased Zampano. It turns out the manuscript is written about a film or two about a retiring photographer Will Navidson who decides to settle down with his partner and their children. They buy a house on Ash Tree Lane, and as the dust jacket says "...they discover something terribly wrong: their house is bigger on the inside than it is on the outside."

Navidson sets Hi-8 cameras up in his new home to turn their move into a documentary, and he catches a lot more than he was hoping. Hallways appear where they never were before, one which sticks right out from the living room and turns into a labyrinth. Zampano writes to describe every scene of this film adding in his thoughts. Johnny then takes the manuscript behind the man and translates what he can, and offers to the reader his own immersion into the book, turning it into a sort of diary for himself. In the end, Navidson himself is reading *House of Leaves*.

House of Leaves is a novel that contains several appendixes, an index, cryptically coloured words such as house in blue and minotaur in red and drowns us in something as terrifying as it is intoxicating. It has checkmarks in corners, pages of footnotes, and others with only several words, some pages crowded with notes taking up the side, bottom and center dedicated to footnotes. Some sections are written so your eyes glaze over the pages and other times you flip quickly through, sometimes both at the same time. By the time you're finished, you feel liberated and free

from something that was consuming you, but at the same time you are separated from something of yourself you left in those pages. It's hard not to get through the whole thing without writing something or other in the margins. Do not read it before bed.

Though I believe this is possibly the most frightening book of all time, it makes its home in Fiction as opposed to Horror, and I dare every horror-lover that I find to read this book, because *this* is a true horror

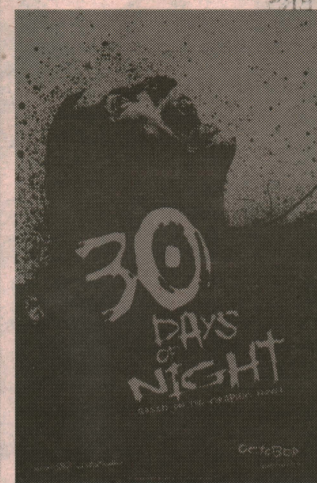
novel.

In spite of its terrifying nature, I sincerely believe that everyone needs to read this book at some point in their lives, just because of the massive influence it will have on you. *House of Leaves* deserves to be a classic of the future. Flip through it at the book store, and see if you have the willpower to put it back.

Have a book you want to recommend? Send it to: dawn@thebookblog.ca

Bite Sized Entertainment

Movies opening this week: 30 Days of Night, Rendition, Things we lost in the Fire, The come-backs.

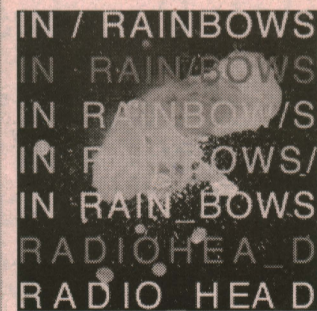


New CDs out this week:

R.E.M. live by R.E.M., Better in the Dark by Rogue Traders, Music to Fly To by Currency, Chase this Light by Jimmy Eat World.



Radiohead's new album *In Rainbows* became available on the internet on the 10th of October. It's unique in that the downloader gets to choose the price they want to pay for the album. Yes, you choose how much you pay. And yes, 0.00 IS an option. Visit www.inrainbows.com to get it.



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FEATURES

City Living: Fairview/Clayton Park

RESSA PETERS

For three years I lived in Clayton Park and now I make my home in Fairview. Clayton Park is not as stuck up as you may be lead to believe, nor is Fairview as "sketchy". The Hell's Angels have long since vacated their headquarters from Dutch Village road.

I moved here from living in the sticks of New Brunswick, where it was highway in the front and forest in the back and all that was within walking distance (because the bus didn't come out that far) was a corner store with ice cream and the infamous Kingsclear reformatory. After living in the boonies, Halifax was new, exciting and huge. To this day I still don't quite grasp the idea of all these different regions of one big city but I guess I'm a Fairview/Clayton Parker. I prefer Haligonian, why can't we all get along?

So Fairview, what's so great about it? Living in Fairview is pretty darn sweet. If you're a student going to Mount Saint Vincent, you can probably walk to school and DAL and SMU students probably live not too far from a bus top to catch the 17 or 18 that'll take you right to Inglis Street.

Looking to go shopping? Well just hop the 52 and you can get to the Mecca of HRM shopping, Bayer's Lake. Everything

you could want is in Bayer's Lake; restaurants, Wal-mart, Zellers, Chapters, Futuresshop, Value Village and Empire Theatres with 18 screens and the only IMAX in Atlantic Canada. For a girl who grew up in a city with 1.5 malls and one theater, this is a more than I could ever imagine in walking distance. Just try to not get hit by a car crossing the road.

If Bayer's Lake is too big for you or doesn't have what you want, I bet you can find it in this neighborhood. We have smaller operations like The Bean Sprout Café, Smiling Dragon Tattoos, Mexico Lindo and The Second Last Game Store for your specialty tastes. The wonderful Keshen-Goodman Library also has what you're looking for, be it research materials for class or a movie or TV DVD for the weekend, and it's free!

For students looking for a place to live, there are many apartment buildings and houses for a wide price range. You can get apartments dirt cheap or not-so cheap, it's up to you. And even in my cheap-ass apartment, (and I mean cheap-ass price wise, not quality wise) I have a very cool view of the Bedford Basin.

Crime around here is not very much of a problem. There is very little violent crime and the rest is no worse than you can expect from pretty much any part of the

HRM, a mugging here or there, nothing really shocking. I feel completely comfortable walking home at midnight by myself; just don't tell my mother in New Brunswick I said that.

There may not be a high concentration of bars and clubs here but that means less bar fights and drunken people on the street at night, which I appreciate more than being in walking distance of a dozen different places to waste my money and get hit on. If you do venture downtown, a cab ride can set you back a bit but if you prefer to party at home, you can probably walk to an LC anyway.

This area doesn't have the crowded feel of a large urban center either. No smog or huge ugly buildings. In fact, I live next to a playground that has children playing in it until about 9 o'clock. I know many of the residents of Fairview by face or name after working and living here for years. It has a small neighborhood-like feel to it while having access to many things within walking distance and if you can't walk you can get there by bus pretty quick.

Fairview/Clayton Park has the best of both worlds; small town suburban feel, big city conveniences.

Editor's Note: This is the second article profiling neighbourhoods in the HRM, if you want your say email it to features.smu@gmail.com

No Smoking at Saint Mary's

MARK MERCER
The Cranky Professor

It won't be long now before the entire Saint Mary's campus becomes off limits to smoking. Smokers will have no one to blame but themselves.

Smoking is vile. It's harmful to smokers, of course, and it can be harmful to people who find themselves near smokers. Cigarette smoke stinks, and it makes cigarette smokers stink. Tobacco farming wastes valuable agricultural land. Smoking brings us early to the hospital beds and the funerals of people we love. Nobody looks stupider than a person with a cigarette in his mouth or hand. Don't get me started.

And yet I don't like to see "No Smoking" signs posted hither and yon. Not simply because as more and more territory goes smoke-free, more and more smokers pack themselves into the space remaining and, thereby, concentrate the mess they make for us to deal with. You know what I mean if you have ever walked the sidewalk on Robie Street by the IWK maternity hospital and had to hold your breath as you passed through the acrid blue cloud. You might have wanted to turn your gaze down to the sidewalk to avoid looking at the yellow-stained wretches huddled against the cold as they went about the grim business of poisoning themselves. But you would then be confronted by the foul sight of butts, butts, and more butts. I've taken to walking on the other side of the road.

I don't like to see "No Smoking" signs everywhere because I want people to be free to smoke if they want to. If some idiot wants to smoke, well, let her. It's her choice; she's an adult. I want her to be aware of what she's doing, I want it so that help is available to her, I want her not to smoke. But I don't want her to be pushed and pulled by regulations and restrictions.

If smokers had used their common sense, it would not have come to this. With one area after another being declared smoke free, the campus of Saint Mary's is next in line. Here's common sense: if someone else is at the bus stop, don't light up. If someone comes to the bus stop after you have lit up, put out your cigarette or stroll half a block downwind. Never smoke where a child can see you. Don't smoke within ten feet of signs that say "No Smoking Within Ten Feet of this Sign." Just to be sure, go twenty or thirty feet away. Don't smoke near places where people walk, at least

not while people are walking there. Don't smoke in front of a door. Take your cigarette far away from the entrance to the Patrick Power Library and far away from the entrance to the Burke Building. Use the intelligence with which you are blessed before the carbon monoxide wipes it out to find a spot to smoke that puts no one at risk and causes no one any discomfort.

Had smokers at Saint Mary's used their common sense, then the rest of us would have had no cause to complain. There would have been no problem for the university to have to solve. We'd have had our health and our comfort even as you had your cigarette. As it is these days, we've got smoke in our eyes and up our noses and we really should not have to stand for it. The only recourse we seem to have at this late date is to send the smokers packing. (I hope we won't try to put a moral gloss on it, as Capital Health did when it banned smoking on the grounds of the IWK, as though we are not rendering another section of Robie Street putrid and ugly. In any case, to institute a restriction is never to occupy the moral high ground.)

Why didn't smokers at Saint Mary's use their common sense? Smokers know that smoking is at least a serious nuisance to non-smokers, if not a hazard. Why didn't smokers at Saint Mary's take the very small steps required to ensure that when they smoked on campus they caused no one physical discomfort?

Someone who cares so little about their own comfort or health that they would intentionally inhale cigarette smoke cannot be expected to care anything at all about the comfort or health of others.

The Journal would like to apologize for the errors in the last two Cranky Professor columns, they can be found in their full text at <http://www.smujournal.ca/view.php?aid=39036>, and <http://www.smujournal.ca/view.php?aid=38996>

LET'S GET BAKED WITH MAT AND DAVE

Tune in to CKDU 88.1 on Thursday to hear Halifax rock 'n' roll outfit, Wintersleep bake a pumpkin pie. Yum!

Wintersleep's Fall Pie

Filling:

- 5 cups of cooked pumpkin
- 1 block of silken tofu
- 1 tsp nutmeg
- 1/2 tsp ground cloves
- 1 tsp ginger
- 1 tbsp cinnamon
- 1 cup of maple syrup
- 2 pinches of agar

Pie Crust:

- 1 cup of shortening
- 1/2 cup of sugar
- 3/4 cup boiled water
- 1 tsp of margarine
- 3 1/2 cups pastry flour
- 2 tbsp of baking powder
- 1/4 tsp salt

Directions:

For the filling, simply blend the filling ingredients very well in your mixer or food processor.

Now for the crust, mix the

shortening, margarine and the boiling water until it's creamy. Mix the dry ingredients in a separate bowl and then combine the wet and dry ingredients together. Knead the dough for a few minutes and roll it out on the table. Cut out enough dough to create a pie shell and press it into the pan. Bake the empty shell for about 5-10 minutes then add the pumpkin. Bake it at 350 degrees for 20-30 minutes until it becomes golden brown. Let it cool then dig in!



GREEN TIP

Are you on a high-speed chase for lower energy (consumption)? If so, pull over; either put one on or take one off, that is. Instead of reaching for the heat or A/C switch, regulate your temperature by wearing layers, and get the energy-bill pigs (not to mention CO₂ emissions) off your tail.

The Benefits

- Bill savings at home. Wearing appropriate clothes avoids indecent exposure to the elements and can save you \$250 per year.
- Less CO₂. Adopting this tip helps avoid 1,000 lb of CO₂ per person, per year.
- Less nagging. Wearing layers when you go somewhere means you won't have to ask to turn the A/C up or down.
- Snuggling up. If you're lookin' for a cuddle, pretend like you can't find any layers and cozy up to someone cute.

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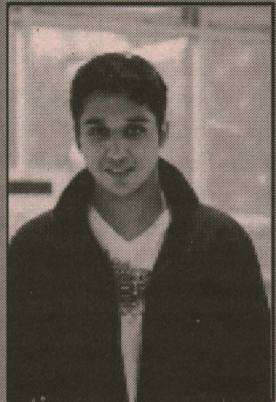
Q & A with Amanda & AJ

"Canadian universities may implement an emergency text messaging system for students to update them on anything that may be of concern to them. What do you think about this?"



NATALIE SHEA
1ST YEAR BUSINESS

"Oh, that's cool. That would be really useful!"



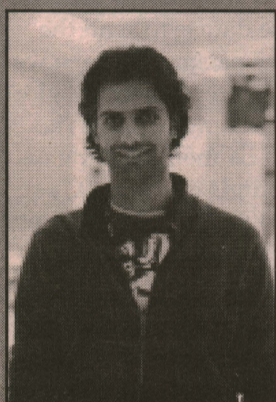
HOMOUD ALFAYEZ
1ST YEAR ACCOUNTING

"I think that would be really great!"




STEPHANIE DEAGLE
1ST YEAR COMMERCE

"I think it's useful, the first thing I grab is always my phone."




ALWALEED ALNASSER
ESL

"That would actually be really helpful for students I think."



AMBER GREEN
UNDECLARED
&
JONATHON MACINTOSH
3RD YEAR PSYCH

"Hmm.. I like the idea. I am intrigued but this concept, text messaging is my life."



LEONID KARLINSKI
3RD YEAR COMMERCE
&
EVGENI JEFF KAPLUN
3RD YEAR COMMERCE

"We would definitely appreciate that. It's a positive thing. We don't have cell phones, nevertheless it's a great thing."

Photos courtesy of Andrew J Levine

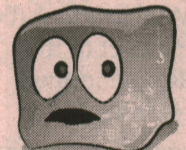
SMUDOKU

		4	3	1				
7	1				5			2
		9	6					
3			5			7		4
	6						9	
5		1			4			3
					6	3		
9			4					6 7
				5	3	8		

LAST WEEK'S SOLUTION

3	8	2	7	5	9	6	4	1
1	5	6	8	4	2	7	3	9
7	4	9	3	1	6	8	5	2
2	3	8	6	9	1	5	7	4
4	1	7	5	3	8	2	9	6
9	6	5	2	7	4	3	1	8
8	9	3	1	6	5	4	2	7
5	2	4	9	8	7	1	6	3
6	7	1	4	2	3	9	8	5

HOT OR NOT



- Whoopi Goldberg
- SMU-Mazing Race
- Tiffany
- Country Music
- SMUSA Oktoberfest
- An Inconvenient Truth
- Darrell's
- Nike
- Hourglass silhouettes
- Millenium Scholarship
- Rosie O'Donnell
- Splitting the prize by 4
- Ashley Tisdale
- Cowboy boots
- Bratwurst & Sauerkraut
- Global Warming
- Pitas from anywhere else
- Reebok
- Bones
- Funds being exhausted

G SPOT

Pin Me Down to Pop Me Up

SS RANDY BLUE

Dear SS Randy Blue,
The other night my partner and I got into a bit of a fight while lying in bed together. It wasn't too bad until I was laying on his stomach and pinned his hands down to make his listen to me when I noticed he was getting aroused. Is this normal?

Is it ever! What you have discovered is that your

partner likes it when you assert a little power, a little...dominance over him. Take a look at some pornos and you'll notice that the best sellers (after the classic french maid & school girl varieties) are films where women take control on their sexual activities.

So now that you know he likes a little domination in bed, it doesn't mean you're going to have to buy all the back episodes of Kink and devote your

life to BDSM; far from it in fact. It just means you're ready to have a little more fun in the bedroom. Go to your nearest sexual health store and invest in a decent pair of handcuffs (dollar store quality just won't do, when we stop playing with play-doh we should retire those flimsy plastic things). Your partner will love the surprise next time he's in bed. When he's not looking, and least suspects it, whip out those cuffs and lock him to the bed. See how fast he becomes aroused now. Some of the best love making is the kind where you're not taking the lead. Give him some oral sex and he'll think he's in heaven.

Have one of those student beds that don't have anything to loop some cuffs through? No worries, get him when he's sitting in a chair in the dining room (Those rooms aren't just for eating food you know). Give him a bit of a lap dance and watch how wide his eyes get.

If you do manage to get him locked to the bed and decide that you want to have some fun before jumping right into sex, find yourself a feather. Slowly draw the feather down his bare stomach, stopping a few inches above the pelvic region. It will drive him crazy. No feather? No problem. Just flip your finger

over and draw that down (but watch the nail, some of you have pretty sharp nails and a 18 inch incision down the chest isn't the most romantic thing to have).

So, to answer you question, it is completely normal. It may mean you'll have to find a different way to get your point across in an argument but at least you'll be having many fun sexual endeavors.

Until next week, keep it safe everyone. If you have a question, write it down and email it to thesmujournal@gmail.com

BUSINESS

COMPU-CORNER: I Think My Computer Has A Cold

ADRIAN ANDRE

Prevention is always better than a cure, at least for human beings, that is. Well the same thing applies to your computer. There are three steps you can take to prevent your machine from being infected by viruses, adware, spyware, and worms. These three steps are:

1. Running Windows Updates on a regular basis or setting it to run automatically.
2. Installing an up-to-date Antivirus program.
3. Installing a program that can detect and remove adware and spyware.

Windows Update is a program/website, where users can easily go and download patches and updates for Windows. The shortcut for Windows Update is normally located in the Start button under All Programs. Every second Tuesday of the month is called Patch Tuesday; this is the day that Microsoft releases their updates and patches for Windows. In 2004, when the Sasser virus was released, and affected computers around the world, Microsoft had released a patch 17 days earlier that could protect users from the virus, so it is very important to run Windows Update on a regular basis.

One way to make sure you're always up-to-date is to set Windows to download the updates automatically in the background, and later install them at a specific time. To do this:

Vista

1. Click on Start menu.
2. Go to Control Panel
3. Click Control Panel Home on the left side bar.
4. Click on Security.
5. Click Turn automatic updating on or off under Windows Update.
6. Select Install updates automatically (recommended)
7. Set the time you want the updates installed.
8. Click on OK.

Windows XP

1. Click on Start menu.
2. Click on the Control Panel icon.
3. Click the Security Center option.
4. Click the Automatic Updates option.
5. Select Automatic (recommended) option and set a time you would like the updates to be installed.

Even if Windows is up-to-date, a current anti-virus program should be

installed on your computer. Both Norton and MacAfee are popular choices for anti-virus software. Both programs can be found in any computer store to be bought, on average their price range from \$40 to \$150, but if you cannot afford to buy these programs every year, they are other anti-virus programs out there that are free. AVG by Grisoft and Avast anti-virus are 2 popular free anti-virus programs. Here are the links where both of these programs can be downloaded from: AVG: <http://free.grisoft.com/>, or Avast: <http://www.avast.com/eng/programs.html>

Please keep in mind there are many other anti-virus software available, the ones mentioned here are just a suggestion.

"Adware or advertising-supported software is any software package which automatically plays, displays, or downloads advertising material to a computer after the software is installed on it or while the application is being used," taking from Wikipedia.

"Spyware is computer software that is installed surreptitiously on a personal computer to intercept or take partial control over the user's interaction with the computer, without the user's informed consent." taking from Wikipedia.

These two types of software can cause havoc on any computer. A good Anti-Spyware program to prevent, remove and quarantine spyware and adware is Windows Defender. It's built into Vista and is also free for Windows XP users to download. The link to download Windows Defender is <http://www.microsoft.com/athome/security/spyware/software/default.aspx>

Be careful when downloading other adware and spyware removal programs, since some of these programs themselves are spyware and adware.

TIP OF THE WEEK

Placing your laptop/notebook on your lap isn't a good idea. Especially for guys, since the heat may lower your sperm count. If you do have to put it on your lap, you should place something in between to block the heat.

If you have any questions feel free to email me at adrian.andre@smu.ca.

ANDREW PARLEE

I am the President of the ACE society for the 2007/2008 academic year. This means that I have your best interest at heart when it comes to a few areas in life. Now you're asking: In what way would he be interested in my life? From an entrepreneurial standpoint actually. ACE stands for Advancing Canadian Entrepreneurship. Most people have thought about starting up their own business at one time or another. It may have been the lemonade stand when you were a kid, or the hobby that you obsessed over and thought you could make some money off of it. I love photography and it would be great if I could sell my art. I've turned the idea over in my head many a time while nodding off to dream land, but then reality sets in. I need to get a good job because I want to make a 50K salary, or entrepreneurship is just plain too hard. Where would I sell my photographs anyway? Would people really buy it

and how do I turn it into a sellable product? That's usually where the dream ends.

This is where ACE comes in. We have members that have made their dreams come true. Other members have dreams and want to take the first step in bringing them to reality. Therefore, if you have the slightest interest in entrepreneurship, you should come and check ACE out. If we can't answer your business start-up questions then we will direct you to the right person or organization. We have strong connections with the Saint Mary's Business Development Centre and as a SMU student you can get free advice from them.

Also, in case you didn't know, this week is Small Business Week in Nova Scotia. There will be trade shows, luncheons, and networking events taking place around the city. Saint Mary's, in conjunction with the SMU Business Development Centre, celebrated on Tuesday Oct 16th in the McNally Theatre Auditorium. Students

were invited to take part in an entrepreneurial game where teams of four competed to create and sell a product of their own creation from a box of items and a ten dollar bill. Each member of the winning team received an iPod Nano as a prize. In the evening, the university community was invited to take part in a night of fun, games, and prizes. Small Business Week Appreciation Night at Saint Mary's University provides an opportunity for business owners to display products and services in a tradeshow setting. For more information, contact Alexa at alexa.gray@smu.ca or me at acesmu@gmail.com. Also, look up ACESMU on facebook.

If you want to find out about other events during Small Business Week, check out the Business Development Bank (<http://www.bdc.ca/en/branches/nova-scotia/yarmouth/calendar.htm>) and Nova Scotia Business Service Centre's (<http://www.canadabusiness.ca/ns/eventsCalendar.cfm>) website.

Slogans Are Forever

LAURA MACINTOSH

Oh the world of pop culture. In a world where everything seems to change, from political powers to hair trends, it's nice to know that pop culture's favorite slogans will always be remembered.

To pay homage to the golden days of marketing, from past to present, I present to you the Sloggy's, my marketing awards for slogans! The idea started with one grand commercial that reminded me of old greats, so I figured I'd remind all of you. And esh, if we still remember them, they certainly worked! Here are our final nominees, listed by category:

Food Chain Slogan

"I'm lovin' it" (McDonalds), "Eat Fresh" (Subway), "Finger Lickin' Good" (KFC), "Yo quiero Taco Bell" (Taco Bell)

No Quiero Taco Bell!



Deodorant

"Strong enough for a man, made for a woman" (Secret), "It won't let you down" (Degree), "How dirty boys

get clean" (AXE), "Non-stop protection for your non-stop life" (Speed Stick)

Cars

"When you turn your car on, does it return the favor?" (Cadillac), "Like a Rock" (Chevy), "Zoom Zoom Zoom" (Mazda), "Grab Life by the Horns" (Dodge)

Chocolate

Bars (single bar)

"Nobody better lay a finger on my Butterfinger" (Butterfinger), "Oh Hungry? Oh Henry!" (Oh Henry), "Recharge on Mars" (Mars), "Have you felt the bubbles melt?" (Aero)

Chocolate

Bars (multi piece)

"There's no wrong way to eat a Reese's" (Reese's), "Two for me, none for you" (Twix), "Gimme a Break" (Kit Kat), "It's all in the mix" (Twix)

Candy

"Do you eat the red ones last?" (Smarties), "Taste the rainbow" (Skittles), "Isn't life juicy?" (Starburst), "Melts in your mouth, not in your hands" (M&M's)

Store

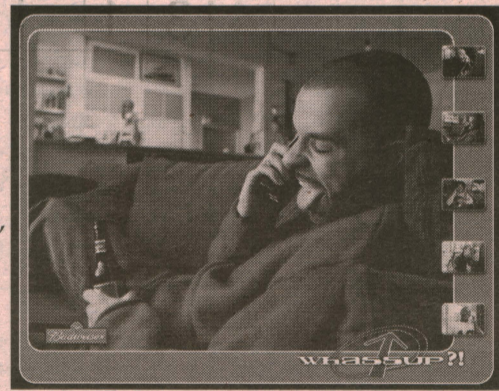
Brands

"Come see the softer side" (Sears), "You've got questions; we've got answers" (Radio Shack), "Everything you need from A to Z" (Zellers), "FCUK"

(French Connection UK)

Beer

"WHASSUP?" (Budweiser), "Those who like it, like it a lot" (Alexander Keith's), "I AM Canadian" (Molson Canadian), "A whole lot can happen, out of the blue" (Labatt Blue)



Shoes

"Just Do It" (Nike), "Because life's not a spectator sport" (Reebok), "Impossible is nothing" (Adidas), "Everyone wants to be like Mike" (Air Jordan's)

Cereal

"Follow your nose" (Fruit Loops), "Snap, Crackle, Pop" (Rice Krispies), "They're grrreat!" (Frosted Flakes), "They're after me lucky charms!" (Lucky Charms)

Now that we've remembered some of the greatest catch phrases of all times; what's your favorite? Vote for your award winners to appear week issue! www.smusa.ca/forum.ca

SPORTS

SMU Huskies Destroy X-Men, But Fall Short to #1 Ranked Laval

DANNY CAREW

We're no longer undefeated, but after losing to the #1 team in the country, Laval, by a score of 29-22 this past Saturday in front of 13,607 fans at PEPS Stadium, the Huskies know what it takes to mix it up with the best team in the land. Is there such a thing as a good loss? Absolutely. Will the Huskies get a chance to throw down with the Rouge-et-Or once again? Most definitely. But before I inundate you with the lowdown in Laval, it is my journalistic responsibility to give you the good news from last week which was not printed due to our Thanksgiving bye-week at the Journal: On Friday October 5th, our Huskies hammered the St. Francis Xavier X-Men by a score of 63-8. With such a high score, one would find it hard to believe that the X-Men trailed 21-8 at halftime. But then again, do you believe in Glavic? If you do, you would obviously know that the man hypnotizes defenses, often saving his best stuff for the second half, putting the opponents to sleep in the process. For all of you math majors- 42 points were scored in the second half. It's tough to run with the dogs on our turf.

The Huskies came out of the gates running as Jacques Lumbala crossed the goal line at 2:36 of the opening quarter to give the Huskies a 7-0 lead.

St. Francis Xavier matched the score when Nick Guest burned the Huskies defense for a 37 yard td reception. The game was tied, but not for long.

On the very next drive the Huskies capitalized on efficient short passes. With the Huskies in the red zone, Glavic maneuvered around the defense and lofted a pass to his bruising full-back, Tyler Schussler, on a four yard hook up to put the Huskies up 14-7.

With the first quarter over, Eric began to march the troops. Within a few minutes Eric threw a dump pass to Allistair Blair to put the Huskies back up 21-7. St. Francis Xavier kicked a one point convert to make the count 21-8 at half.

The third quarter was relatively quiet in terms of scoring, but Eric managed to hit Darcy Brown on a 10 yard pass to give SMU a 28-8 advantage.

The X-Men were running on empty in the fourth quarter, while the Huskies were fueled with nitro. After Eric launched his 4th touchdown of the evening to Aaron Racioppa to give the Huskies a commanding 35-7, the Huskies did what any team would do with a game well out of hand, they ran the ball. By running the ball, the clock continued to tick. However, normally when the game gets out of hand the starters come out and the backups get play, and these guys who normally don't get much playing time start playing like it's the last down they'll ever play. Under these circumstances, combined with a tired X-Men defense, the Huskies scored four rushing touchdowns within an eight minute span. Allistair Blair and Jonathan Shreve each ran in a major, and first year player Craig Leger ran in touchdowns of 14 and 48

yards. Final score 63-8.

Eric Glavic was 17-27 passing for 263 yards and four touchdowns. Lumbala surpassed the century mark in rushing with 123 yards and one touchdown. Aaron Racioppa was top receiver with 100 yards and a td. Matt Lemay was the top defensive performer with five tackles including a sack.

There was great reason for optimism as the Huskies headed to Laval to battle the mighty Rouge-et-Or. Both teams featured the best two offences and defenses in the country. However, Laval claimed to be missing half of their starters who were out due to various injuries. While the Huskies offense outmatched Laval- 360 yards to 205, they came up in short in scoring department, 29-22.

Laval jumped out to a 3-0 lead and SMU quickly responded with a field goal by Justin Palardy to even the score at 3-3.

Eric Glavic hit Aaron Racioppa before the end of the first quarter to give SMU an 8-3 lead.

The second quarter saw two Laval touchdowns and a SMU field goal to make the count 17-11 at half.

SMU drove the field but were unable to take the lead, instead settling for another Palardy field goal to cut Laval's lead to 17-14.

The next two Laval possessions saw a field goal and a touchdown to increase the lead to 27-14, and before the end of the 3rd quarter Laval recorded a safety to make it 29-14 going into the fourth quarter.

Saint Mary's shut out

the Laval offense in the 4th quarter, but a Carl Hardwick touchdown and a one point kick would not be enough to unseat the top team in the country. Final score: 29-22 Laval.

Eric Glavic was 18-35 passing for 181 yards with 2 touchdowns and one interception. Glavic led all SMU rushers with 85 yards while Lumbala accounted for 69 yards rushing. The ball was distributed evenly to the receivers as Carl Hardwick caught six balls for 68 yards and a touchdown, while Aaron Racioppa and Shawn White both hauled in five balls on the day.

While the Huskies dominated Laval in offense and defense, the one department the Huskies lost in was penalty yardage. The Huskies committed nine penalties for 79 yards while Laval committed three penalties on the day. It's understandable for a road team to commit more penalties especially when you're playing in front of 13,607 noisy fans.

The good news is that despite the loss the Huskies have played the best team in the country and, in the process, have proved that they can play on Laval's level. As long as the Huskies continue to win out, they will more than likely host Laval in the Uteck Bowl here in Halifax on November 13th. The winner will play for the Vanier Cup held in Toronto on November 23rd.

Monty Mosher of the Herald wrote an interesting piece on Eric Glavic this past weekend. Mosher was comparing Glavic to former



Glavic on the Move

Saint Mary's superstar Chris Flynn. Flynn quarterbacked Saint Mary's from 1987-1991, and in the process, won the Hec Creighton award (Most Valuable player in the country) three times. Flynn also led the Huskies to two Vanier Cups, however, they lost both games. While it may be premature to compare the two players, as Eric has yet to accomplish any of Flynn's feats, both have a similar game. Both quarterbacks are extremely mobile, often making the impossible plays possible. While Eric is flattered by the comparison, he understands that the most important statistic in football is wins. I suggest going to www.youtube.com and entering "Chris Flynn Tribute" to see the amazing play of Flynn during his tenure at SMU.

SMU will host Acadia this Friday night at Husky Stadium at 7:30. The game will be telecast nationally on the Score.

SMU X-COUNTRY TRAVELS TO MAINE

KELLY POIRIER

On Saturday September 29th, five members of the Saint Mary's Huskies Cross

Country team represented the University at the 16th Annual Murray Keatinge Cross Country Invitational Meet at the University of

Maine. Competitors came from Universities within the States while Saint Mary's, St. Francis Xavier, and Dalhousie University represented the Maritime Provinces.

The women's 5km race featured Kelsey Daley who came in 20th at a time of 18:20, followed by Ashley Ryer in 51st at 19:03, and Christine Carey rounded off the group in 75th with a time of 19:34. On the other side, the men competed in a 5 mile race with Gerald Demers coming in 43rd place in a time of 26:54 and Brad Orchard placed 67th in 27:39. The Saint Mary's Cross Country team traveled to St. Francis Xavier University October 6th to compete in the second AUS meet of the season.



Cross Country track meet in Maine



SMU SPORTS UPDATE

DANNY CAREW

Saint Mary's men's basketball team hosted the Stu Aberdeen Tournament this past weekend at the Tower. Aberdeen coached Acadia and won six Atlantic titles including a championship in 1965. SMU won both of their matches by defeating Ryerson 106-73 and UVIC 55-54. The SMU women's team lost 81-59 to Windsor in exhibition play.

The Saint Mary's hockey team is 2-0 after wins over Dal 5-3 and Acadia 4-1.

Rookie Cody Thornton scored a hat trick in the win over Dal.

The SMU men's and women's soccer teams continue their strong play. Istvan Lakner scored two goals in a 2-0 win over Acadia. The men followed up the win with a win and tie against Mun, 2-1 and 1-1. The men are in first place. The women blanked Mun 2-0 and are currently tied for 2nd place with a record of 6-2-2.

The women's rugby team fell to UPEI 35-10.