

Obama Beats McCain! pg 4

McCain Beats Obama! pg 4

Visit The Journal Online at:
<http://www.smujournal.ca>



THE JOURNAL

Est. 1935 · Vol. 76 · No. 4 · November 5, 2008

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

Image Source: msnbcmedia2.msn.com



CONGRATULATIONS PRESIDENT BARACK OBAMA

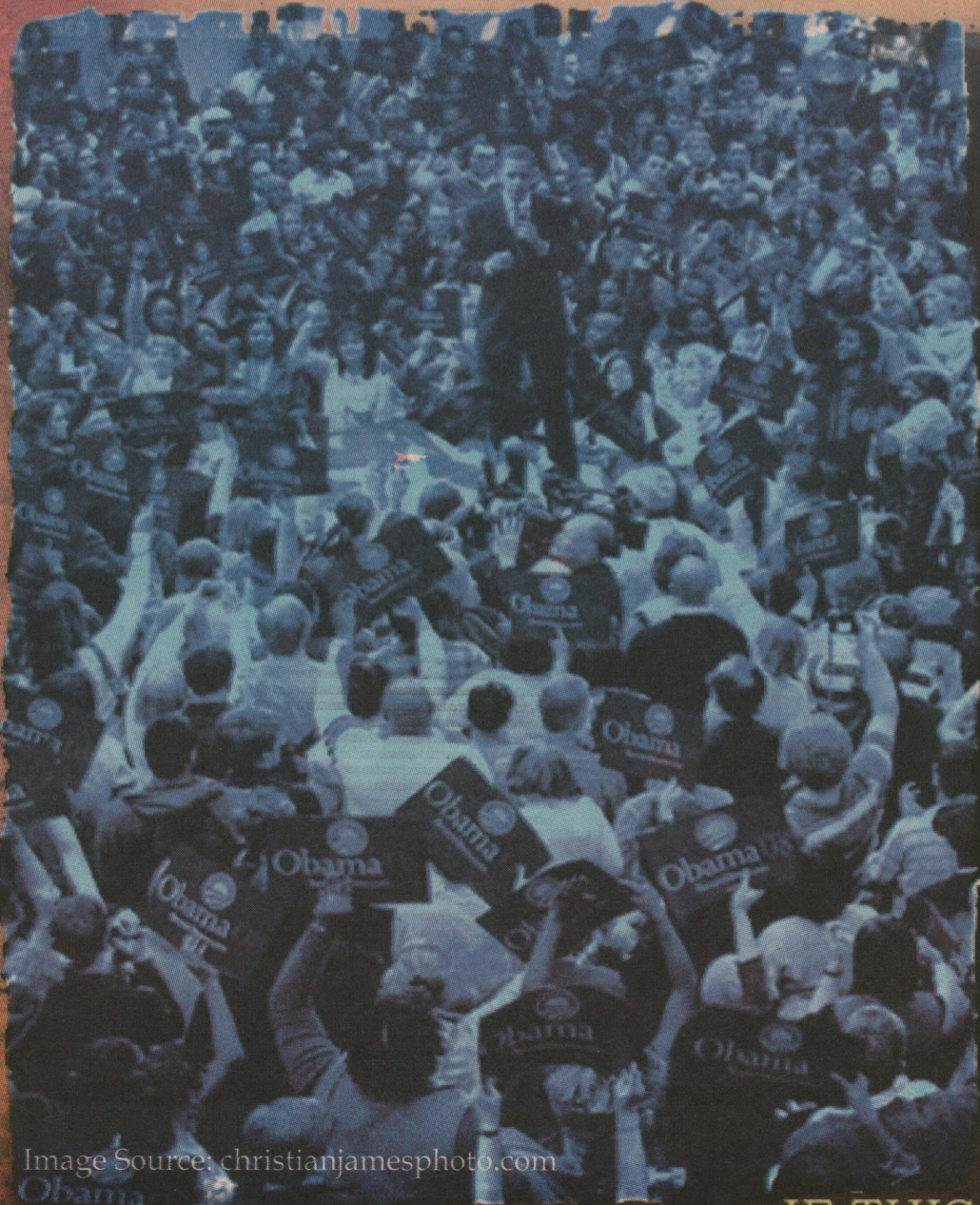


Image Source: christianjamesphoto.com

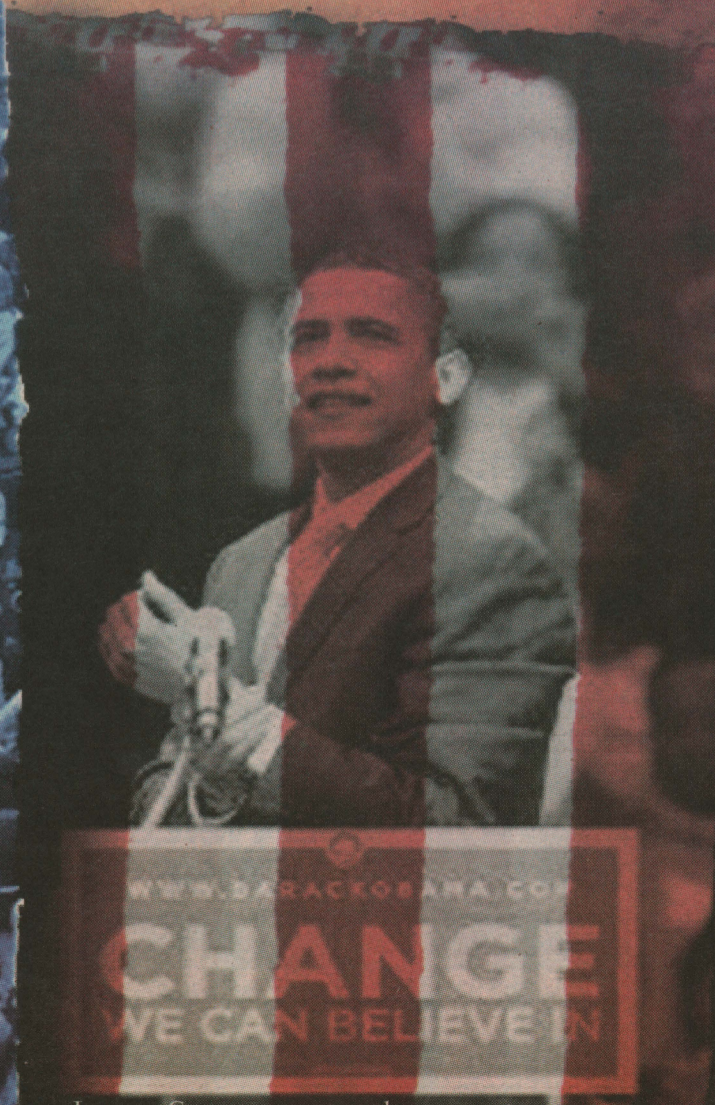


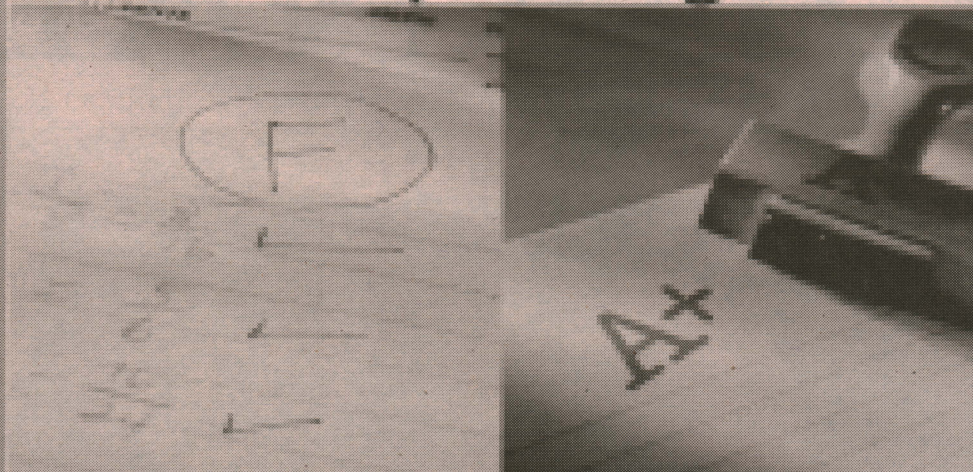
Image Source: www.changenet.net

IF THIS IS WRONG TURN OVER >>

thesmujournal@gmail.com

smusa NEWS

Need Help Going From



Go To www.smusa.ca To Search For Or Apply To Be A Tutor On The smusa Online Tutor Database

Attention Potential Grads Graduation Pictures

About iMage will be on campus Nov, 13th, 24th & 25th in the Loyola Private Dining Room (PDR)

smusa
SMU STUDENT MEDIA UNION

Call 499-1977 to book an Appointment to guarantee your grad photo in the yearbook

About iMage Photography Co.

Health Cards Now Available At The Info Desk

smusa
SMU STUDENT MEDIA UNION

Academic Info Blog academicinfo.blogspot.com

A Corner
Of Cyberspace
Dedicated To Keep
You In The
Academic Loop

Visit smusa.ca For The Whole Scoop

HAPPY HOUR

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

WEDNESDAY
November 5th
**OPEN MIC
NIGHT**

THURSDAY
November 6th
**TEN MILE
HOUSE**

FRIDAY
November 7th
**BATTLE OF
THE BANDS!!!**

SATURDAY
November 8th
**AUS FINALS
&
FUSION DANCE**

SUNDAY
November 9th
**OPEN FOR
BOOKINGS**

MONDAY
November 10th
**WORLD
SPORTS
LOUNGE**

TUESDAY
November 11th
**POOR
STUDENT DAY
\$1 FOOD SPECIALS**

the
Gorsebrook
since 1974
lounge

The Gorsebrook Lounge is open to SMU students, Alumni, and Guests

www.smujournal.ca

PERSPECTIVES

FIND OUT WHAT SMUDENTS ARE SAYING THIS WEEK

LETTER FROM THE EDITOR

SHOULD YOU DROP THAT CLASS?

Kimberley Dares

Is one of your classes seriously kicking your butt right now? Are you starting to panic about pulling off a passing grade? You have one last chance to escape unscathed, as the last day to withdraw without academic penalty is this Friday, November 7th.

Why drop the class now? If you drop it before Friday, instead of getting a D or an F on your transcript you will get a W which does not affect your GPA. Sure it sucks big time to lose out on the \$550 (approximately) that a course costs, but if you are at risk of failing a class then you are going to have to pay to re-take it anyway so why not get out before the F.

It can be a hard decision; I had to drop a class for the first time

this semester and I won't lie, it was a tough decision for me. I couldn't help but worry that I was going to somehow mess things up and not be able to graduate or lose all my scholarships. It's been a week since I did it though, and so far the sky hasn't fallen, so I'd say the risks are minimal.

Make sure if you decide to drop a class it won't affect your graduation requirements (especially if this is your last year at SMU). If it's a required course, be sure to check if it's offered next semester before you get out, because once you're out you can't get back in. Even if you aren't graduating make sure to double check how dropping the course might affect you getting into another course (is it a pre-requisite?).

If you still aren't sure you could try and contact your academic advisor (although it would be short

notice). I recommend calling or stopping by their office rather than sending an email, as in my experience it takes a week at least to get a response, which doesn't help much since you have just two days to decide.

Personally I was really concerned with how taking a W would look on my transcript when I begin applying to other schools after graduation, but my Academic Advisor assured me that it is less harmful to take the W than to fail the class. Just be sure not to rack up too many W's.

If you are in a class that you are really struggling with it might be in your best interest to drop it before that W becomes an F. Your GPA will thank you for it.

Students Acting for Global Awareness (SAGA)

Upcoming Events:
Saturday November 8th:

Fusion Dance at the Gorsebrook

Saturday November 22nd:

Karaoke Night at the Gorsebrook

Hope to see you there!!

THE TOP 10 REASONS TO RECONSIDER PROFESSOR ROBERT DAWSON'S LETTER TO THE EDITOR (DATED OCTOBER 22, 2008):

Cathy Driscoll, Professor of Management

1) Professor Dawson's letter (that was a response to a letter published by Dr. Elden Wiebe and myself - The Journal, October 8, 2008) is full of errors and omissions.

2) Nowhere in our letter did we claim that Christianity was the only basis for ethics as Dr. Dawson suggests.

3) Nowhere in our letter did we suggest that the values of honesty, trust, fairness, respect, and responsibility are exclusively Christian values or virtues as Dr. Dawson suggests. Although the values listed in our initial letter may arise from and represent a wide range of faith-based and wisdom-based traditions, Saint Mary's University was founded upon Christian specific values and virtues.

4) Biblical scripture and parables in particular are not meant to be taken literally and out of historical context. Professor Dawson has completely missed the symbolic references. For example, the parable of the fig tree (Luke 13:1-9) is a parable about judgment; however, it

is also a parable about God's mercy and grace. "Mercy triumphs over judgment" (James 2:13). The parable is also linked to Messianic expectations found in Ezekiel 47.

5) Dr. Dawson suggests that Jesus was not fair. In fact, there are many Biblical examples of fairness. However, Jesus turns the ideas of worldly fairness and justice on their head. Dr. Dawson picks the parable of the laborers in the vineyard (Matt 20:1016) in which the laborers who show up at the end of the day and only do a little work are paid first and paid as much as the laborers who worked all day. This parable is not really about workplaces, as Dr. Dawson implies; rather, it reflects God's generosity and grace to all people at any time.

6) Dr. Dawson's argument on honesty is way too convoluted.

7) We never said that an ethic of reciprocity was exclusive to Christianity as Dr. Dawson suggests. However, the Christian golden rule transcends the idea of an ethic of reciprocity, as Jesus asks us to love our enemies.

8) Dr. Dawson completely overlooked our primary reason why we believe the wording in the Saint

Mary's calendar ("to give special emphasis to the Christian tradition and values in higher education" at Saint Mary's) should remain. I believe that all Santamarians should remember (and many of us continue to celebrate) the Christian founders and developers of Saint Mary's University who served to educate out of their love for God. This is from whence we came (and from which we continue to be privileged to be in a position to educate and to learn).

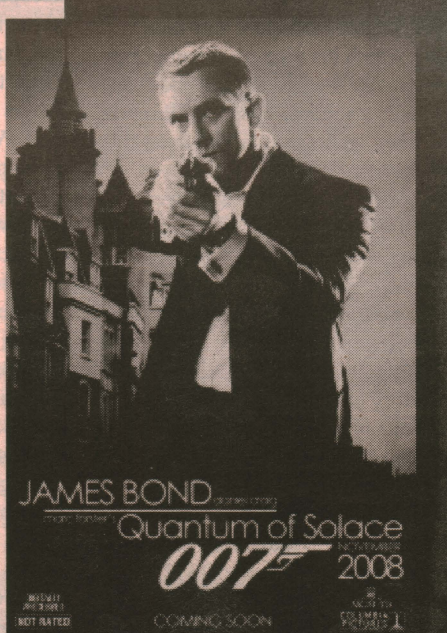
9) Belief in Papal infallibility is not a Christian or Catholic "value" as Dr. Dawson suggests, but specifically Roman Catholic dogma or doctrine.

10) Finally, Wiebe is spelled with an 'ie' not an 'ei' (I acknowledge that this could have been an editorial error).*

* Please consider reading Elden Wiebe's letter, that will be published in the next issue, which goes into more detail on some of the errors and omissions in Dr. Dawson's letter.

ALUMNI MOVIE NIGHT:

James Bond in: Quantum of Solace - Thursday, November 13, 7:00 pm, Empire 18 Cinemas, Bayers Lake (190 Chain Lake Drive)
The Class of 2009 is invited to join SMU alumni, staff, faculty & friends for our exclusive preview screening of Quantum of Solace, the new high-octane 007 film. Tickets (\$8 apiece) must be purchased from the Alumni Office in advance - they will not be available at the door. Call 420-5420 or e-mail alumni@smu.ca to reserve your seats!



REMINDER

Societies Get Free Advertisements In *The Journal*

What a great way to get people to actually show up for your event.

Submit to: thesmujournal@gmail.com

THE JOURNAL
SUITE 517, STUDENT CENTRE
SAINT MARY'S UNIVERSITY
HALIFAX, NOVA SCOTIA
B3H 3C3
902.496.8201

NEWS EDITOR
JEFF CUSACK
NEWS.SMU@GMAIL.COM

SPORTS EDITOR
ROBBIE NAUFFTS
SPORTS.SMU@GMAIL.COM

BUSINESS EDITOR
LAURA MACINTOSH
BUSINESS.SMU@GMAIL.COM

ARTS & ENTERTAINMENT EDITOR
DAWN DAVIS
ARTS.SMU@GMAIL.COM

FEATURES EDITOR
KIMBERLEY DARES
FEATURES.SMUJOURNAL@GMAIL.COM

ART DIRECTOR
MARLON SOLIS

AD-MANAGER
KOREY MCINNIS
ADVERTISEMENTS.SMU@GMAIL.COM
902.496.8203

DISTRIBUTION MANAGER
ROBERT HARRIS

WEBSITE MANAGER
ELIE KHOURY

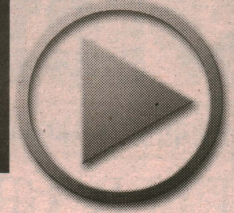
THANKS TO ALL CONTRIBUTORS
THE JOURNAL IS THE STUDENT NEWSPAPER OF SAINT MARY'S UNIVERSITY. THE PAPER IS PUBLISHED EACH WEDNESDAY BY THE JOURNAL PUBLISHING SOCIETY, AND FUNDED IN PART BY THE STUDENT BODY.

ALL STUDENTS ARE WELCOME TO SUBMIT PIECES OF WORK FOR PUBLICATION IN THE JOURNAL. THESE SUBMISSIONS SHOULD BE RECEIVED NO LATER THAN NOON ON SUNDAY THROUGH THE PROVIDED EMAIL ADDRESSES. SUBMIT ARTICLES TO THESMUJOURNAL@GMAIL.COM OR AT WWW.SMUJOURNAL.CA. LETTERS TO THE EDITOR MAY BE NO MORE THAN 400 WORDS. ALL SUBMISSIONS MAY BE SUBJECT TO EDITING.

IF YOU WOULD LIKE TO PROOF-READ, VISIT THE OFFICE ON MONDAY MORNINGS. ALL PIECES ARE SUBJECT TO THE JOURNAL GUIDELINES FOR SUBMISSION. (AVAILABLE ON REQUEST). THE OPINIONS EXPRESSED IN THE JOURNAL ARE THOSE OF THE AUTHORS AND NOT NECESSARILY OF THE JOURNAL OR SAINT MARY'S UNIVERSITY.

NEWS

CATCH UP ON WHATS BEEN HAPPENING AT SMU AND AROUND THE WORLD



DON'T GET CAUGHT WITH AN "F"

By Adam Harris, SMUSA VP Academic

This Friday, November 7th is the last day for withdrawing, without academic penalty, from three (3) credit hour courses (i.e. designated .1), and from six (6) credit hour courses (i.e. designated .0) taught only in the first semester. While I can't advise you on whether or not you should drop a class, it's important that all students are aware of this academic regulation. If you feel like you are not doing well enough in the class to get the grade you are aiming for, it might be better for you to withdraw from the course than have a low mark

or an "F" on your transcript. You could always make up the lost credit at another time, or retake the class again. A "W" will appear on your transcript instead, and won't affect your GPA. If withdrawing from a class isn't an option for you, but you still aren't doing as well as you like, then check out the SMUSA Online Tutor Database at www.smusa.ca and find someone to give you a bit of extra help.

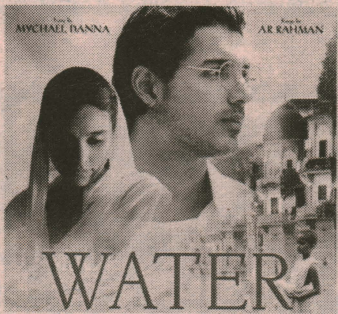
Also, there was a new academic regulation passed through Senate last May, but it didn't make it in time to be included in the current edition of the Academic Calendar. It states that "instructors must provide feedback

to students regarding their progress in the course prior to the final date by which a student may cancel the course without academic penalty (see regulation 16). Normally for undergraduate courses, this feedback must equal a minimum of 15% of the final grade (Regulation 4d)". So, you should have 15% of your class mark back before this Friday! This ensures that you can make an educated decision about staying in the class or not, based on a big chunk your current performance in the class so far. Don't forget to check out academicinfo.blogspot.com for more info!

HAPPENING AT SMU

Jeff Cusack

The IDS Society, the OXFAM society, and WUSC will be presenting the film "Water" on Thursday November 6th, at 7pm in Sobey 255. The movie is sponsored, which means that free food will be

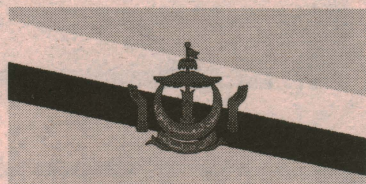


provided. All are welcome.

According to a SMU media release, we're the envy of research universities across the country. Over the last year our sponsored research budget has gone up 47 per cent, more than any other university in the country. That said, we're still ranked 44th overall, but hey, it's better than last year!

Saint Mary's alum Wendell

Sanford was appointed High Commissioner to Brunei Darussalam (a place) last week. For those who don't know, a High Commissioner is like an ambassador but they only exist for countries that are in the



British Commonwealth.

On Monday, November 10th, a "Junior Team Canada" conference will be held at Saint Mary's. The conference is an opportunity for students to learn about Canada and Halifax's unique place in the market and to develop strategies for better marketing our city. Participants will get active feedback from professionals and be able to participate in a case skills competition. To register go to globalvision.ca

Wednesday is "take your kids to work day." So if you see a bunch of tiny people, that's why that's happening.

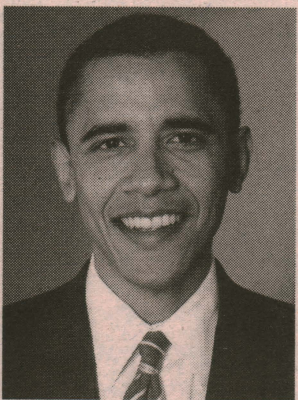
On Wednesday, November 12, the faculty of arts is holding an information session for students interested in teaching. Students can register for this session at the Student Employment Centre on the 4th floor of the SUB.

On November 11th Canada celebrates Remembrance Day. This is arguably the most important day of the year for Canada, but if you're a student, you still don't get the day off. Are you soldier and a student? Well too bad for you, you still have to go to school. All non-professor staff get the day off though. This reporter suggests that you think first of your country on this day and go to a cenotaph instead of classes.



OBAMA BEATS MCCAIN

By Jeff Cusack



Barack Obama made history on Tuesday by becoming the first African American ever elected President of the United States. People throughout the world cried tears of joy at the news of the election of one of the most inspiring people of this generation, particularly Al-Qaeda members. Exit-polling of the voters showed that even though most of them didn't particularly expect Obama to follow through on anything due to his lawyer background, they liked the reassuring tone of his voice and friendly smile.

Obama received congratulations from multiple world leaders, with the

notable exception of Prime Minister Harper who said he was holding off until he could figure out if there was any way he could change the results. The Prime Minister has expressed worry that with a President in the White House smarter than a small dog, his ideas might begin to seem uninspired by comparison. Unlikely congratulations for Obama came from Sarah Palin, who was oddly giddy and overheard singing "only four more years now" for reasons unexplained.

The election was not happy news for everybody however. Political comedians are going to have a much harder job ahead of them now that the president or vice-president is someone who doesn't have sex with interns, has an IQ over 80, or has never shot either a friend or a wolf from a helicopter while hunting. With little to make fun of in sight, some comedians are privately expressing hope that Obama will do something drastic like rename the White House the Black House or put Karl Marx's picture on the penny.

During his acceptance speech, Obama thanked the mainstream media for never giving up on him, as well as Sarah Palin and George Bush, for being the biggest assets a

political opponent can have. George Bush of course made headlines on Tuesday morning when he warned that if Obama got elected he would make medicine social and make it so that people ate fried chicken on Thanksgiving instead of turkey. Obama's speech contained little in the way of policy, although he did say he would appoint Oprah as his new secretary of state. Obama's speech lasted around a half-hour, after which his vice-presidential running mate, Joe Biden, took the stage to make a speech, which we'll report on when he finishes talking later this week.

During John McCain's concession speech he in fact declared victory, saying that the votes for Obama didn't count since they came from places like New York and Hollywood which aren't part of "Real America." He then, once again, told the story about the guard who treated him nicely in Vietnam. Oddly, for a failed Vice-Presidential candidate, Sarah Palin also made a speech, declaring that she would do "whatever possible" to make sure that the Republican party won in 2012, even if it meant never actually going back to Alaska. Congratulation Senator Obama!

NEWSFEED



John McCain made a splash on Saturday Night Live this past Saturday. McCain opened the show by appearing beside Tina Fey, as Sarah Palin, and hawking election merchandise on a fake SNL ad. Once again the Senator, who has hosted SNL in the past, showed that he can take a joke, allowing Fey to reference Sarah Palin's presidential aspirations while he stood right beside her.



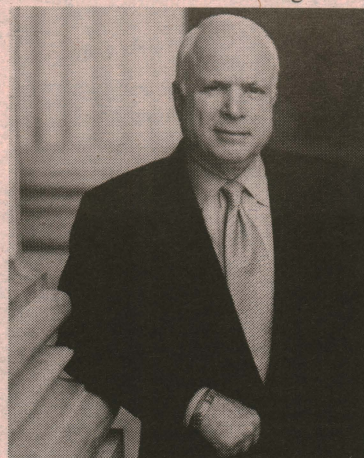
After rumours began swirling that he would not be running for the Liberal leadership a second time, Bob Rae officially threw his hat in to the ring once more. Bob Rae is among a trifecta of candidates who will most likely be the frontrunners in the race for the leadership. Cognoscenti Michael Ignatieff and former deputy PM John Manley are expected to enter the race as Mr. Rae's biggest rivals.

Mark Andrew Twitchell, an Edmonton filmmaker, was in court last week. Mr. Twitchell is accused of writing a gruesome horror script and then acting out murders from it in real life.

MCCAIN BEATS OBAMA

By Jeff Cusack

John McCain surprised America and saddened most of the world on Tuesday by pulling a major upset over Barack Obama and winning the U.S. Federal Election. During his



acceptance speech, McCain spoke about the strong race Barack Obama led, but said in the end, he always knew the racism of the American voters would come through for him. Vice-President elect Sarah Palin punctuated this statement with a hearty whoop and a "can I get a what-what!?"

McCain received congratulations from several world leaders, including Stephen Harper, who was apparently crying tears of relief. Harper soured relations with Barack Obama after releasing a confidential memo sent by the Obama team to the Canadian Embassy, which carried potentially damaging information on it. There were also questions about how U.S. voters electing a centre-left government in the United States would affect Canadian voters. Harper also expressed relief that he wouldn't have to renegotiate NAFTA, despite

the massive power advantage he would have as the leader of the country which supplies the U.S. with most of their energy.

The election of McCain is expected to provide a boost to Canada's immigration numbers. Since last night's election results have come in, there has been 300 American applications for work visas in Canada, 200 applications for permanent residence, and four refugee claims.

McCain won't get to enjoy the same types of leisure that other President-elects normally have in the months before their January inauguration due to the current economic crisis, and during his speech McCain announced that he will be meeting with George Bush tomorrow to talk "strategy." The President-elect also announced who will fill several of his cabinet positions, including Joe the Plumber as head of the department of Figurative Americans, Jon Stewart as secretary of the liberal media, and The View's Elisabeth Hasselbeck as head of Homeland Security.

Barack Obama seemed extremely disheartened at his loss. It is believed that the cause of his loss was a shift of support from white female voters, which supported Hillary Clinton, to the Republican ticket in the final days of the campaign. Obama acknowledged this during his concession speech, asking "Where were all the white women at?"

Breaking News: John McCain has just died, and Sarah Palin is now America's president "elect." Palin's presidency is a triumph for women everywhere and a serious blow for women who care about having rights to do things. Congratulations Senator McCain!

BUSINESS & SCIENCE

ENTERPRISES MONEY STOCKS FINANCE TECHNOLOGY \$700 BILLION DOLLAR BAIL OUTS

WELCOME TO THE GAME

Fergus Dearden

Every aspiring entrepreneur dreams of the day when they will strike it big in the world. Ideas always have a beginning and every entrepreneur has a story, but they have the balls to take the risks to get into the big leagues?

Drawing on experiences of different entrepreneurs, getting into the entrepreneurship game is not an easy decision nor is it by far an easy path to take. Every entrepreneur believes that they can change their lives, but few actually have the strength to do so. Out of every company 10 companies that are actually invested in have what is called a "2-6-2 Rule". Meaning that 2 companies fail, 6 companies break even or do mediocly well and 2 companies do extremely well. We also must factor in the countless other companies and ideas that do not get such an investment or are fortunate enough to even see the marketplace. These entrepreneurs give up after hearing a few no's or their idea gets stolen and used by a big corporation.

For those who are willing to keep going and not take no for an answer, I welcome you to the game. How long can you hear no? How long can you take the hits to get

where you have to go? How badly do you really want your dream? The key here is to actually live your dream and you will obtain it. Work smart and not hard, which is a lot of the advice I get from top angel investors in the game. Speaking from personal experience, there is a lot of emotional and financial hits that you take a long the way. I have been everything from living at the top of the world, to being homeless and on the street. Those experiences make you stronger and better person, besides this game we play is about building character. For those of you, who dare venture into the unknown, heed this advice: Only those strong enough to take the hits will survive the game and be successful in the long term. This will come with patients, passion and perseverance. It will be you that drives your idea home and into the market. If quitting is not an option for you then I truly welcome you to the game, because entrepreneurship is about just that. Giving into your fears can protect you, but it can also hinder you and prevent your idea from hitting the market. Remember the game and the price that you as an entrepreneur will pay. Make sure that the price is worth paying in order to play. If the price is right; get in, if its not, then know when to get out. In

By: Tech Geek

For as long as I remember I have been using Microsoft products, my earliest memory was sitting at our DOS computer playing a game which was on the old 5 1/2 inch floppy, yeah I remember the good old days! Years later my father came home with a newer computer running Windows 3.11 and gone were my days of using DOS it was the most revolutionary thing I have been exposed to! I vividly remember my father explaining that I no longer have to type "cd" to go to directory, I get to use this weird thing called a mouse and I had to double click to open things! And then these windows with colour, my world was turned upside down! Years later Microsoft came up with another revolution, Windows 95, and I was sold! I thought Windows was the most amazing thing. My cousin taught me how to change the wallpaper, to get away from that ugly cloud background, Windows 98 was not much of a change but it did look better. And I enjoyed it even more; these were the days when I learnt how to look up pr0n on the Internet

and how to clean every trace that I even looked at pr0n, ah the good old days! One summer my father got me my own computer with Windows XP, instantly I hated the task bar, and changed it back to the old classic style (I still do so on every computer running windows). Windows was my life up until my second year, no it was not Mac OS... I was introduced to Linux! Linux one of the most important revolutions in software, when it was explained to me that the operating system was free I looked on in shock! "You mean I don't have to pirate the software?" was the first question I asked! I was very excited! But my excitement promptly died when I found out that I had to 'hack' my Linux OS to make it work on my hel- erm Dell laptop; my journey from one Linux flavour (there are literally hundreds of Linux Operating Systems) to another seeing which one I liked. A while later Mark Shuttleworth, the second self-funded space tourist, launched a new company that was supporting free software, and Ununtu was formed! So I tried that

piece of software and just like my days of yore I fell in love there were snags where I did not know what the hell was going on, and I found out that I had to use this terminal again, the memory of my father telling me that I do not have to use "cd" again came back, but I stuck to it like bees to honey. But I was not happy something was missing in my life, Photoshop, sadly Linux does not run Photoshop, nor does it run Microsoft Office (but who there is a free option called OpenOffice.org - that's their website as well), so for the longest time I was dual booting Windows and Ubuntu. Until my computer drew its last breath at the ripe age of 5 years, which is rather amazing for a hel- erm.. I mean Dell laptop.. The problem was I wanted the functionality of Linux, But I also wanted to use Photoshop, and the biggest constraint was I did not want Windows. So I got a Mac (which for those who know me know that I have been whining that I want one for 4 years), my life was complete!

ILLEGALLY POSSESSING LIQUOR, INCLUDING POSSESSING IT UNDERAGE OR HAVING OPEN LIQUOR IN PUBLIC, (THIS INCLUDES GOING NEXT DOOR/ACROSS THE STREET) CARRIES A FINE OF \$452.00 IN THE HRM (HALIFAX REGIONAL MUNICIPALITY). IF YOU ARE PUBLICALLY INTOXICATED YOU CAN BE CHARGED AND/OR HELD UNTIL SOBER.

DONT-PAY MORE FOR YOUR NIGHT OUT THAN YOU HAVE TO

Whats the **REAL** Cost of an open Beer?

Good global citizens start with their community.



SMUES

SAINT MARY'S UNIVERSITY ENVIRONMENTAL SOCIETY

GREEN TIP OF THE WEEK

Turn off lights when you are not in the room. Turn off your computer when you are not using it. Turn down the heat when you are not at home. You're not benefitting from any of these if you leave them on, even when you're not around, so why waste the energy? Plus it's a great way to save on your power and/or heating bills.

Think Globally, act locally until next week

Check out our website: www.smues.ca

Dartmouth Learning Network

2nd Floor, 260 Wyse Road
Dartmouth, N.S. B3A 1N3
Tel: (902) 463-9179
Fax: (902) 464-3052

E-mail: admin@dartmouthlearning.net
Website: <http://www.dartmouthlearning.net>



Dartmouth Learning Network

Public Service Announcement

Dartmouth Learning Network recognizes an urgent need to improve literacy in Dartmouth. Come out to support our annual Word for Word fundraising event featuring host, Don Connolly and a line-up of talented authors and musicians. Word for Word takes place on Monday, November 17, 7:30pm at the Royal Bank Theatre in NSCC's new Harbourfront campus! Tickets are \$20 each or \$15 for students & seniors and may be purchased at: Woodlawn Library, Alderney Gate Library, at the door, or by calling Dartmouth Learning Network at 464-3444.

Audience members will be treated to readings by authors, Stephen Kimber and Stephanie Domet, and to the music of: Dan McKinnon (folk), Pat Watson (Jazz) and Vanessa Buhr (G&S). Have fun while supporting this great cause!

ARTS & ENTERTAINMENT

SEEING STARS

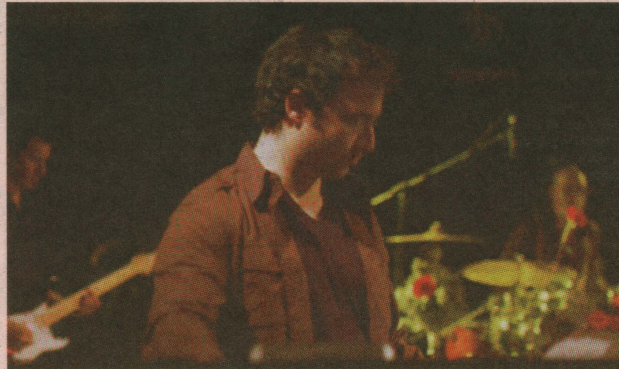
Gregory Tomney

Every week my mother calls me on the telephone and asks me if I've gone to church on Sunday. This week I'm actually pretty anxious to receive her call so that I can say "Yes, I did go to church," and furthermore, "It kicked ass!"

Toronto talent Stars, took the stage this Sunday after a strong opening from maritime favourites Hey Rosetta! Hey Rosetta! and put together the kind of set that makes you nervous that the opening band just might eclipse the headlining group. Frontman Tim Baker carried the six piece group through the performance with an admirable level of energy and also a little bit of two-footed hopping, demonstrating the kind of athleticism you just don't see in vaguely-folkish alterna-rock nowadays. His dominance on stage reminded me of a breed of Octopus, the Mimic Octopus, which has the unique ability to camouflage itself as a whole nest of sea snakes by moving each of its tentacles with a very individual and very specific motion. Onstage, Mr. Baker was very much the brains of this beast, guiding his band through their set-list with his steady metronome arm.

Once Stars took the stage however, I was immediately reminded as to why the band has received such a high level of national acclaim. If Hey Rosetta! played as a cunning arthropod, then Stars was a whole god-damn coral reef. Every member of the band coloured the stage with personality and attitude, accompanying their already compelling and

dreamy brand of indie-pop. The on-stage chemistry between band members was dynamic, especially between vocalists Torquil Campbell and Amy Millan. The set kicked off aptly with "The Night Starts Here" where the audience was not only barraged with some highly original electro-pop, but also treated to a bold new resurfacing of an old staple in music, the notion of "lyrics you can hear". These "lyrics" have always seemed secondary to me in music, what with inarticulate murmuring being the preferred medium in most of the bands I listen to, but after having heard these "lyrics" I think Stars may have come up with a concept that just might catch on. Torquil Campbell also took the opportunity to formally ask Halifax if they could be more-than-just-friends, throwing roses into the audience and praising us for "being good to them" the past two days, the band having played a set at The Marquee on Saturday. Highlights of the evening included an Obama-endorsing "Soft Revolution", a fast paced tune that marked the first appearance of Campbell's trumpet, and "The Ghost of Genova Heights" where Campbell taunted the audience with a hypnotic "Do you want to hear a ghost story?" The band came out for a five song encore, with a fresh vase of flowers in the hands of bassist Evan Cranley. So Stars if you are cool with it, I think Halifax would like to hook up again some time. In fact, feel free to stick around this winter; I hear Montreal is cold as hell.



SENSES SOMETIMES FAIL

Doyle Lahey

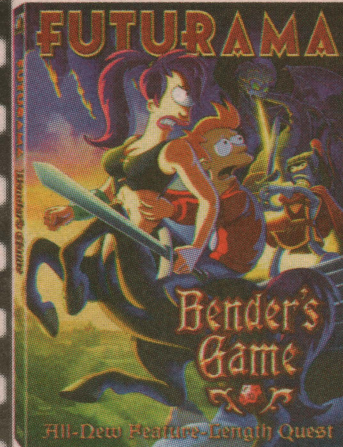
Life is not a Waiting Room is Senses Fail's sixth CD. Released on October 6th by Vagrant Records, which was produced by Brian McTernan (past bands McTernan produced include Thrice, Hot Water Music, and Moments in Grace). Purvolum.com places Senses Fail under three separate categories: Punk/Alternative/Rock. Although alternative and rock are both evident in Life is not a Waiting Room, Punk is very much absent, but replaced by the ever popular "screamo" sound. Fireworks at Dawn is the first, short, slow opening song to prepare the listener for some hardcore tracks (almost like Brand New's opening track for *Deja Entendu*, *Tatuto*, which follows *Sic Transit Gloria*). Following *Fireworks at Dawn* is *Lungs Like Gallows* which is infused with scremo, light singing, and fast passed guitar riffs, much like track five, eight, and ten. If you like *From Autum to Ashes*, you may enjoy these tracks. Track three, four, six and seven highlight Senses Fails lighter, alternative/rock style. Track nine entitled *Yellow Angels* is the albums slow-paced melodic "feel good" track, while the ending track *Blackout* is more hardcore, somewhat reminiscent of The MovieLife's sound.

Overall, there is nothing particularly exciting about this CD. It is the same ol' Senses Fail sound. If you enjoyed their past album, *Still Searching*, then you may want to consider picking up a copy of *Life is not a Waiting Room*, and if you purchase the new CD off of iTunes for \$9.99 you will receive two bonus tracks. Also, if you like bands like *From Autum to Ashes*, *The MovieLife*, *A Change of Pace*, and *Taking Back Sunday*, then this album may very well be right up your alley. But you have been forewarned, *Life is not a Waiting Room* is not a departure from Senses Fails previous work, which maybe a good thing or not. The choice is yours.

BITE SIZED ENTERTAINMENT



Beatles Jump on the Bandwagon
The entire Beatles music collection is being licensed to MTV and Harmonix, the creators of *Rock Band*. The team is going to be making a whole new game of the entire repertoire from the ground up for a whole new generation of Beatle appreciation. I can't wait.



This Title Makes me Want Science Fiction, but I do like D&D. The Third of Four *Futurama* movies, *Bender's Game* is in stores now on DVD and Blu-Ray. The movie is a parody of *Dungeons and Dragons*, not so much the novel *Ender's Game* by Mormon conservative homophobe, Orson Scott Card. This movie adds fire to the hope-for a TV revival – hey, it worked for *Family Guy*.



King of the Hill Gets Buried by American Dad
Fox has announced that they are finally trashing *King of the Hill* for the sake of renewing the contract for *American Dad*. The long-running show will be seeing its last episode by 2010 in order to throw more money at Seth McFarlane.



Gears of War a'Turning at 12:01
All around the city, the next big gaming release is getting a midnight release party. *Gears of War 2* is a third-person shooter game where you kill big slimy bug things. Get in line for November 7th. It probably won't be a Halo 3-sized party, but an excuse for a party is an excuse for a party.

LSAT MCAT GMAT GRE Preparation Seminars

- Complete 30-Hour Seminars
- Proven Test-Taking Strategies
- Personalized Professional Instruction
- Comprehensive Study Materials
- Simulated Practice Exams
- Free Repeat Policy
- Personal Tutoring Available
- Thousands of Satisfied Students

Oxford Seminars
1-800-269-6719 / 416-924-3240
www.oxfordseminars.ca

ZACK AND MIRI MAKE A NONO

Jean Brunet, sizzlingpopcorn.com

Rating: Burnt Popcorn

Roommates Zack and Miri are having trouble paying the bills with the money they earn from their petty jobs. When the power and water are cut off from their apartment, they scramble to find a solution to pay off their debts. Zack proposes to Miri that they produce a porno to make some quick cash. As they begin to shoot their new porno, Zack and Miri come to realize that their romantic feelings for each other are much more than what they expected. Kevin Smith's Zack and Miri Make a Porno stars Canadian Seth Rogen (Knocked Up), Elizabeth Banks (40-Year-Old Virgin), Jason Mewes (Clerks), Justin Long (Live Free or Die Hard) and Craig Robinson (Knocked Up).

To clear things up before I continue with this review, I'm not giving this film a Burnt Popcorn because of the sexual content. With a title like Zack and Miri Make a Porno, you have to expect some kind of nudity.

Although Zack and Miri Make a Porno starts off good with some timely jokes, the comedy swiftly jumps off a cliff and lands on the path to a mushy romance. This emotional experience ends with another cliché. How does making a lusty porno end in real love? It just doesn't add up and the targeted male audience will not be too please to show up to a comedy that ends up being a chick-flick.

Another factor in the poor rating of this movie is that it's metaphorically like a war zone, where F-bombs destroy the film. Saying "the F-word is said every second word" is an understatement! A 3-year old with a limited vocabulary can create a more intelligent script than Smith's f-plagued screenplay.

Male nudity? What's up with the recent trend in movies geared to college-age audiences? Forgetting Sarah Marshall, Harold and Kumar: Escape From Guantanamo Bay, and Sex Drive are all films released this year showing male genitals. People either laugh or are disgusted and those who laugh are laughing out of awkwardness. It just doesn't belong in the film.

Don't get too sold out on the trailers! Kevin Smith, the creator of Clerks, has seen better days! What looks like a hilarious movie, which it is for the first 30 minutes, will end up disappointing you as it turns into a romantic comedy that follows the road most travelled. If you're heading to the cinema this weekend, you might want to steer away from Zack and Miri Make a Porno, which is in theatres now.

Sizzling Popcorn Rating Legend

- Sizzling Popcorn:**
Great Movie (Blockbuster/Oscar-bound)
- Butter Popcorn:**
Great Movie (Not Blockbuster/Oscar-bound)
- Popcorn:**
Good movie
- Kernel:**
So, So (Rent it)
- Burnt Popcorn:**
Don't waste your money...not worth it.

ROBERT DOWNEY JR. SIGNS A FOUR-PICTURE DEAL WITH MARVEL STUDIOS

Jean Brunet, sizzlingpopcorn.com

After signing a four-picture deal with Marvel Studios, Robert Downey Jr. is set to play his role as Iron Man/Tony Stark in Iron Man 2, Iron Man 3 and The Avengers. The deal retroactively includes the first Iron Man movie. The 43-year-old New Yorker will be reunited with director Jon Favreau and newcomer to the superhero franchise Don Cheadle in The Avengers, Marvel Studios' film that will feature the appearances of Iron Man, Captain American, Hulk, Wasp, Giant Man, Hawkeye and Thor. Jon Favreau, who will be directing Iron Man 2, will be the executive producer of The Avengers while Don Cheadle, who is replacing Terrence Howard, will be Tony Stark's best friend, Jim Rhodes, who will become War Machine. It is not known if Edward Norton will sign on to reprise his role as Hulk in the film. Marvel Studios' The Avengers will be releasing in the spring of 2011. Leading up to the release, there will be a few films showcasing the other superheroes from the highly anticipated movie, including Thor, which is set to release in 2010, and The Avengers: Captain America, which will be releasing in 2011.

UPCOMING ODDITIES

Ressa Peters

The Curious Case of Benjamin Button
This Christmas release film stars Brad Pitt and Cate Blanchett in an odd love story about a man who ages backwards. The trailer is wondrous and disturbing (in a good way), set to Camille Saint-Saen's luscious Carnival of Animals. Pitt reunites with superb se7en and Fight Club director David Fincher in a unique film that will earn some make-up Oscars at the very least.

Chinese Democracy by Guns N' Roses
What's been a punchline for seventeen years is finally coming to fruition. Axl Rose's opus, released November 23rd (for real! it's listed on futuresshop.ca!) is now supposed

to be the first third in a new trilogy supposed to be completed by 2012. Slash isn't on it but Buckethead and (I'm not making this up) Shaquille O'Neal may be. Let's just see how it lives up to it's many delays and reported \$13 million plus production cost.

The Simpsons "Four Great Women and a Manicure"
Yeah, yeah, we all love to bitch about declining Simpsons quality, but I still LOVE the "trilogy" episodes that take-off history, literature and fairy tales. This undated episode features Springfieldian versions of bloody classic MacBeth, "greatest film ever" Citizen Kane, Ayn Rand's The Fountainhead and the life of Queen Elizabeth I. Jodie Foster guest stars as an adult Maggie.

100 Words

Jumping over lavachasms, dodging fireballs, jumping on skeletons... I better get laid after this. Oh, wow, a dragon on a narrow bridge. Really? Turtles! I'm mused to. Even flying turtles. Hell, I've even dealt with turtles floating on clouds throwing bombs at me. But a freaking dragon on a bridge? What's he got up his sleeve... Oh, fireballs. Great. Hey, there's an axe behind him on a ledge. Also fortunate is that floating platform up above. Have to time these jumps right... GOT IT! Finally! I've saved the princess!

"The princess is in another castle."
SON OF A BITCH.

By Nick Mador

vpinternal.smusa@smu.ca

Think you can write a story in 100 words? No more, no less. Submit your story to arts.smu@gmail.com this week and enter to win a DVD copy of The Visitor, thanks to www.sizzlingpopcorn.com

Donair Lovers Unite!

Starvin' Student Solution #2!

- **Two Double Donairs**
- **12" Fingers** with dipping sauce
- **2 Pepsi** 355 ml

Only **\$14.99**




310.30.30

1672 Barrington Street, Halifax

Starvin' Student Specials Available Sunday to Thursdays only.

TM of Grinner's Food Systems Limited, used under license. Offers available at Barrington St. location only. Must show valid Student ID. Delivery and debit on delivery charge may apply. Prices do not include tax or deposits. Prices subject to change without notice.

FEATURES

VOTES FOR CHILDREN

MARK MERCER
DEPARTMENT OF PHILOSOPHY
SAINT MARY'S UNIVERSITY
HALIFAX, NS B3H 3C3
(902) 420-5825

The voting age in Canada is eighteen. It ought to be sixteen, if not fifteen or fourteen or thirteen.

"But sixteen year-olds don't have the knowledge or experience to vote responsibly." Well, neither do twenty-two year-olds, one might respond. In any case, not everyone who does possess the knowledge or experience needed to vote responsibly chooses to vote responsibly. Should we, then, address these facts by instituting tests to determine who is qualified—by reason of knowledge, experience, and responsibility—to vote, and deny the franchise to the unqualified? Should we not at least draw on social scientific research if we have to set a universal voting age? Let's ask our social scientists at what age 60%, say, of Canadians become experienced and responsible. That's how we'll set the voting age.

The problem with both these proposals is that we have no idea what to count as knowledge, experience, or—especially—responsibility, independently of our assessing as knowledgeable or responsible the choices a person makes. We discover who is a responsible chooser by noting who tends to make respon-

sible choices—responsible by our lights, of course. To assign and deny the franchise on the basis of tests, then, would be to privilege one set of lights over others.

This argument also tells against the fairly common notion that elections are about finding the best leaders among the candidates for office. The thought here is that the results of voting express the collective wisdom of a people that through individual votes emerge the best values and highest aspirations of that people. (A recent editorial in the Chronicle Herald rested on this view.) But, of course, we have different ideas about what would make a leader the best, and about what our values and aspirations should be.

Voting and democracy are not about being responsible to higher values and they are not about placing in office the best among the candidates on offer. They simply cannot be about these things; anyway, they shouldn't be even if they could. What an election does is to give every holder of the franchise an opportunity to register, as effectively as everyone else, their preferences, whatever they are. The point of this exercise is simply to confer legitimacy on those who come to hold office and, derivatively, on the decisions that affect us. Legitimacy attaches to office holders, decisions, and policies only because we've each, as individuals, had an equal shot at determining who holds office.

If you are to be held to policies and laws, on pain of fines or jail, you had better have had a fair opportunity to determine the content of those policies and laws. One cannot consent to being governed, especially against one's interests, if one hasn't had a fair opportunity to act in support of one's interests.

Sixteen year-olds live a little less within the public sphere of law and government policy than do eighteen year-olds, but just a little less. Unlike ten year-olds, on the other hand, sixteen year-olds do move in social and public spheres beyond the world set by their parents. They have money of their own, they attend school at their own pleasure, they may drive, they may work, they may live on their own, they pay taxes. It is simply unfair to them that they have no formal say regarding the conditions under which they do these things, for without such say they cannot consent to the rules to which they are subject. That is why the voting age ought to be sixteen, if not lower. As it is right now, sixteen year-olds have public lives and interests but lack the ability to consent to public arrangements. That situation is unfair and it is contrary to the principle that a government is legitimate only if it governs with the consent of all of those whom it governs.

TAKE BACK THE NIGHT:
THE MORNING AFTER

Anu Pandey
Women's Centre (SMU)

It was a hard and intensive labor, preceded by a short, tight and anxious gestation period. It was days and nights of postering and posturing (to be brave), press-releasing and stress releasing, caring and daring. The Women's Centre was eager to see the fruits of its toil and persistence. It was to be the first major event organized by the Centre in this calendar year: a rally of women and children only to "Take Back the Night", a protest against gendered violence that women experience everyday on the streets of Halifax and beyond. The march, which is at least a 3 decade old tradition in big cities across North America, has itself become a source of controversy. There is a division of opinion as to whether the march should be comprising solely of women and women-identified individuals or should men be part of it too. We, at The SMU Women's

Centre felt strongly about the fact that this needed to be a "women's only" event and thus, organized an alternate march, to the one held a fortnight ago that was open to all.

Thus, we had put our convictions to the test and there was much anticipation to see how it would all unfold. On a more superficial note, we could not help but wish that there would be a vigorous show of support for our cause by a great show of strength in numbers. But deeper reflection prompted restraint in our ambitions, not only logistically and strategically but also qualitatively i.e. what really was our aim here? Fact was that we were at a disadvantage by the simple fact that one march had already taken place and people who wanted to show up for it had already done so. This was a school night and a lot of supporters were working and simply could not make it. Was the basic fact that this was an "alternate" march and perhaps, not as much a part of the

mainstream public opinion? So, this is what it boiled down to: Should our success be measured by our numbers or the fact that we had a march at all – because we were convinced that our views, whether mainstream or marginalized, needed a platform for being aired. Clearly, people who have "alternate" marches have "alternate" views on things. The only question is whether they have the courage to abide by those views and make themselves heard, loud and clear. In this regard, we at the Women's Centre were entirely "successful" in voicing our opinion. However, to quell the curiosity of all those of you who have read so patiently to this point and just want to know "how many", I will satisfy you by having you know that it was a group of about 30 marchers that took to the streets with signs in hand, armed with pots and pans that clanged and banged and loud cheers that reflected our mighty heart and spirits, rather than our numbers. The bored streets of Halifax got up to take notice; some stared, others honked, others cheered and clapped in support. All in all, the march was worth it simply for the sheer fun of it, not to mention the protest against gendered violence or even the exercise in moral courage to swim against the tide.

FALL ADVENTURES IN
POINT PLEASANT PARK

Kimberley Dares

With mid-terms finally winding down, and a little lull before things heat up again for finals, there is a little time to enjoy the beautiful fall weather. What better place to enjoy fall than at Point Pleasant Park. It is literally a five minute walk from campus, and accessible by bus if you'd rather save the walking for the park.

Last week I ventured to Point Pleasant, for my first real visit in years. The original reason for the visit had been a school project, but it quickly became a super fun adventure. The Journal business Editor and I spent 3 hours wandering the park.

After being chased by some ducks, we wandered down paths, before finding the remains of an old fort. About 20 minutes was spent playing there, and debating whether what turned out to be part of a gate was actually a torture device.

We then began a bushwhacking adventure trying to find the path we were originally on, and found ourselves at the ocean. So we spent another half an hour or so collecting sea shells and searching for sea urchins.

Do you really care what we did during our visit to Point Pleasant? Probably not. Should you go yourself and have your own adventures? For sure. The leaves right now are so pretty, and on those days when it's not too cold it is a wonderful place to de-stress.

It is really beautiful this time of year, whether you have lived in Halifax your entire life, or arrived here in September. There is so much to see, and surprisingly a lot to do. Be sure to take your camera and some mittens in case the wind gets a little chilly.

Photo Credit: Laura MacIntosh



MMPA Master of Management & Professional Accounting

- Designed primarily for non-business undergraduates
 - For careers in Management, Finance and Accounting
 - Extremely high co-op and permanent placement
- To learn more about the MMPA Program, attend our information sessions:

Wednesday, November 19, 2008 11:00 am - 1:00 pm
Loyola Dining Room, Loyola Academic Complex, Saint Mary's University
Wednesday, January 21, 2009 11:00 am - 1:00 pm
Loyola Dining Room, Loyola Academic Complex, Saint Mary's University

www.utoronto.ca/mmpa



AACSB ACCREDITED

THE JOURNAL
WANTS YOU

Interested in writing for The Journal? Join our meetings on Thursdays at 6pm in The Journal office on the 5th floor of the Student Union Building

Hot

Not


Guest appearances
Applying to grad school
Stars
Playoffs
Getting an extra hour of sleeping
Love Lockdown
Change you can believe in
Day off school
Temperatures plummeting
The Masked Avengers

Guest writers
Writing entrance exams
Constellations
Playboy
Forgetting, and arriving an hour early
House lockdown
Mavericks
It being in the middle of the week
Markets plummeting
Masked robbers

Teach English Overseas



- ◆ Intensive 24-Hour Program
- ◆ Classroom Management Techniques
- ◆ Detailed Lesson Planning
- ◆ Comprehensive Teaching Materials
- ◆ Intensity Integrated Certificate
- ◆ Teacher Placement Service
- ◆ Money Back Guarantee Included
- ◆ Thousands of Job Opportunities

 **OXFORD**
SEMINARS
1-800-225-4719 / 416-924-3240
www.oxfordseminars.ca



Its that time of year again. Winter solstice is at its helm, the time of year where many things come to an end. Ancient celts believed that supernatural forces lurked throughout the dim twilight of the morning and evening and the influence of death had a particular role to play. Whether this is true or not dosen't matter, what matters is that you see change coming. November strikes with a vengeance, its here to weed out weaknesses and re-enforce strengths: mid-terms get harder, essays get longer, the nights get colder, bank accounts get lighter and the poor always suffer first. If you've so far had been floating on a cloud through you're first semester-- then its time to jump off...things I garantee are about to get more intense for you. Its not the now, but the long winter that could get you down, creeping up on you very slowly. Harvest as much as you can from your life and keep it close to you... even if you don't think you need it-- because someone else might. Strengthen your ties because, no one wants to be alone when its cold and shitty out. Its prime time. Things don't get any better than this: that special someone accross the room is ready to for you so make it happen, work you put into your classes will reflect your final GPA more than you think, and that neighbour in need could use a helping hand right about now. And so, the best way to describe our situation is this: Its a high school dance and they're playing your last swan song, so you better pray that you have someone to grab onto before the night's over. As my prof says: "Death, shows us the mother of all beauty"

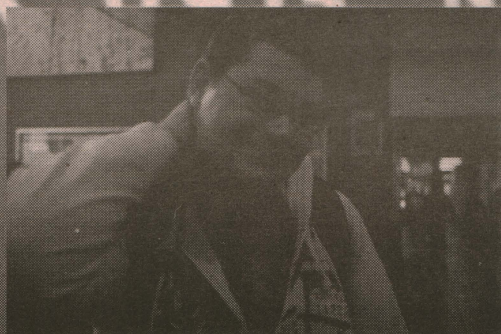
Remember the Fall

ON THE STREET

With The Journal Staff

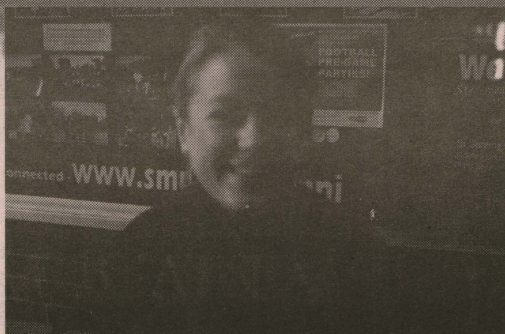
With Kimberley Dares & Nicole Fu

"Describe SMU in 2 or 3 words."



"New. Fun experiences."

Keith Pottie
1st Year Business



"Good times"

Shannon Casey
4th Year Marketing



"Time-consuming. Challenging. Interesting"

Evan Hahn
4th Year Finance



"Diverse. Friendly."

Amber Oikle
2nd Year Undeclared



"Well-rounded. Involved. Maroon."

Amanda Campbell
1st Year International Development
Studies



"Long hours."

Paddy Rogers
2nd Year Arts

THE "SUPER FOODS" OF THE WORLD: IS THERE SUCH A THING?

By: Erica Savage, Dietetic Intern
ARAMARK Higher Education

Do you ever wonder if there is truly a single food you could eat to help you feel energized? Retain the information you're learning from class and studying? Or even help you fight off infection and disease?

In recent years, there have been a lot of statements released in the media that "functional foods" or "super foods" are the key to optimizing health. They state that these foods can make us feel better, help us live longer, and reduce the risk of several chronic diseases. But what exactly are they talking about when they say functional foods?

Agriculture Canada defines functional foods as foods which contain additional benefits or, are known to reduce the risk of chronic disease when consumed as part of a normal diet (<http://www4.agr.gc.ca>).

Functional foods are already part of our food system, and accessible at grocery stores and markets. These foods are generally recommended to be consumed in their most natural, whole form, in order to derive the benefits (for example; blueberries rather than blueberry extract added to other juices or processed food products).

To be considered a functional food, the item generally contains a 'functional' component which you may have heard described as some of the following terms: antioxidants, dietary fiber, fatty acids, phenolics, or prebiotics/probiotics. All of these compounds have different mechanisms in the body and are found in different foods; some foods have more than one of these compounds

present.

Foods which contain vitamin and mineral antioxidants, such as vitamin A, C, E and selenium have been proven to play a role in reducing the

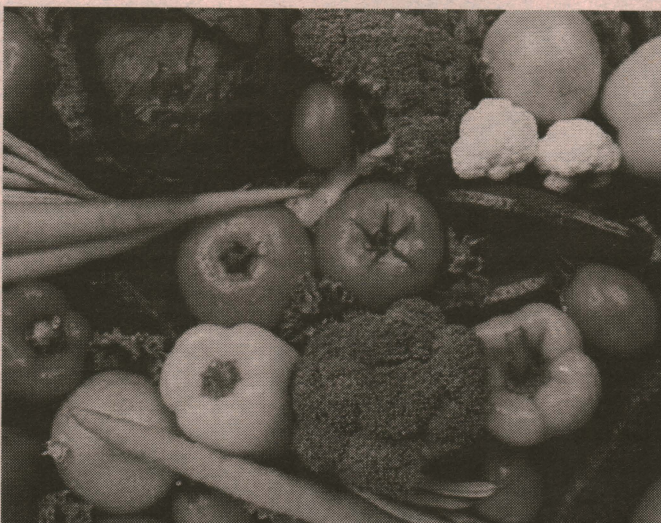
risks of cancer, heart disease, prevention of cataracts and reducing the effects of deterioration which comes with aging.

Our body produces free radicals when we use oxygen, and antioxidants have the ability to destroy these and save our cells from damage. Antioxidants are found in a lot of fruits and vegetables, whole grains, and some nuts. The phytochemicals present in fruits/vegetables contribute

to the bright, rich colors in our food supply. Dark green, orange, red, blue and purple fruits and vegetables are rich sources which should be chosen more frequently. Berries, leafy green vegetables, carrots and tomatoes, for example, are excellent sources of these antioxidants. Consuming fruits and vegetables in their whole form is also important in order to gain additional benefits from the polyphenols present in the skin of the produce.

Another functional food is one which contains dietary fiber; soluble and/or insoluble. Soluble fiber (psyllium in All Bran cereal, beans, citrus fruits, carrots, barley, oats, peas, apples, citrus fruits) has been shown to reduce the risk of cardiovascular disease, protect against heart disease as well as some cancers. It has also

been shown to lower total cholesterol and help regulate blood sugar levels. Insoluble fiber (wheat bran, whole wheat flour, nuts and vegetables) has been shown to lower the risk of



these compounds, it is still recommended by Health Canada and Dietitians of Canada to consume food as whole food, rather than supplements, powders and other fabricated, processed compounds. It is important to remember that the basic, whole food is the optimal way to receive health benefits. So save your money and instead of buying supplements and miracle foods, opt for more local, whole fresh produce.

Functional Foods on Campus

So when you're looking to maximize the potential from the foods you are eating, hit the salad bar at the Dockside! It offers a variety of dark green, orange and red vegetables which are loaded in nutrients, antioxidants and fiber. There are foods such as broccoli, romaine lettuce, spinach, green peppers, carrots, banana peppers and tomatoes, to name a few. Pair it with a vegetarian protein such as chickpeas or kidney beans and increase your dietary fiber. Choose a variety of vegetables at the deli or extreme pita and ask for extra servings of vegetables at the centre stage.

Choose whole grain items from the cafeteria; the Dempster's breads are rich in grains, flax, and dietary fiber, which will help you feel full for longer and help your intestinal health. There are whole grain cereals

developing colon cancer and breast cancer. It helps move bulk through intestines and maintain appropriate pH levels in the intestine.

Fatty acids (omega-3 fatty acid; salmon, fatty fish, flax) have been shown to reduce the risk of cardiovascular disease and stroke; recent research has also demonstrated that omega-3 may also help reduce the risk of diabetes and obesity. It plays a positive role in brain development/function, mood and behavior.

Another beneficial food component is prebiotics or probiotics. These are bacterial cultures present in products such as yogurt, which improve intestinal health. They also help balance microflora and stimulate the digestive system to fight off infection. Many companies have 'jumped the gun' on scientific findings, taking it

available as well as submarine buns and whole wheat wraps at the deli. Whole grain pasta and rice are also offered at the centre stage. Visit Hasna's at the SUB, and try the various platters which include lentils, rice, hummus and assorted salads.

If you're feeling like a snack, grab a yogurt parfait or some fruit from the To Go or the SUB. The yogurt contains probiotics which will help your intestinal health, and the blueberries, raspberries or mixed berries in the parfait are packed with vitamins and antioxidants. Take advantage of the wide array of colorful fruit available on campus such as oranges, bananas, apples, melons and mixed fruit salads; these are excellent sources of vitamins and dietary fiber.

Want to help feed your brain? Get the salmon served at the centre stage for omega-3 fatty acids and choose fish options twice a week (e.g; tuna from the deli). It has demonstrated positive effects on brain function and mood.

Just remember, well balanced meals with 3 of the 4 food groups, and including rich colors, will help you gain the benefits from these functional foods.

For more information on functional foods visit: http://www4.agr.gc.ca/resources/prod/doc/misb/fbba/nutra/pdf/march_2007_brochure_e.pdf

If you want to learn more about nutrition related topics visit our website at www.smu.ca.campusdish.com or email dietitian@smu.ca with nutrition-related questions and/or concerns.

THE
SMU
MARKETING
SOCIETY



If you're majoring in Marketing, or you're just interested in it, come to our first meeting!

WHEN: Thursday November 6 at 7 PM
WHERE: Commerce Lounge (across from Loyola 290)
WHY: Meet fellow students, network with possible employers, hone your skills in competitions, and have fun at our events!

You'll be hearing a lot about us starting today (we are the Marketing Society, after all), so come and join us!

We can be reached at Marketing.Society@smu.ca.
Have a great day!



Dear Ginger,
My girlfriend is really submissive in bed. She doesn't just lay there but at the same time she rarely initiates the sexual activity. I would love to get her to lead the way sometimes. Can you suggest anything to help me achieve this goal?

Things like this have to be achieved in steps. She won't be going from debutante to dominatrix overnight.

Before you're going to get her to take control you have to make sure that she is comfortable expressing what she wants to you. Build up her comfort level by letting her know that she can ask you to do the things that she wants and that you want to do them for her. This won't only make her happier in bed but you'll seem like a really thoughtful caring boyfriend (a double win for you).

Next, you will have to let her know what you're looking for. This is all in the spirit of reciprocation. Tell her that you want her to get what she wants from you and that you want to make her happy. And the surest way to know that you're pleasing her is for her to make sure she gets what she wants. Make sure she knows what you wrote above, that you don't want this because she's doing something wrong but because you want to enhance an already great sex life. Insulting your partner's prowess in bed is a one way ticket to sleeping alone so be particular with the phrasing.

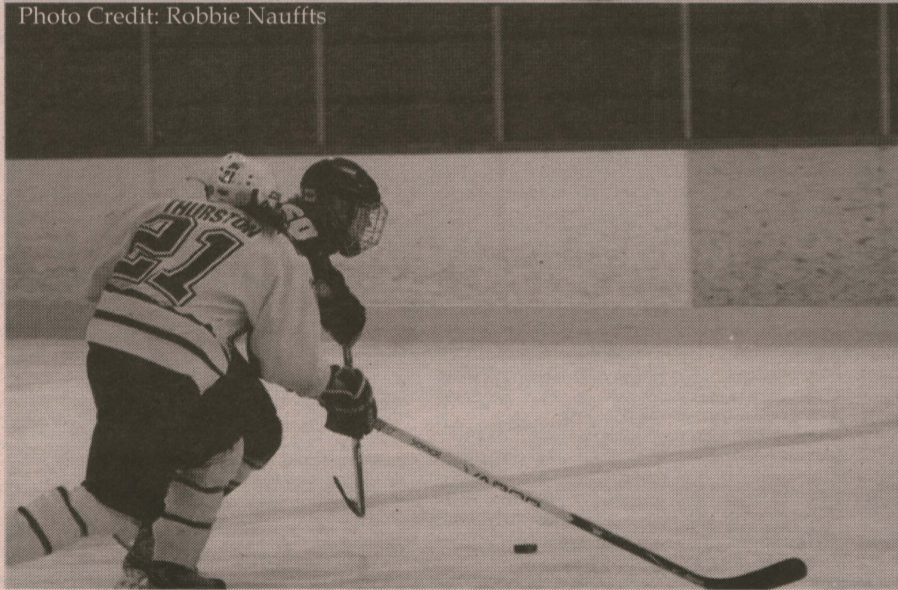
Let her take things as fast or as slow as she wants. This could be something that she finds difficult. Many women are raised to not be comfortable with their sexuality so it can be difficult for those women to talk about or ask for sex. Progress will happen and that progress will largely depend upon your ability to communicate and trust each other as a couple. Improving communication and trust will help your sex life but you will also see positive results when it comes to your relationship. So get to work loverboy!

SPORTS

BASKETBALL CROSS COUNTRY FIELD HOCKEY FOOTBALL HOCKEY RUGBY SOCCER TRACK & FIELD VOLLEYBALL



Photo Credit: Robbie Nauffts



Open daily for breakfast, lunch & dinner



Downtown & easy on the pocket
friendly...funky...fresh...

grab a coffee, a snack or a full meal

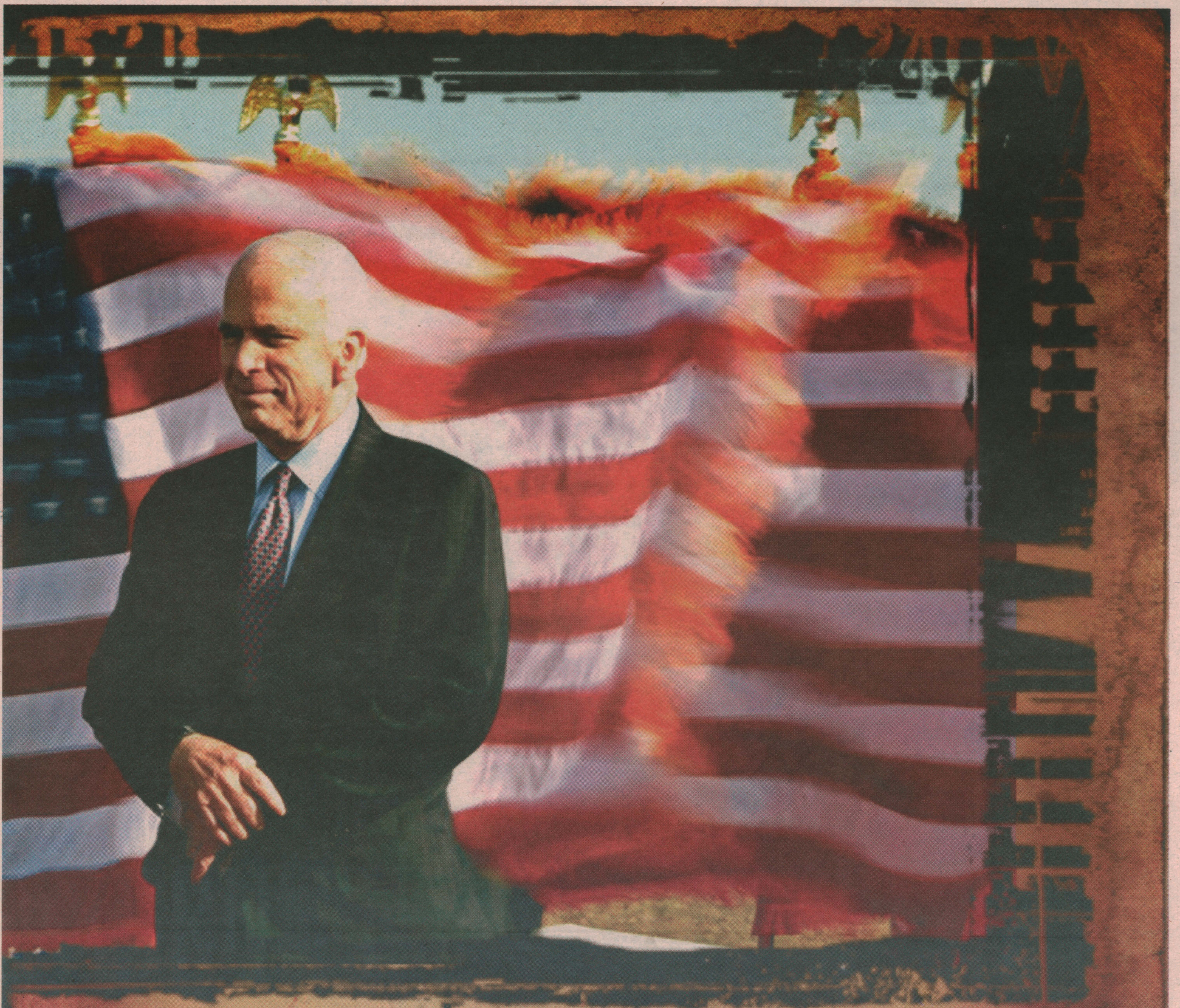
Open 7am-8pm Mon - Fri & 9am-8pm Sat - Sun

See us on facebook for more info!

5171 Salter Street Across from Pacifico 492-4082

THE JOURNAL WANTS YOU

Interested in writing for The Journal? Join our meetings on Thursdays at 6pm in The Journal office on the 5th floor of the Student Union Building



CONGRATULATIONS
President
John McCain



THE JOURNAL

Est. 1935 · Vol. 76 · No. 4 · November 5, 2008

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