

2009 PREVIEW PART 1: MOVIES PG 9

TEN GREEN RESOLUTIONS YOU CAN DO TO HELP KEEP OUR OCEANS CLEAN! PG 3

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



THE JOURNAL

Est. 1935 · Vol. 74 · No. 13 · January 7, 2009

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



Credit: NASA, ESA, and The Hubble Heritage Team (STScI/AURA) http://hubblesite.org/gallery/album/nebula_collection/pr2005012b/

Image Credit: NASA http://www.nasa.gov/multimedia/imagegallery/image_feature_1249.html

TOP STORIES

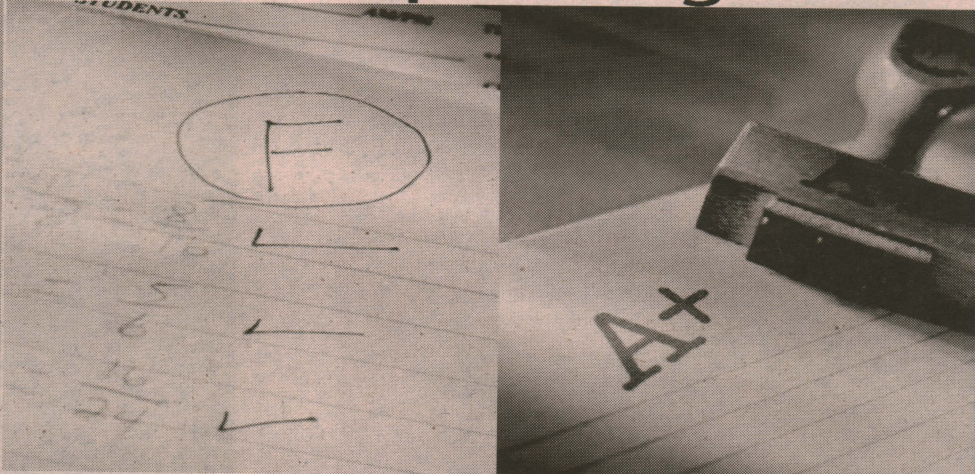
2009 - BRINGING IN THE NEW YEAR WITH ASTRONOMY!
CHECK OUT PAGE 11 FOR MORE INFORMATION!

thesmujournal@gmail.com

smusa NEWS

WELCOME BACK STUDENTS!

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
Feb 4-5 & March 4-5 in the Loyola
Private Dining Room (PDR)

smusa
Saint Mary's University Students' Association

Call 429-1977 to book an Appointment
to guarantee your grad photo in the yearbook

About iMage Photography Co.

The Info Desk Has Calling Cards

Long Distance
&
Pre-paid Minutes
Available
For A Variety
Of Providers

smusa

Saint Mary's University Students' Association

Call Me
1-902-888-8888
50\$

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
2.50\$ DRAFT

WEDNESDAY
JANUARY 7th
OPEN MIC
NIGHT

THURSDAY
JANUARY 8th
5.50
DOUBLES

FRIDAY
JANUARY 9th
FREEDOM
FRIDAYS

SATURDAY
JANUARY 10th
CLOSED

SUNDAY
JANUARY 11th
CLOSED

MONDAY
JANUARY 12th
WORLD
SPORTS
LOUNGE

TUESDAY
JANUARY 13th
THUNDERMUG
TUESDAY
\$6.00

the
Gorsebrook
since 1974
lounge

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

www.smuiournal.ca



THE JOURNAL
 THESMUJOURNAL@GMAIL.COM
 SUITE 517, STUDENT CENTRE
 SAINT MARY'S UNIVERSITY
 HALIFAX, NOVA SCOTIA
 B3H 3C3

EDITOR-IN-CHIEF
 LAURA MACINTOSH
 THESMUJOURNAL@GMAIL.COM

NEWS EDITOR
 JEFF CUSACK
 NEWS.SMU@GMAIL.COM

SPORTS EDITOR
 JASON MACDONALD
 SPORTS.SMU@GMAIL.COM

SCIENCE & BUSINESS EDITOR
 NICK SIMARD
 BUSINESS.SMU@GMAIL.COM

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

FEATURES EDITOR
 KIMBERLEY DARES
 FEATURES.SMUJOURNAL@GMAIL.COM

ART DIRECTOR
 MARLON SOJIS
 DESIGNS.SMU@GMAIL.COM

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

DISTRIBUTION MANAGER
 BRITTANY ANDERSON
 CHRIS HUNTER

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 PROOFREAD, 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.

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

[CORRECTIONS POLICY]

The SMU Journals strives to provide accuracy and correct information to the Saint Mary's Community. However there is always a degree of imperfection. As such we promise to correct them as promptly as possible. If you spot an error please report it to thesmujournal@gmail.com.

Teach English Overseas



- TESOL/TEFL Teacher Training Certification Courses**
- Intensive 60-Hour Program
 - Classroom Management Techniques
 - Detailed Lesson Planning
 - ESL Skills Development
 - Comprehensive Teaching Materials
 - Interactive Teaching Practicum
 - Internationally Recognized Certificate
 - Teacher Placement Service
 - Money Back Guarantee Included
 - Thousands of Satisfied Students

OXFORD SEMINARS
 1-800-269-6719/416-924-3240
 www.oxfordseminars.ca

Letter From the Editor

**"SHIT HAPPENS"...
 NEW YEARS EVE 2008**

LAURA MACINTOSH
Editor-in-Chief

"Shit happens..." according to East Coast Dynamics front man Brad Steeves, of the New Years Eve fiasco at the Cunard Centre. That's what he is quoted as having said to one of the few people able to reach him January 1st. Of the lack of security, poor attempt at creating an entrance queue, hours of wait, coat check massacre... apparently shit just happens.

Hundreds of the 3,500 who attended the event were driven home in police and security cars to avoid having to walk home in nothing but a dress and heels after the mandatory coat check was raided by a rowdy crowd. Over an hour of waiting in line after the (2 minute late) count-down while an understaffed group handed back coats proved too much stress for many; fights broke out which reportedly left one security officer injured and many party goers bloody and crying. But what of those not lucky enough to get a ride? Many hundreds more were seen walking through the streets during the worst New Years blizzard on record without coats or even keys to their homes.

In the madness of the coat check it was not only outer wear that was stolen but purses, keys to cars, credit cards and even the tip jar. Some people grabbed other attendee's coats to stay warm; others still were seen walking through the blizzard in table linens.

One woman's dress was ripped from her body in the chaos; others were seen in "chick fights" over clothing or just drunken debauchery. The guys acted no better with tables being knocked over, fights breaking out, a police officer assaulted and the fire alarm pulled.

Once the alarm was pulled one security officer barricaded herself in front of the fire exit, not permitting the already agitated crowd to leave. Her reasoning was that the alarm

was fake, however many party-goers were concerned for their safety. Some gentlemen were nice enough to give their suit jackets to the females they accompanied; others still left the girls behind while heading out into the blizzard in hopes of hitching a ride.

Hundreds are still without stolen coats and belongings, while the Cunard Centre deals with daily calls about their lost and (diminished) found section. Apparently those who attempted to describe their lost goods were asked to do so on a sheet that also included a waiver, dismissing the company of any wrong doing after the fact. A facebook group "Cunard Centre 08/09 New Years eve fiasco" is currently trying to sort out the many coats which were "temporarily borrowed" by others. As of our print time, the group already had over 600 members. It's ok though... shit happens.

As of the time of print, Mr. Steeves of East Coast Dynamics could not be reached for comment.

Did you loose something at the event? Have anything you want to share? Let us know at thesmujournal@gmail.com.

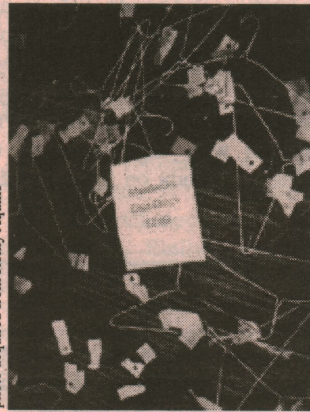


photo acquired from Romy Aquino
 What was left of the coat check on NewYears Eve...

TURNING INTO YOUR EX!

KAYLIN JEFFERY
Writer

What happens when your rebound falls in love with you? What if someone loves you so much, and you don't have the heart to tell them that you just don't feel the same way?

It's a compromising position, since I remember feeling the exact same way about my ex, that my rebound feels for me now. In fact, my rebound makes me feel closer to my ex, so close, that I feel like I have become him.

Have I become the no-good-lying-piece-of-dirt-jackass that broke my heart? I have no choice in the matter, because if I tell my rebound how I really feel, it will break his heart, but if I don't, I'm lying to him and myself. As hard as it is to be the one who has your heart broken, it's also hard to be the heart breaker.

Breaking up with a guy who was in love with me before my heart was broken, was fairly easy. I felt bad, but never this bad. It's almost like I think of him as a male, later first of myself. It's hard putting someone through the most painful experience of your life. However, I know I've got to do it. I've got to sit down and stop neglecting the truth to make him feel better.

Even though being a heartbreaker makes you feel crummy inside, it's the best answer if your own heart isn't being satisfied. I guess it's just as bad to lead someone on, as it is to lie to them to make them feel more at ease.

Life is all about gain and loss. If it weren't for the bad times, we would never fully appreciate the good. So in a way, I'll be benefitting him since every loss is followed by a gain. As long as a drought may be, the rain will always come eventually.

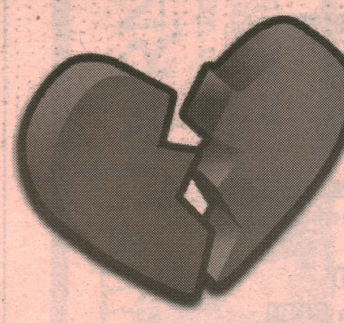


Photo Credit: http://johnnyism.files.wordpress.com/

Letter From the Editor

**HOW MUCH "BIG BROTHER"
 IS TOO MUCH?**

LAURA MACINTOSH
Editor-in-Chief

There are people listening to and watching you, whether you want to admit it or not. Those you pass in the hallways while talking to a friend, others sitting near you while you're calling your significant other, classmates overhearing a conversation with a neighbour or seeing you flip off a pal from across the classroom. We all over hear, or ease drop from time to time.

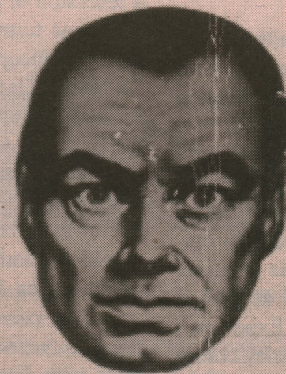
But then there are those whose job is to listen in. They watch what you do, censor conversations and behaviours to make sure they're "not offensive". Queen's University has done it, peer helpers in high school, anti-bully squads; these programs serve a purpose, but what exactly is that?

the "heat of battle", context makes the situation. To hear an offensive word used against another instantly pushes the buttons of our brave anti-prejudice brigades and suddenly context goes by the wayside.

In a perfect world, we would never use such language, whether for offensive reasons or not. Unfortunately, our world is far from perfect; many words have worked their way into general vocabulary which once would have gotten us stoned. With that in mind, it seems foolish to attack every time a certain word is used. The ground rules are blurred, and context is a big sticky mess of grey.

There is a need for our fair soldiers, not as vocabulary police but as

BIG BROTHER



IS WATCHING YOU

Photo Credit: http://blogs.zdnet.com

When does "helping those affected by bullying or prejudice" become "listen in and get people in trouble without knowing the context"? I certainly don't feel people have the right to censor what I say in this print, nor do they during a closed conversation. I understand that "closed conversation" assumes no one else is listening, but hey, if I'm not talking to you, don't judge what I say. Certain terms or words take on completely different meanings when said in closed conversations; so why now are others allowed to censor without knowledge?

Context is an important determinant in deciding what is or is not offensive. Far too overlooked in

aids, defenders of those who need it. Certainly many people are legitimate targets of prejudice, being attacked for no good reason at all. It is these people that need our help, those offenders that need to be brought to justice.

There are organizations that help those who need helping, and hinder those who need hindrance (such as counselors or conflict resolution teams). Their mandate seems much more logical. Why try to fight everyone, when most people are innocent? Why obstruct free speech when you can tackle much more necessary evils? Why be big brother in a world where freedom is constantly becoming smaller and smaller?

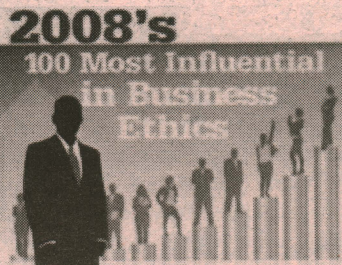
Students Acting for Global Awareness (SAGA)

JANUARY EVENTS

- Saturday Jan. 10th: Museum Day: Lunch at the Dragon Buffett and a trip to the Museum!
- Thursday Jan. 14th: Conversation Lunch: BYOL and mingle with fellow SMUdents at the Student Centre cafeteria
- Sunday Jan 18th: Ice Skating!
- Saturday Jan 31st: International Night (Part of International Development Week!) Tickets will be for sale mid-January for this event.

For more information about SAGA or any of the above events email international.centre@smu.ca or visit their website http://internationalcentre.smu.ca/saga.html

HAPPENING AT SMU

JEFF CUSACK
News EditorETHISPHERE HONOURS
BUSINESS PROF

The Ethisphere Institute, a think tank dedicated to ethics related issues, has published their list of the world's 100 most influential people in Business Ethics. Included in the list are U.S. President Elect Barack Obama, President of France Nicolas Sarkozy... and a SMU Professor? Dr. Chris Macdonald, who is currently visiting at Duke University in the United States, ranked number 81 on the list due to his popular and long running blog. www.businessethicsblog.com.

CHEMISTRY PROF GETS
BIG MONEY

A chemistry professor at Saint Mary's, Dr. Jason Masuda, has been awarded over \$141,000 to try and develop new reactive forms of phosphorus for use in the development of synthetic materials such as pharmaceuticals. Dr. Masuda is an assistant professor at Saint Mary's, and currently employs three undergraduate students to help with his research as part of the Student Employment Experience Program (SEEP). The money comes from the Canadian Foundation for Innovation, which awarded over \$45.4 million dollars for 251 projects in

total. The money represents 40% of the \$300,000 Dr. Masuda will need to complete his project. Sounds exciting!

DODDS ADVISES PREMIER



Colin Dodds, the President of Saint Mary's University, has been named to Premier Rodney Macdonald's economic advisory council. This means that Dr. Dodds will have a large role in trying to keep Nova Scotia out of a recession in the coming months of economic turmoil. The council also includes people from Clearwater Seafoods, Oxford Frozen foods, a former executive Vice-President of the Bank of Montreal, and Joe Shannon, who became well known some time back when two nursing homes he owned became infested with mould and staff and patients claimed nothing was being done about it.

The panel will meet quarterly for two years to provide the Premier with feedback and advice on economic issues in Nova Scotia and abroad. Overall comment on the pa-

nel has been positive, however some, such as Tim Bousquet of The Coast, have criticized the panel for having no "outside of the box" thinkers.

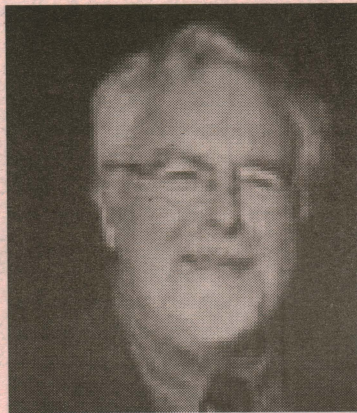
SMU PROFESSOR GETS
ORDER OF CANADA,
CANADA'S HIGHEST
HONOUR:

Photo credit: smu.ca

Dr. James Morrison, a history professor at Saint Mary's University, has been awarded the Order of Canada by Governor General Michelle Jean. Dr. Morrison is receiving the award for his commitment to the preservation of Nova Scotia's multicultural heritage, and is one of 60 Canadians who were chosen to receive the honour this year. Although on sabbatical this year, Dr. Morrison has served as the Chair of the Asian Studies department at Saint Mary's and is a past president of the Japan studies association of Canada. He is also the author of many published books. Liberal senator Allan J. MacEachen, children's author Joyce Barkhouse, and philanthropist Fred Fountain were also named to the Order of Canada on the same day.

NEWSREEL

JEFF CUSACK
News Editor

Jim Flaherty, the current Conservative Finance Minister, has been hinting that he may be providing tax cuts as part of a stimulus package for the Canadian economy to be released in his budget at the end of January. It is unknown whether the cuts will go to businesses or to personal income tax, and some are worried that with a mounting deficit on the horizon the government cannot afford any cuts at all. While cuts to personal income would undoubtedly prove popular, many are pointing out that the tax rebates which American's received for stimulus uses were largely

ineffective, as they were mainly used to pay down debts or saved. In Canada even if the extra money were spent it could be ineffective, as the majority of our consumer goods come from foreign companies, and thus the majority of our money would immediately leave the country once spent. President Elect Barack Obama is already developing a plan which includes \$300 in tax cuts for Americans, some of which will go to corporations and some of which will go to consumers.

As of now, Canadians have the option of opening up a new Tax Free Savings Account (TFSA), and can put up to \$5000 dollars per year into

this account and pay no taxes on the money they make on it. Those who set up the account as a traditional savings account won't have to pay taxes on the interest, and those who use it as an investment account won't pay taxes on the dividends. What makes this especially attractive for poor students is that the unused balance from each year carries over. If you can only put \$5 into an account this year, next year your maximum tax-free deposits can total \$9995 dollars. Assuming most students at Saint Mary's eventually plan to graduate with jobs, it might not be a bad idea to open one of these now.

Newsfeed



Photocredit: Nayer Hashlamoun

A fresh round of Middle Eastern warfare erupted December 27th as Israel began to conduct mass aerial attacks against the Gaza Strip in Palestine in response to Hamas' rocket attacks. The rocket attacks began as a response to an 18 month Israeli blockade of Gaza which was causing a humanitarian crisis. On Saturday Israel also launched a ground assault on Gaza, splitting it in two with their forces. This action has been criticized by most world leaders for the civilian casualties which are resulting from it, however the United States has given near unconditional support to Israel and blames Hamas entirely.



Photocredit: Lorraine Hjalte

Last week eight men died in an avalanche in British Columbia. The men, from Sparwood, BC, were snowmobiling in an area with a high risk for an Avalanche. Three other men managed to survive the avalanche. A memorial service held on Sunday in Sparwood's 2,000 person arena was filled to capacity. This tragedy as well as other deaths on ski hills and snow trails have led ski patrols to more strictly enforce safety rules.

It is really cold in the Prairies right now. Saskatchewan has been recording -39 degree actual temperatures, with wind chill temperatures of -50 degrees Celsius. This week Manitoba is set to have similar temperatures.



Photocredit: Charles Dharapak

Barack Obama has left his transition office in Chicago and will be residing in Washington until his January 20th inauguration. Obama has been relatively silent lately, rejecting calls for a response to the current military crisis in the Middle East. His first speed-bump has already arrived however, Obama's choice for Commerce Secretary, Bill Richardson, has had to remove himself due to an investigation into a possible financial scandal. Richardson is currently serving as the Governor of New Mexico. Because of the importance of the economy at this time, the position of Commerce Secretary will be a particularly important part of Obama's administration.

The student's at York University wish that they could resume classes like those at Saint Mary's. The teaching assistants, graduate assistants, and contract faculty all are continuing their strike, and have only just resumed talks with the University. The strike has been on for two months now, and as a result, 50,000 students are out of classes. The University has a history of strikes, and was out for eleven weeks in the 2000-01 school year due to a strike. Thus far the University senate has decided to add 13 academic days onto the year and to shorten the school's exam period to make up for the lost time.



One University. One World. Yours.

Interested in studying abroad in 09/10?

Application deadline for study abroad programs starting in **09/10 academic year** is

February 13, 2009

For application and more information visit www.smu.ca
(international → international learning → learning opportunities)

Funding available for study in 09/10!
Funding application deadline mid-March 2009

For additional information visit the Oaks or contact
Miyuki Arai, International Activities, Tel: 496-8725
Email: mobility.international@smu.ca



THE CRANKY PROFESSOR WRITING AND READING

MARK MERCER
Columnist

"Arts faculty acknowledge that the problem of literacy is widespread and deep-rooted...." That's from the current issue of *Teaching & Learning* at Saint Mary's, a publication sponsored by our Quality of Teaching Committee. The writer has stated her point clearly.

Reading *Teaching & Learning* is almost always painful, and the current issue, though dedicated to writing, is no better written than any other. Passive-voiced sentence follows passive-voiced sentence, professors get called "faculty" (not even "faculty members"), we read "the reason is because," "negative impact" (wouldn't that be a swelling?), "partnering," and "how to reference written work," we find the word "issue" used to cover any problem or concern at all—let's stop there.

And yet, a competent reader of *Teaching & Learning* is never in doubt what the writer means. A few more examples, to put beside the sentence quoted above: "Students, even those in fourth year, may never have had occasion to find and borrow a book"; "To avoid the student who treats the research component as a last-minute add-on, there are a number of strategies professors can use...."

We all understand that the writer is telling us that some students, despite certainly having had occasion to borrow books, haven't yet bothered to borrow any. We understand that the writer is not about to list strategies for avoiding students.

"Literacy is fundamental to all learning and all knowledge production." The writer of the article in which this sentence appeared is quoting a Senate-approved literacy policy. Our academic calendar is not alone in proudly featuring an obvious falsehood.

The infelicities, solecisms, and dormative powers of *Teaching & Learning's* articles notwithstanding, T&L's readers have no difficulty understanding what they read. Which brings us to the important fact that some bad

writing is different, and worse, than other bad writing. Often, what makes a student's piece of writing bad is not that it contains mistakes in grammar or idiom, but rather that it's garbled and incoherent. The reader has no idea what the writer is trying to say.

When professors complain that some of their students can't write, by and large they are not complaining about split infinitives or missing apostrophes or noun/pronoun agreement errors. They are complaining that these students cannot express themselves. But that's not quite right, either. For that one cannot express oneself cannot be entirely, or even mainly, a matter of not yet having made certain skills one's own. It can't be that one is simply lacking the facility with words and grammar needed to body forth one's already intricate and developed thoughts. It must, instead, at least for the most part, have to do with lacking developed thoughts.

Happily, three *Teaching & Learning* contributors explicitly recognize this point in their articles. Shelagh Crooks, Julie-Ann Vincent, and Eliana Clay each notes that clarity and structure are key to writing well, and that clarity and structure are more about thinking than about words on paper. Work on the thinking and matters of grammar and idiom will take care of themselves—and if they don't, it won't matter.

Work on the thinking. We professors must strive to bring into students' minds large, well-developed, well-integrated thoughts. But how to do that? By working on reading. That's my suggestion. (It's Professor Crooks's suggestion as well. Professor Crooks would have us regularly give our students reading assignments, and she helpfully provides a four-question template for our students to use.) Before we professors complain that some of our students can't write, let us complain that they don't read very well, and let us start there.

—Any chance the Writing Centre at Saint Mary's will become the Reading and Writing Centre?

PARTY SMART: HAVE A GOOD TIME, AND TAKE CARE OF YOURSELF

KIMBERLEY DARES
Features Editor



Every day we are bombarded with messages on TV, in magazines, and on campus warning about the dangers of drinking too much. Although very important these messages often fail to offer relatable situations, or employ them as either scare tactics or in an attempt to embarrass you into compliance. Seeing an image of a guy wrapped around a toilet bowl is enough to make a person think twice about having the 4th shot of Tequila perhaps, but what is it really teaching about safe drinking?

There are many myths about drinking, lies we tell ourselves to make it

seem acceptable. The more you drink the more you put your health, well being and reputation on the line and in certain circumstances the health and well being of others as well. A party is always a good time, but it's better when it doesn't end with puke on your cute shoes, a trip to the emergency room, or an embarrassing hook-up you never intended.

We are all adults, so really lecturing you on the impact of drinking too much is kind of redundant as I'm sure you've heard it all before. Instead here are a few tips to keep you safe, and prevent any serious liver damage.

Whenever possible try and limit yourself to prevent overdoing it. If you're making drinks at home, measure with a shot glass rather than just pouring or if you're going out set a number of drinks and buy only that many. In order to ensure this plan is successful, take only the amount of money you need for those drinks and leave your debit/credit card at home.

A few other ways to try and prevent a barf-fest; eat before you start drinking, try to have some real food not just a few chips at a party. Also try and pace yourself, or alternate between alcoholic and non-alcoholic drinks to help prevent getting too drunk too fast. Pacing yourself also means resisting the urge to play

drinking games. An alternative to outright skipping drinking games would be to encourage everyone to drink some juice or pop in between the alcohol but continue playing.

Now for the really important stuff: what to do when you or a friend is too drunk (yes, it can happen). Eating pizza (or anything) or a couple glasses of water will not instantly sober you up, the only thing that can help clear up the beer goggles is time. Cold showers are a bad idea, and don't let an intoxicated friend stumble off alone or drive any sort of vehicle (including their bike) as they could hurt themselves or someone else.



TEN GREEN RESOLUTIONS YOU CAN DO TO HELP KEEP OUR OCEANS CLEAN!

NICOLE DUGANDZIC &
TYLER SCHUSSLER

Everyday we are bombarded with tips on how to "save the planet" by recycling, composting or other practicing other environmental friendly practices. The following is a list of ideas of little things you can do to help protect our oceans, as well as the environment as a whole.

1. Invest in a stainless steel reusable water bottle: By now you probably know that buying or using plastic bottles for water is not sustainable. By using a stainless steel water bottle you can keep some of those pesky bottles from entering our oceans. You benefit by gaining a greener, or should I say bluer ocean, and saving a few bucks by bringing your own bottle.

2. BYOB: Bring your own bags: It can sometimes be a hassle to bring your own bag to the grocery store, but by doing so, you are helping to decrease the amount of plastic bags that end up in our beautiful marine ecosystems. Millions of marine animals die each year by ingesting plastic bags, or suffocate as a result of entanglement. You can help decrease the risk by purchasing re-useable bags for less than \$1 at your nearest grocery store.

3. Try and eat organic or pesticide free food: Organic food can be awfully expensive, but every little bit helps. By avoiding foods that have been dosed with chemicals, fertilizers and pesticides, we can help reduce the amount of contaminants that flow into our oceans each and every day.

4. Be friendly while visiting the beach or harbour: While walking along the beach or harbour with friends or family try and keep it clean by picking up after yourself and properly disposing of any trash. By doing so, you eliminate the eye sore that garbage creates and most importantly keeps the area safe and clean for sea birds, and other marine animals.

5. Ask where your seafood comes from: If you're like me, every now and then, you like to enjoy some

yummy seafood. Whether it's smoked salmon, or some shrimp, when purchasing seafood, make sure you ask if it came from a sustainable stock. Try to avoid purchasing fish that has been trawled or farmed as these are unsustainable methods of harvesting fish.

6. Be careful about what you pour down the drain: It can be easy to just dump things down the drain, but when it comes down to the nitty gritty, our laziness is going to come back and bite us in the butt. Our oceans are being polluted everyday with contaminants, which damage ocean

ecosystems. Substances like toilet

from entanglement or by ingestion. 8. Maintain your car: Keep your car and the ocean healthy but regularly checking for leaks. Motor oil is extremely detrimental to marine mammals such as seals and otters, which can coat their fur causing them to die of hypothermia.

9. Visit DavidSuzuki.org: Visit this site and become educated on such issues as ocean conservation, ways of solving global warming, promoting global conservation, and building a sustainable economy. The first step we can all take is becoming



ecosystems. Substances like toilet bowl cleaner, old pharmaceuticals and medication, pesticides, fertilizers, paint, varnishes, disinfectants, and beauty products should never go down the drain. Many of these products end up in storm sewers which empty into oceans, rivers and lakes, while others end up in sewage treatment plants. Ultimately this has negative impact on the water quality, marine habitat and ocean life.

10. Join One Million Acts of Green-: Go to green.cbc.ca and can sign up to take part in one million acts of green. CBC with George Strombouloupoulos has partnered up with Cisco on a campaign that promotes the idea that one small "act of green" can make a big difference. You can check out the website and learn more about it and hopefully take part and help them reach their goal! Whether it is a small act or a big act, every change makes a positive difference.

more educated and aware of the issues so we can start to take action!

I WANT TO EAT HEALTHIER IN 2009, THAT'S MY NEW YEAR'S RESOLUTION!

ANGELA BANKS-EMMERSON
PDt

Does this sound like you or someone you know? The chances are yes since this is one of the most common New Year's Resolutions. Healthy eating does much more than manage your weight. It reduces the risk of chronic diseases such as diabetes, heart disease, cancer and more! Nutritious food can also enhance your mood and increase your energy and concentration level.

Healthy eating is easier said than done, as many of us know all too well. Once the resolution is made how does one make it a reality? Here are some tips for success!

1.) Set realistic goals. A goal has to be realistic. If not you may be setting yourself up for disappointment. For example, if you do not enjoy broccoli, do not set a goal that you will eat broccoli everyday – or - if vegetarian is not your thing, do not make plans to eat vegetarian often. Setting goals that fit your lifestyle and are achievable is essential.

2.) Document your goals and action plan. Writing down your goals and action plans help to make them official. It also helps to organize your thoughts and prioritize your goals.

3.) Seek motivation. Joining the gym and participating in aerobics or reporting to a friend to family member can increase your motivation. Motivation is vital to any success.

4.) Visit a Registered Dietitian. Registered Dietitians have the training to modify diets to treat and or help to manage conditions such as diabetes, heart disease, obesity, cancer, food allergies, food intolerances and much more. They can also help you to plan healthy menus and set weight loss goals. ARAMARK offers free dietitian services to the Saint Mary's Community. Email dietitian@smu.ca today for your free appointment.

Make 2009 the healthiest year yet!

REMINDER

Societies Get Free
Advertisements In
The Journal

What a great way to get people to actually show up for your event.
Submit to: thesmjournal@gmail.com

BE PART OF THE 2010 OLYMPICS

KIMBERLEY DARES
Features Editor



Tickets for the 2010 Olympic Winter Games in Vancouver are quite pricey, and now fairly hard to come by. Lucky for us struggling students there is another opportunity to get a little Olympic action, by carrying the Olympic torch as part of the torch relay. Applying to be a part of the torch relay is free and surprisingly easy, the only requirement is applicants must be legal residents of Canada. The re-

lay is sponsored by the Royal Bank of Canada so you can get the application off their website: www.rbc.com/carry-thetorch. Enter your relevant personal information and answer a brief question about what you can and will do to make Canada a better place and you're done! Successful applicants will find out this summer and the relay will start in October, and you get a free uniform!

The Olympics haven't been held in Canada since 1988 before some SMU-dents were even born, so who knows how long we'll have to wait for them to come back. This is a pretty solid chance for you to catch Olympic fever. It's in your favour to apply, worst-case scenario you lose two minutes of your life to the application and don't get chosen, and hey, you can always go trip... whoops I mean cheer for... the torch bearer who was selected when the torch comes to Halifax next November

PUTTING YOUR FREE TOWER MEMBERSHIP TO USE

KIMBERLEY DARES
Features Editor

New year, new resolutions. The most popular of those resolutions being some variety of the following: lose weight, eat less, exercise more, go to the gym 3 times a week... you get the idea. These resolutions seem great in theory, really who doesn't want to lose a little of that holiday weight, but can prove quite difficult to keep once the holidays are over and things go back to normal. This is the reason why The Tower is always jam packed with post-new year exercisers for the first 2-3 weeks in January and then as the month progresses numbers drop and the treadmill line ups get substantially shorter.

If you've tried the self directed work out before, or are one of the many who hit the gym for a few weeks after the holidays are over, and then suddenly stop going there are a few easy ways to change that.

The Tower offers lots of great programs, often at low rates for students (as long as you've signed up for your free Tower membership). Classes are offered from as early as 6am, and run throughout the day with the latest starting at 7pm.

If you like to start your day off with a little activity maybe the B.A.S.E. (balance, agility, strength, endurance) Training program is for you; The first session runs Monday & Thursday mornings from 6:05-7:05am January 5th- until February 26th, and is followed by a second session



that would see you through until the end of April. Each session is \$15 for members, a pretty solid deal considering each session includes 16 classes.

Looking to work on your flexibility, while strengthening and toning muscles. Perhaps a Yoga-lates class combining the basics of Pilates and Yoga would suit your needs. The Tower offers Yoga-lates at two different times this semester. Tuesdays starting January 13 and running until March 17th, from 6:30-8:30 or 9:30-11:30am Thursdays with a session starting January 15th and a second beginning March 12. With the member discount the 8-10 class program is just \$30.

If the holidays have left you short on cash, you're in luck because The Tower also offers group fitness classes for free with membership.

Not sure where to start with your new workout regime, or what kind of class to take, don't despair. Also included in with Tower membership

are five free sessions with a certified member of the Tower staff, who will help you develop a workout plan that suits your needs. The sessions range from Cardio and the Basics (Stage 1), to Abdominals and Core Stability (Stage 4) as well as help designing your own work out program in Stage 5. For more information you can call 420-5008 or head to the Cardio Room.

This is just a brief sampling of all the programs offered at the Tower to help you get or stay in shape. If you worry about your motivation dropping, enlist a friend to take a class with you, so you can push each other into not giving up the new routine in just a few weeks.

For more information take a walk over to The Tower, or you can get the Winter schedule detailing all the available classes, and many features of your membership online at www.smuhuskies.ca

LSAT MCAT GMAT GRE

Preparation Seminars

- Complete 30-Hour Seminars
- Convenient Weekend Schedule
- Proven Test-Taking Strategies
- Experienced Course Instructors
- Comprehensive Study Materials
- Simulated Practice Exams
- Limited Class Size
- Free Repeat Policy
- Personal Tutoring Available
- Thousands of Satisfied Students

The Journal
wants you!

Interested in writing for The Journal? Join our meetings on Thursday at 4pm or Monday at 10am in The Journal office on the 5th floor of the Student Union Building.

OXFORD SEMINARS

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

Hot

- Lava
- Hot Flashes
- Stolen Goods
- Wasabi
- Hell
- Frank's Red Hot
- Sunburns
- Hot Chocolate
- Hot Tub
- Sandstorms

Not

- Glaciers
- Cold Shivers
- Cold Case Files
- Mild Salsa
- Heaven
- Kraft Original Barbeque Sauce
- Frost Bite
- Iced Tea
- Cold Shower
- Blizzards

Donair Lovers Unite!

Starvin' Student Solution #2!

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

Only \$14⁹⁹

GRECO
PIZZA

Your Starvin'
Student
Solution!

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.

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.

THE G SPOT

Hey Randy, whenever I'm in bed with my boyfriend he keeps saying I need to play around with his balls. I didn't think guys like having their balls played with, that it hurt when you played with them. Do guys generally like having their balls played with and sucked on?"

TESTING IT OUT

By: SS Randy Blue

Most guys have three things that are always on their mind; their penis, their balls, and sports (not necessarily in that order. Naturally, they have a lot of respect for their balls and will

protect them at great odds. Their balls are one of the most sensitive areas of their body and are the first thing they'll grab for if they're being attacked.

As for what they like for you to do with them, it can vary from guy to guy and ball to ball. Whatever you do, however, be gentle. If you squeeze just a little too hard then your guy will curl up in pain, go soft, and your fun will come to a screeching halt, quite literally. You may as well have kicked him in the balls because the pain he experiences will be exactly the same. If you are looking to just pleasure him a little I would suggest cupping his balls and gently sucking on each one, one at a time, at the same time you are stroking his penis. It will give him so much pleasure you'll be able to watch him curl up his toes in a fit of passion. If, however, you're just looking to tease him a little and get him in the mood, then try this little trick. Loosen up his belt a little; just enough that you can slip your hand down his pants. Cup his balls in your hand a tug very softly against his scrotum and rub your finger against the base of his penis. He will get in the mood faster than anything else.

There are some guys, though, who do not like it when people play with their balls. If your guy feels even slightly uncomfortable with ball play

then you will want to focus your attention to his penis during foreplay. You can also try rubbing his choda and stimulating his prostate a little with one or two fingers. It may not be the same pleasure as a good ball sucking but it'll still be extremely passionate. There also may be another reason that he doesn't like having his balls played with. He could be suffering from blue balls. After prolonged periods of arousal without ejaculation some men start to experience a blue tint in their testicles. This blue tint is really just the blood veins in his scrotum not letting blood pass through, much like during an erection. This effect can cause pain and discomfort in the testicular region but usually subsides after a good orgasm and ejaculation.

What I would suggest to you is try it out with your man. Play around with his balls to see what he likes, and what he doesn't like. You'll notice by his quick recoil if he doesn't like what you are doing. One of the greatest forms of foreplay you can do for your guy is to play with his balls, so cup them up and play with them until your fingers (or his balls) turn blue.

Until next week everyone, keep it safe and keep it wrapped. If you have a question, send it in the SMU. GSpot@gmail.com

THE IMPORTANCE OF BEING PANTSLESS (OR, HOW I SPENT MY HOLIDAY VACATION)

NICK MADORE
Contributing Author

The morning after my last final exam (aside from being only an hour long, having woken up at 11) was spent in a strange sense of anxiety. Not yet used to the fact that I suddenly had no serious obligations, I racked my mind trying to think of things I should be doing. After a while, it finally hit me: I was free of academic stress for the next three and a half weeks. Upon realization of this, I instinctively reached for a bottle of booze. Beer, wine, tequila, it didn't matter: college instincts told me it was party time.

Or perhaps not, as I found myself quite content doing absolutely nothing. In stark contrast to the hustle, bustle, and stress of the academic semester, many of my days were spent at home, catching up on my backlog of great games I had accumulated over the past season. Hell, some days I didn't even bother to put on pants. It's that kind of freedom that I had yearned for since September. It may not sound like much to you, but hanging out at home in my boxers, a t-shirt,

and a robe, with absolutely nothing of great importance on my mind, was the perfect way to spend the majority of my holiday break. That isn't to say, of course, that I didn't partake in any social events; I just felt most relaxed in the above-mentioned scenario.

Next time you're stressing over that midterm, or spending an all-nighter writing that essay, be sure to make some time afterward to relax, grab a book/MP3 player/handheld gaming device, maybe a glass of wine, and take your pants off. It works wonders.



THE JOURNAL WANTS YOU

Interested in writing for The Journal? Join our meetings on Thursday at 4pm or Monday at 10am in The Journal office on the 5th floor of the Student Union Building.

On the Street

With Nicole and Kimberley

Question: If you were the one asking the questions what would you ask your fellow SMUdents?

<p>Where you would like to travel or where is your favorite place to travel?</p> <p>Julianne McDonald 4th Year Psych.</p>	<p>If not SMU, what was your first choice for a university?</p> <p>Rebecca Mitton 3rd Year Soc/Crim.</p>	<p>No portrait available</p> <p>What do you think about Jesus?</p> <p>Matt MacKenzie Year unknown, undeclared</p>
<p>Was SMU your first choice for a university?</p> <p>Raya Izzard 2nd Year Crim.</p>	<p>Are you happy today?</p> <p>Matt Lu 1st Year Commerce</p>	<p>Do you like winter?</p> <p>Rey David O. De Lara Bachelor of Commerce, undeclared</p>

ARTS & ENTERTAINMENT

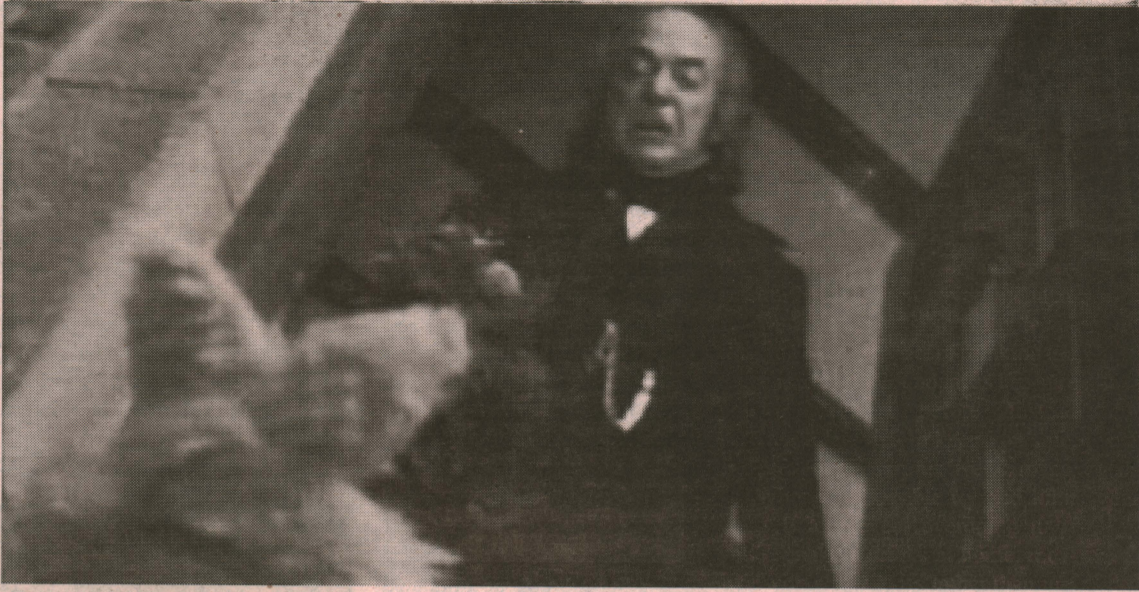
THINGS YOU MAY HAVE MISSED OVER
CHRISTMAS BREAK

Image source: cedmagic.com

DAWN DAVIS
A & E Editor

Between stressing over finals and returning to school, Halifax was still thriving with activity with or without you. With dance shows and Christmas parties all over the place and continuing through our city's unusual weather, here's what you might have missed over the Holidays.

In the first week of December we were visited by Ontario dancer, Nova Bhattacharya, who performed a South Indian dance style called Bharatanatyam. Brought to our little city by Live Art and hosted by the DAL Arts Centre, Nova was spoon-feeding Halifax some unique culture that we are not often able to experience.

Did anyone else miss A Muppet's Christmas Carol this year? Instead, the classic film that many of us grew up with appeared to be replaced by a new Muppet special: A Muppets Christmas: Letters to Santa. While the Muppets are al-

ways cute, are we to say goodbye to their Christmas Carol interpretation forever, or was this just an attempt to shine focus on this new film?

For the Christmas season, Neptune Theatre put on a performance of Plaid Tidings, a sequel to the classic Forever Plaid. A humorous Christmas tale with all of the classic songs of the season, Neptune has certainly served up another hit for the holidays. Skin Flick will be their next show, starting on January 20th.

Another holiday season, and we leave behind another year when the world just does not have enough Wiis. The insanely popular Nintendo console topped many Christmas lists again this year, along with the exercise-encouraging game & peripheral accompaniment, Wii Fit, which was also nowhere to be found. Supposedly, a quiz discovered that the one thing employees of Futuroshop are most likely to hear during the holidays is "you've ruined Christmas." While many of us were too busy

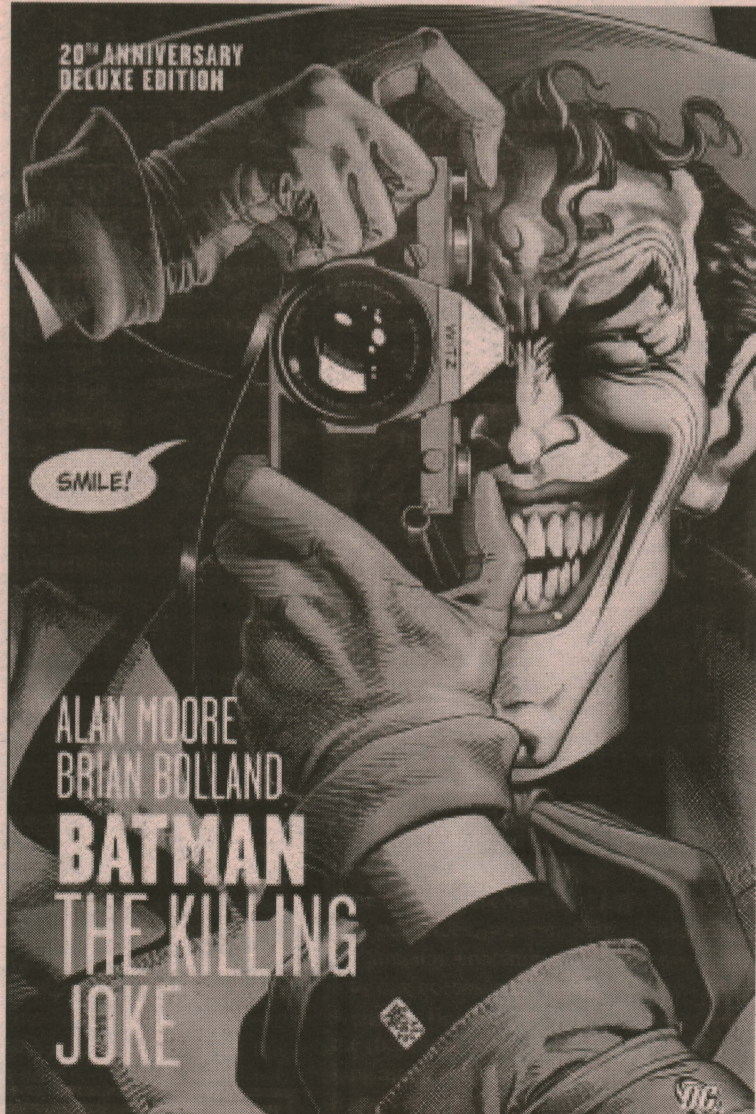
to think over the end of the semester, the Saint Mary's Art Gallery was holding their annual FASS (Faculty Alumni Student Staff) event. Featuring the art of SMUdents, among others, the walls were filled with our home-grown talent. In a school where fine arts seem to be frequently forgotten, we have done pretty okay for our artists. If you missed it, it will be back again next year.

One last thing you may have missed over the holidays could have also been Twilight. The movie was available in theatres, but what about the book which inspired it? The vampire romance series by Stephenie Meyer single-handedly took out the book industry this holiday season. The books sold "four at a time," and the retail industry in Halifax managed to keep up - until after Christmas. By New Year, the entire city was clean out of copies of this hit series. So if you did miss Twilight this year (and someone didn't get it for you), stores should be back in stock shortly.

DON'T GET
EVEN - GET
MAD!

DAWN DAVIS
A & E Editor

With the incredible success of The Dark Knight (and my late summer filled with reading comics), The Killing Joke makes a great piece of reading for any Batman fan. At forty-six pages long, the reading of this tome hardly takes up an hour, but the content requires several re-readings. The scene starts out with Batman visiting the Joker in prison to discuss their complicated fate, only to discover that the real villain has been replaced with a phony. Meanwhile, without going into too much graphic detail for the purposes of this article, the Joker purchases an abandoned theme park in order to show Commissioner Gordon what a real bad day looks like. In the meantime, the whole story is shadowed with a theoretical origin story for who the Joker once was, or might have been. Originally written as a completely independent side-story, the book has been adapted into DC's complicated canon in several ways. Alan Moore doesn't fail to stun the reader with his incredibly devious Joker who is either insane or just saner than everyone else. This is what makes this character so loved, and yet so feared. With the beautiful colours and stunning artwork, The Killing Joke is the perfect companion piece to all of those who enjoyed The Dark Knight (or if you're just curious about the Joker), and if you're a DC fan you should have it already. This is a masterpiece, and it's hard to say more than that. If you want to prove your skills as a writer, write the Joker.



TWILIGHT & THE DARK

KNIGHT FIGHT

FOR SIZZLINGPOPCORN.COM MOVIE AWARDS

JEAN BRUNET
sizzlingpopcorn.com

After a month and a half and over 1,600 ballots cast by readers around the globe to vote for over 15 categories, the results for the 2009 Sizzling-Popcorn.com Movie Awards are now in! The battle for first place overall was a tough one; neither The Dark Knight nor Twilight were able to win the most awards, ending in a 4-4 draw. Some of the individual awards were close calls. The Best Foreign Flick award was given to the British comedy Happy-Go-Lucky, with 297 votes, but the runner-up, Under The Same Moon, finished with 294 votes. The Best Actress award was given to Angelina Jolie for her performance in Changeling while Rachel Getting Married's lead actress Anne Hathaway came short by three votes. Other awards were off the chart, such as the Sizzling Hot Actor of the Year award, as Robert Pattinson from Twilight brought in 86.56% (1423) of the votes!

Below are the rest of the award winners, including the Film Of The Year and the 2009 Most Anticipated Movie:

Sizzling Hot Actor of the Year - Robert Pattinson - Twilight - 86.56% (of votes)

Sizzling Hot Actress of the Year - Kristen Stewart - Twilight - 73.11%

Blockbuster of the Year - Twilight - 84.37%

Dirty Toilet Paper Award (filthiest movie) - The Love Guru - 21.53%

Best Canadian Film (voted by Canadians only) - Passchendaele - 57.77%

Best Foreign Flick - Happy-Go-Lucky - 18.07%

Best Feature Length Animation - WALL-E - 40.94%

Best Independent Film of the Year - The Duchess - 17.09%

Best Director of the Year - Christopher Nolan - The Dark Knight - 51.64%

Teen Movie of the Year (voted by teens only) - Twilight - 97.53%

Funniest Comedy of the Year - Get Smart - 15.21%

Tearjerker Film of the Year - The Curious Case of Benjamin Button - 17.27%

Best Actor of the Year - Heath Ledger - The Dark Knight - 70.50%

Best Actress of the Year - Angelina Jolie - Changeling - 18.49%

Film Score of the Year - The Dark Knight - 44.34%

Film of the Year - The Dark Knight - 60.77%

Worst Movie of the Year - The Love Guru - 25.30%

2009's Most Anticipated Movie - Harry Potter and the Half-Blood Prince - 53.16%



Image source: sizzlingpopcorn.com

Write for the Journal

INTERESTED IN WRITING FOR THE JOURNAL?
JOIN OUR MEETINGS ON THURSDAY AT 4PM OR
MONDAY AT 10AM IN THE JOURNAL OFFICE ON
THE 5TH FLOOR OF THE STUDENT UNION
BUILDING.

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

2009 PREVIEW PART 1: MOVIES

RESSA PETERS
Contributing Author

Coraline (February 6th). Contrary to popular belief, Tim Burton wrote and produced but did not direct *The Nightmare Before Christmas*. Henry Selick actually directed the stop motion masterpiece and this year he's back with a film that might become a new classic. *Coraline*, based upon a novel by super cool fantasy author Neil Gaiman (*American Gods*, *The Sandman*) follows a young girl's fantastic trip into a parallel reality. It features voicing by Dakota Fanning as the title character and Teri Hatcher and John Hodgman as her parents (as well as "other parents").

Watchmen (March 6) The grit and glory of Alan Moore's 1986 masterwork graphic novel hits the big screen (and bigger screen: IMAX) late this winter unless FOX's money grubbing lawsuit, which claims they had distribution rights before Warner Bros., gets its way and delays release. You've no doubt seen the trailer and marveled at the epicness of Jeffrey Dean Morgan being thrown out of a window and naked Dr. Manhattan blowing up people with his mind. In an alternate 1985 superheroes live among us, mostly bored and retired until one's murder is tied to a world changing scheme. Expect character Rorschach to be this year's Joker, inspiring bad cosplays and imitators on campuses everywhere.

Star Trek (May 8) JJ Abrams (behind TV's *Lost* and *Fringe* and film's *Cloverfield*) re-tools the aging franchise by taking us back to the beginning. Captain Kirk (Chris Pine), Spock (Heroes' Zachary Quinto), Sulu (John Cho) and Uhura (Zoe Saldana) are younger, brasher and sexier than the original series. Simon Pegg, Winona Ryder and original Spock Leonard Nimoy also star in a storyline that's been kept under wraps but includes a Romulan villain (Eric Bana) and possibly time travel.

Terminator Salvation (May 22) Four entries into the Terminator series (not counting the television show) and we finally get to see the fabled future battle between man and machine. Christian "Batman" Bale plays resistance fighter John Con-

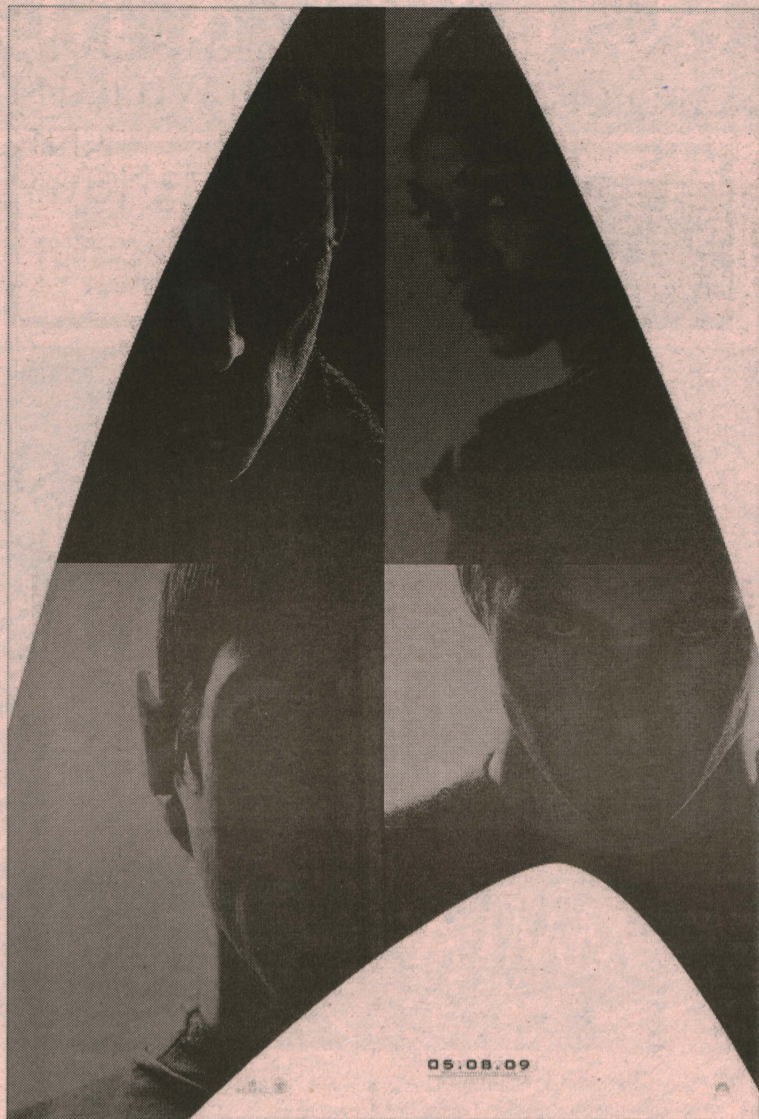


Image source: collider.com

Throughout the month of January, Ressa Peters and co. will be previewing 2009's most anticipated media releases. This is the first of four weeks of exciting preview coverage.

nor who will become the leader to overthrow the machines (unless the terminators go back in time to stop him, as they are oft to do). It has been related to *Batman Begins* in a similar heroic origin story. Bryce Dallas Howard (*Lady in the Water*) plays John's wife Kate, rapper Common is right hand man Barnes and Helena Bonham Carter plays villain Serena.

Harry Potter and the Half Blood Prince (July 17) Geeks everywhere wept last summer as Warner Bros. decided to push back the release of the highly anticipated sixth film eight months. Harry, Ron and Hermione once again battle Voldemort (and teenage hormones). A secret death

pact is made and one of our favorites ends up dead as we learn more about the twisted life of Lord Voldemort/Tom Riddle and the adolescence of James, Lily and Severus Snape.

Wolfman (November 6) Benicio del Toro stars in the remake of the 1941 Lon Chaney classic. Anthony Hopkins, Emily Blunt and Hugo Weaving co-star in the story of a man who follows his missing brother's trail and becomes cursed. Originally scheduled for May, the delay hopefully means more marketing and better effects for del Toro's transformation from man to beast.

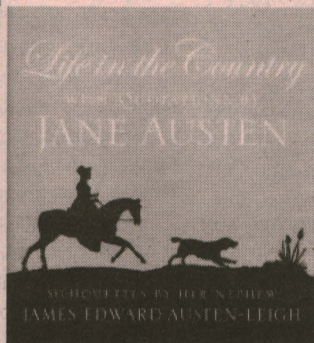
THE JOURNAL wants You
Interested in writing for The Journal? Join our meetings on Thursday at 4pm or Monday at 10am in The Journal office on the 5th floor of the Student Union Building.

BITE SIZE ENTERTAINMENT



A Hot and Cold Movie Season – Much Like Halifax!

With *The Curious Case of Benjamin Button* receiving acclaim and *The Spirit* being the object of much disappointment, December's movies have been mixed. Luckily for everyone, *Twilight* is still in theatres and if you don't enjoy it, Empire will give you your money back.



More Cash Fishing of Rich and Famous Estates?

Due out on January 1st, 2009 is a book called *Life in the Country*, a collection of quotations by Jane Austen and art collected from her nephew, James Edward Austen-Leigh. While likely a cash-grab from wealthy ancestors, this would be an essential part of any Austen fan's collection.



Another Year, Another Season of TV

While several shows have already returned to the air, a lot of us are waiting for some of the big ones. This week revives *The Office* on the 8th, *Stargate Atlantis* returns with a season finale on the 9th, and *24* finally comes back on air for a two-part premiere on the 9th and 11th. *CSI: Miami* premieres on the 12th, *American Idol* on the 13th and *Criminal Minds* and *CSI: New York* on the 14th.

The Army of Darkness Returns! This week, Dartmouth's local classic cult film aficionado group Thrillema brings us the campy cult classic, *Army of Darkness* as it should be seen: on 32mm film. The show plays on January 8th in the Empire 6 on Portland Street, Dartmouth. The show is \$5 and starts at 8pm. Bring your friends!

100 Words

You can see sadness in my eyes, my almond eyes. A perfect 10, that was; in figure-skating lingo. Our affair was short-lived, all of 5 days. But you were perfect, in every way. I know, how cliché. I always replay, that fateful day. You greeted me with a hug, and that was the start. What I miss most: Full Throttle Blue Thunder ashtray, your smell lingering on your blanket, jokingly dirty talk, your newsboy cap... "Will you love me in the morning?" "Forever and ever, babe." Uh huh, yea sure. There you go, a 100 words. Perfection – that is you.

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 free preview movie passes, thanks to www.sizzlingpopcorn.com

SCIENCE & BUSINESS

IS IT THAT TIME OF YEAR ALREADY?

NICK SIMARD
Science & Business Editor

It's not just Oprah that's concerned about her weight. It's just about everyone. It seems that once the New Year rolls around, the diet/you're-nowhere-near-slim-enough industry hits its stride. Everywhere you look it smacks you in the face. The books, the TV ads, and the magazines are all telling you that they alone possess the TRUE secret to weight loss. Unfortunately, there's no secret, and no quick fix. According to BBC World News 6 years ago, it was estimated that the diet industry alone was worth anywhere between 40 to 100 billion (U.S.) a year selling temporary weight loss. Much to the delight of those profiting, 90 to 95% of dieters regain the lost weight.

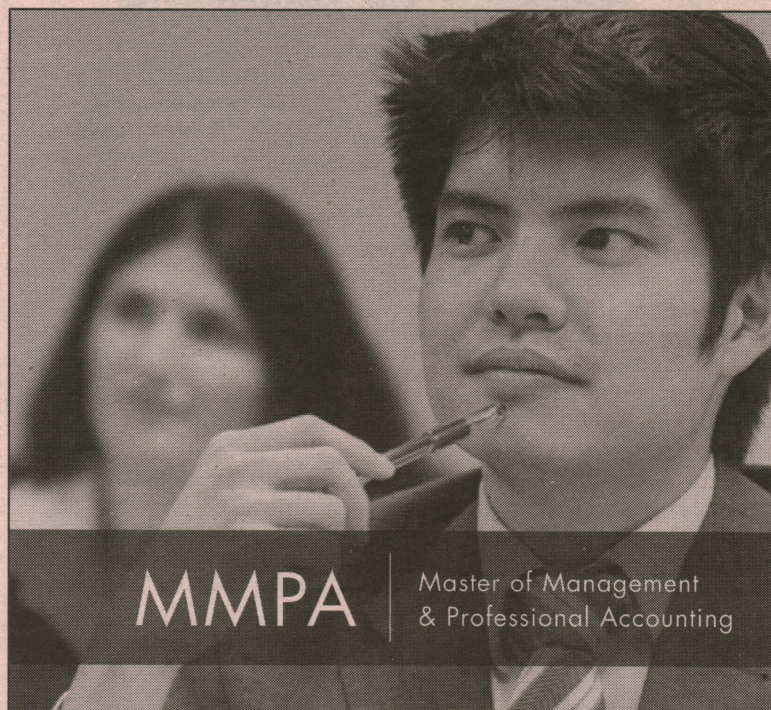
It's all a great big scam to make us feel like we're not good enough. If we feel terrible enough about ourselves, we'll try just about any product or program that offers results quickly and/or affordably. It's quite simple, really. It's about time we realize that the best way to stay fit and healthy is to burn more calories than we consume. It may sound simple and condescending, but not enough people keep track of what they eat and how much of those calories they burn through physical activity. Literally, I have told myself every New Year for the past 5 years or so that I was going to tackle my health and get in

shape. I have done virtually nothing.

2009 is the year this changes (or so I hope)! My plan throughout this term is to finally put in the work required to lose weight and feel better about myself. I could be in much worse physical condition, but there is much to be improved. If you're like me and have been putting this off, then I challenge you to stop relying on gimmicks or making excuses. Learn about what you're consuming and explore some of the options (especially at SMU) available to get you shedding pounds. If all goes well, I'll be providing helpful information in this section for those of you who could use it. I don't know much yet, but as I learn about nutrition and exercise I intend to share my findings in The Journal.

Throughout this process I welcome advice, personal stories and constructive criticism. If you're tired of procrastinating and avoiding this difficult task, then take matters into your own hands and do something about it. It's not easy, but if my mother (almost twice my age) can count calories and go to the gym, then the least I can do is entertain the thought. If you're thinking that I'm a health fanatic and I'm going to go all Tony Little (yup, he's still around) on you, you couldn't be more wrong. I live above a pizza place and frequently dine on nachos and poutine. I'm just an average guy tired of saying "someday I'll get on that". That someday is now.

THE JOURNAL wants You
Interested in writing for The Journal? Join our meetings on Thursday at 4pm or Monday at 10am in The Journal Office on the 5th floor of the Student Union Building.



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



TECH AT A GLANCE



If you've ever laughed at a video blogger, perhaps you should lay off the criticism. In Wired's "Sexiest Geeks of 2008", wildly popular blogger Philip DeFranco, AKA sxephil, claimed #2. Break out that webcam!



If you thought YouTube was only used to post clips of copyright TV shows and people falling off stuff, think again. The Israel Defense Forces have posted video footage of their air assault against Hamas militants on YouTube, using Twitter to spread the word.

PCWorld

Ever wonder why people like products that may, in fact, be inferior to the competition? Blackberries vs Palm, or Vista vs Mac OSX and XP? PC World offers answers in "Memo to Vendors: Here's How to Build a Winner". Check it out.



Rumor has it that Apple has placed a non-removable battery in their new 17" Macbook Pro. If any device could use the option of having a spare battery, it's a 17" laptop. Sounds crazy, but could it follow in the footsteps of the iPod and iPhone in this way?



In recent "Google is taking over the world" news, the company is urging Gmailers to drop Internet Explorer, in favour of Mozilla Firefox or Google Chrome. Also, the OS used on its cell phone has been adapted to a netbook by startup Mobile-facts. Microsoft is finally getting a taste of its own medicine, it seems.

Photo Credits:
sxephil <http://blog.wired.com/underwire/2008/12/sexiest-geeks-0.html>
Israel YouTube http://www.shusterman.com/images/youtube_logo.jpg and edited
PCWorld <http://www.pcworld.com>
Macbook <http://www.engadget.com/2009/01/04/17-inch-unibody-macbook-pro-with-non-removable-battery-rumored-/>
Google <http://www.google.com>

Leadership Experience

JOIN ACE

2008 SOCIETY OF THE YEAR

Business Competitions | Scholarships & Awards

Extreme Entrepreneurship

Travel Opportunities

UPCOMING ACE SOCIETY EVENTS

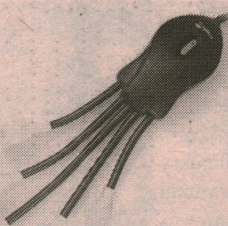
The reigning SMUSA Society of the Year has great events coming up this semester! Join the ACE team for What's The Big Idea? and Trumped! Look for applications and ticket information in the coming weeks for What's The Big Idea? Last years Trumped teams fundraised thousands of dollars for charity while having the experience of a lifetime! Be sure to get your team together to win great prizes and earn the experience and respect you'll need in the business world!

Your Idea???
Your Money!!!

WHAT'S THE BIG IDEA?
www.whatsthebigidea.ca

THINKGEEK.COM - EDITOR'S CHOICE

PowerSquid Outlet Multiplier



If you've never seen this amazing thing, do yourself a favour and check it out. It eliminates the annoyance of adapters that just won't play well together.
\$12.99

USB Cassette Tape Hub



Blending old-school cassette tapes with USB, these awesome gadgets are an affordable and stylish way to expand your laptop or desktop's USB options.
\$12.99

Phantom Keystroker V2



Wanna prank someone? This plugs into a USB port then toggles caps lock, types garbage text and makes random mouse movements. It's a little cruel, but sure to provide laughs.
\$12.99

Bluetooth Retro Handset



You can walk down the street talking on the same kinda handset you'd expect from a payphone, while connected to your cell via bluetooth. How freakin' geeky is that?
\$29.99

GAINING WEIGHT? SLEEP MORE!

NICK SIMARD
Science & Business Editor

Reading the headline, you may think that I'm suggesting that you simply sleep away your hunger. That's not what I'm saying, although I'm sure many of you have done that. I know I have. While reading about sleep deprivation I came across a ton of information about the consequences of not getting enough sleep. One of the more surprising ones is related to obesity.

From Reader's Digest: "Registered dietitian Ramona Josephson notes that insufficient sleep may affect three hormones that can contribute to obesity."

So insufficient sleep means:

- A decrease in the appetite-suppressing hormone (leptin)
- An increase in the hormone controlling hunger pangs (ghrelin)
- An increase in our body's stress hormone, which increases fat storage (cortisol)

Here are some other links between sleep deprivation and weight gain:

More Waking Hours

Being awake longer means that you'll have more time to eat. I know it sounds simple, but sleeping less typically means staying up late rather than getting up earlier. And let's face it, late-night eating is rarely - if ever - healthy eating. In addition to sleep loss, staying up late increases the likelihood of consuming unhealthy food. I know I usually crave things like pizza, chips, french fries and other calorie-dense foods when I'm up late.

Less Exercise

Chronic sleep loss can easily reduce your desire to exercise and be physically active. Aside from lacking the energy required for such activities, the odds of late-night workouts are slim. Besides, exercising at night can make it more difficult to sleep, exacerbating the whole problem and contributing the cycle.

Feeling Depressed

Studies also show that depression is often a side effect of sleep deprivation, and what do many of us do when we're feeling depressed? We eat! Or, we do things that don't require much energy, like watching TV. Again, what does that often lead to? You guessed it - more eating.

Coming back from the winter break, you may be a little more rested than you were during the fall term. It may even be difficult to remember how tired you were during the exam period. We do that a lot don't we? We complain about how tired we are when we're swamped with work, then we get some rest and it seems impossible to have been as tired as we said we were. We've grown so accustomed to running on a minimal amount of sleep. And for what? Facebook? Mind-numbing TV shows?

Get Your Sleep On!

As many as one third of adults suffer from sleep loss, and that number is most likely higher among students. How do you combat it? According to the National Sleep Foundation:

1. Maintain a regular bed and wake time schedule including weekends.
2. Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
3. Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
4. Sleep on a comfortable mattress and pillows.
5. Use your bedroom only for sleep and sex.
6. Finish eating at least 2-3 hours before your regular bedtime.
7. Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
8. Avoid caffeine (e.g. coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
9. Avoid nicotine (e.g. cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
10. Avoid alcohol close to bedtime.

Time for a nap? Sweet dreams.



INTERNATIONAL YEAR OF ASTRONOMY 2009 400 YEARS SINCE GALILEO

MARK RICHARDSON

Everyone has at some point looked up at the stars and thought of one question they would love to ask an astronomer. Well 2009 might just be your chance to ask!

400 years ago Galileo Galilei first used the telescope to look toward the stars. From his studies, the science of astronomy was founded and today Galileo is known as the founder of modern science. In commemoration of both Galileo and the studies of the cosmos which owes Galileo its origin, the year 2009 has been internationally declared the International Year of Astronomy (IYA). This is a very exciting year and will include frequent events which include public lectures by leading astronomers, public observing sessions with telescopes, both talks in libraries and in schools, mall displays, tours of the Burke-Gaffney Observatory, astronomy days at the Discovery Centre on Barrington Street, and Planetarium shows at Dalhousie University. For more information please see astronomy-novascotia.ca

Here is a list of some of the events happening around Saint Mary's University and HRM:

Friday, January 9

Café Scientifique:

At 7 p.m. at the Uncommon Grounds coffee shop, join SMU Professor Rob Thacker and (by internet) McMaster University Professor Doug Welch, host of the Slacker Astronomy website, for an informal discussion on the latest theories about life on other planets: Where are the Aliens? What are the prospects for finding life on other planets and how can we go about searching? Following the discovery of the first extrasolar planet in 1995, the number of known planets around other stars now exceeds 300.

In the same time frame, we have discovered life on Earth in the harshest of environments: from the saltiest lakes to the hottest springs and volcanic vents. Do these two discoveries mean that life in the Universe is far more abundant than we could ever have thought?

Cookies will be served along with a draw to win an IYA T-shirt. Slacker Astronomy

website: <http://www.slackerastronomy.org/> (Uncommon Grounds, 1030 South Park, Halifax, 431-3101).

Saturday, January 10

Shopping Mall Astronomy Display: From 10 a.m. until 6 p.m., the Halifax Centre of the Royal Astronomical Society of Canada (RASC) will present a display of astronomical telescopes, information, and activities, including some free take home souvenirs of the International Year of Astronomy. (Mic Mac Mall, Dartmouth, (902) 852-3894)

Busking Astronomers:

At Saint Mary's University, in the forecourt of the Sobey Building, SMU students and members of the RASC Halifax Centre will set up telescopes for public observing (weather permitting) before and after that night's public astronomy lecture (observing 6-10 p.m., but not during the lecture). (Sobey Building, SMU, Robie Street, Halifax, (902) 420-5828)

Public Astronomy Lecture (Halifax): Starting at 7:30 p.m., SMU Astronomy & Physics Professor Marcin Sawicki will present a free public lecture entitled Imperfect machines: how telescopes have changed our understanding of the universe and of our place in it. In 2009 we celebrate

400 years since Galileo first used the telescope to study the heavens. From the confirmation of Copernicus' theory that the earth is not at the centre of the cosmos, to the discoveries of the stupendous age and size of the universe and of planets around other stars, telescopes have, over the next four centuries, forced us to repeatedly re-examine who we humans are. This public talk will tell the stories of some of these paradigm-changing discoveries and will also look to the future and the giant truly spectacular international observatories that are now being built for the coming decades.

Observatory Tour:

Following the SMU Astronomy Lecture, there will be a guided tour of the Burke-Gaffney Observatory, including views through the 40cm (16inch) reflecting telescope. Participation is limited to 25 persons: reserve on a sign-up sheet at the Scotiabank Theatre before the lecture. (Loyola Building, SMU, Robie Street, Halifax, (902) 496-8257)

Sunday, January 11

Halifax Planetarium Shows:

At 2 p.m. and 3 p.m., free public sky shows will be presented by volunteers from the Dalhousie University Department of Physics & Atmospheric Science and the RASC Halifax Centre. It is hoped that regular public shows will be resumed early in the International Year of Astronomy. (Sir James Dunn Building, Dalhousie University, Coburg Road, Halifax 494-2337)

Once again, all information on IYA as well as any astronomy related information for Nova Scotia can be found on the website: astronomy-novascotia.ca. Also check out www.astronomy2009.org for more IYA information.

ARE YOU GETTING WHAT YOU PAY FOR?

NICK SIMARD *Science & Business Editor*

If not, you better ask somebody!

I checked out a great forum that I frequent from time to time (<http://www.howardforums.com>), in search of an answer to a Blackberry problem. I did solve the problem, but of course I wound up getting sucked into different topics altogether. One of the people who posted a comment had an interesting link in his signature (http://www.cbc.ca/marketplace/speed_bumps), to the "Best Marketplace episode ever". I must say, I DID thoroughly enjoy it. For anyone who is not familiar, Marketplace is a television show on CBC and "Whether it is a slick scam or maddening customer service, CBC News: Marketplace weeds out wrongdoing against consumers, and puts pressure on people in power to set things right."

Essentially, Internet Service Providers (ISP's) advertise high-speed Internet with the famous "up to" much like clothing stores use "from" or "and up" in their pricing on racks. It may say "from \$9.99" but you better believe that a handful of items are that price and many are more expensive. Once those items have been sold, do you think the sign changes? I doubt it. Similarly, Internet download speeds are marketed but if specific addresses can't ACTUALLY achieve those speeds, do you think the provider is going to offer a less expensive option? Don't count on it.

So how are you supposed to know what speeds you'll be able to get at your address? The short answer is you probably won't. Internet speeds do depend on a number of factors (location, equipment, network setup, etc) and most ads mention this in their miniature print.

We ignore it because we don't want to believe that we'll be in the group that CAN'T get the greatest, fastest download speeds. We convince ourselves that they write that to cover their ASCII's (nice, eh?) but that WE will certainly get the 5/10/15 mbps that is advertised. We might, some of the time. And the rest of the time it may not reach the advertised speeds. Which begs the question: If I'm averaging 2.5 mbps (megaBITS, not megaBYTES) download speeds when I'm paying for 5 mbps, should I still have to pay the same price as someone who ACTUALLY gets 5 mbps?

I certainly don't think so, and I doubt you do either. Can you imagine the chaos if all the customers who checked their speeds (<http://www.speedtest.net/>) contacted their ISP's when speeds did not reach what is advertised? I am willing to bet that more than half of you reading this have never checked your Internet download speed to see if you're getting what you pay for. Doing it once isn't the best indicator. Checking at

different times of the day over the course of a week or so will give you the best results.

NICKtionary

mbps - what the heck does this mean and how can you make sense of it? I won't get into complex math or definitions. Just know this: 1 megabyte = 8 megabits. So if your ISP advertised 8 mbps then you'd know that every second you should be able to download 1 MB (approximately ? of an MP3).

If your ISP isn't advertising this then how do you calculate it? 5 mbps would be 5/8 of what 8 mbps would be, which translates to 5/8 of 1 MB. Using 1000 KB per MB (it's really 1024, but for simplicity's sake many people use 1000) you'd be looking at about 625 KB per second.

I pay for 5 mbps and most of the time when I check my speed I'm in the 4.5-5 mbps range. How are YOU doing? Are you getting what you pay for? In the news recently is Google's outrage at Bell's practice of "slowing certain internet traffic" (<http://www.cbc.ca/consumer/story/2008/07/07/tech-crtc.html?ref=rss>), so if you're not reaching your "up to" speeds, there could be several factors at play. Oh Interwebz, why can't you just always be fast?

MORE UPCOMING YEAR OF ASTRONOMY EVENTS!

NICK SIMARD

Science & Business Editor

CBC Radio Noon Phone-in | Wed Jan 7 | CBC Radio 1 (FM 90.5 in Halifax)

From noon to 2pm SMU's own astronomy gurus Dave Lane and Doug Pitcairn will be discussing the IYA2009 and answering astronomy questions from callers. Maritime Noon's Costas Halavrezos moderates.

StarLab for Kids | Sat Jan 10 | The Discovery Centre, 1593 Barrington St.

With shows at 11am, 12:30pm, 1:30pm, 2pm, 3:30pm and 4pm The Discovery Centre will present StarLab planetarium shows aimed at a younger audience. Bring your brothers, sisters, nephews, nieces and children to a show, and I'm sure you'll learn something new. Hosted by Andrea Misner. There's an entry fee, but also some take-home souvenirs!

Astronomy Lecture at Acadia | Sat Jan 10 | Lecture Theatre 10, Huggins Science Hall

If you can make your way to Wolfville, starting at 7pm, Acadia University Professors Roy Bishop (retired) and Svetlana Barkanova will present a free evening astronomy lecture entitled "The International Year of Astro-

nomy at Acadia".

StarLab for Kids | Sun Jan 11 | The Discovery Centre, 1593 Barrington St.

Same show as the January 10th, but at 1:30pm, 2pm, 2:30pm and 3:30pm.

Library Talk on Black Holes | Tue Jan 13 | Spring Garden Road Library

At 7pm, RASC Halifax Centre members Blair MacDonald and Andrea Misner will present a free all-ages talk entitled "Gravity and Black Holes" and will demonstrate the hands-on "Spandex Universe" illustrating orbital motion. Halifax Public Libraries will feature talks on popular astronomy throughout the IYA. This is the first

The Journal wants you!

Interested in writing for The Journal? Join our meetings on Thursday at 4pm or Monday at 10am in The Journal office on the 5th floor of the Student Union Building.



2009 IIHF WORLD JUNIOR HOCKEY CHAMPIONSHIP RE-CAP

JASON MACDONALD
Sports Editor

Every year between Boxing Day and the first week in January millions tune in for one of the most underrated hockey tournaments in the world, except Canada where it is revered to the level of the Stanley cup finals by hockey fanatics and lay-men alike. The WJHC is a chance for the Fans, is Team Canada's Drive For Five, an attempt at tying a tournament high 5 consecutive gold medals. The current record was set by Team Canada between 1993 and 1997.

If the Group A and B breakdown was indicative of anything it was that Team Canada would have little to no experience playing under adverse conditions until it was too late. Group A was Team Canada, Team USA, The Czech Republic, Germany, and Kazakhstan. Group B featured Team Sweden, The Russian Federation, Slovakia, Finland, and Latvia. Group A featured next to no competition for the red-hot Team Canada, Beginning with a 8-1 win over The Czech Republic on Boxing Day that helped propel the team forward. Boxing Day also saw the Latvians fall to the Russians, the Americans over the Germans and the Finns losing a close game to the Swedes.

December 28th saw the largest point differential of the tournament, Canada trouncing the Kazakhs 15-0, this game sparked a discussion in the international hockey community about whether or not there should be a mercy rule and if tied standings should be decided by goals against average. Notably in this game 10 different players scored 15 goals, with eight of their goals coming on the power play. Canada's second goal tender Chet Pickard notched the teams first shut-out of the tourney, facing only 11 shots overall. Also played on the 28th Russia beat Finland 5-2, Sweden over Slovakia 3-1, USA fini-

shed 4-3 over The Czech Republic.

Team Canada played Germany on December 29th downing them handily. This game was Canada's largest challenge to date, requiring more focus and team play than their previous two outings in the tournament. The Canadian power play was the advantage maker and game changer, allowing the Canadian players to open up the lead early on a 5 on 3 power play. However the Germans were able to make the game 2-1 when Della Rovere took a penalty. PK Subban has been creating chances for Team Canada throughout this tournament and the Game against the Germans was no exception, driving to the crease, giving Evander Kane the opportunity to hammer home his second goal of the tournament. The Germans played well through the tournament, creating opportunities and driving hard but were not able to contain the Canadians who have scored on 14 of 24 power plays.

Team Canada played one of their all time rivals on New Years Eve in what has been called one of the best junior hockey games of all time. Team USA teed off against Team Canada, both teams coming into this game 3 and 0. Team USA had been called the Dream Team of the 2009 tournament, a team built to defeat Canada and play in the medal round. The game got underway quickly, with the American troop taking an early 3-0 lead. Team Canada looked surprised and as a result took 3 consecutive penalties. Needing to get on the board and get the crowd back into the game top prospect John Tavares slid 2 goals past US net minder Thomas McCollum. Eberle tied the game less than a minute after Tavares 2nd goal, energizing the team and the crowd. Team Canada started the second period on the power play and Zach Boychuck made short work of scoring another goal to put Canada ahead by a goal. Dustin Tokarski eventually settled it down and was

able to shut down the top American line of Wilson, Schroeder, van Riemsdyk. Tavares scored an empty net goal, followed by Ennis. The team came together and over came what was their most difficult game.

The title of Most Exciting Game held by the New years Eve game was ousted 2 short days later on the 3rd of January when the Canadians played their rivals Team Russia. This was a nail biter of a game, Canada opened the scoring but the Russians had an answer to every goal the Canadians managed to score. The game was tied into the 3rd period with good back and forth play between the Russians and Canadians. The Russian team took the lead in the game at 17:40, giving the Canadians their first deficit. Staring down the barrel of a loss in the semi-finals and a trip to the bronze medal game against the Cinderella story Slovaks Jordan Eberle turned it all around, tying the game with a squeaker past Russian goalie Zhelobnyuk with only 5.4 seconds left on the clock. The 10 minute over time period passed uneventfully with numerous opportunities but no one was able to cash in. Headed to a shoot-out Canada sent Eberle and Tavares, both beat Zhelobnyuk short side, the Russians sent Kugryshev and Chernov, both stopped cold by Tokarski. This game was one for the ages, proving that the Canadian team can over come adversity and perform when the time comes.

At the time that this article was written neither the Bronze Medal game between Russia and Slovakia or the Gold Medal Game between Canada and Sweden had been played. For full details or highlights from any of the games please see TSN.ca.

Next week we will be getting back to Huskies games but for the time being, GO CANADA GO!! Bronze and Gold medal analysis will appear on www.smujournal.ca. All statistics taken from TSN.ca



John Tavares (Photo Credit: Canadian Press)

Asshole of the Week!

Sidney Crosby for Taking 19 minutes in penalties for fighting an unprepared Brett McLean. Give a guy a chance to defend himself. What an ASSHOLE!

Asshole of the week submissions can be sent to sports.smu@gmail.com and can do not have to be sports related. Assholes can be found anywhere.

Assholes can be found anywhere!

Huskies at home Men's Basketball at the Tower

Jan 8
SMU vs stFX
8 p.m

Women's Basketball at the Tower

Jan 8
SMU vs stFX
6 p.m.

Men's Hockey at the Forum

Jan 9, 10
SMU vs STU, UdeM
7 p.m.

You can find scores and more at smuhuskies.ca

www.smujournal.ca

Canada Celebrating their shoot-out win over the Russians (Photo Credit: Canadian Press)



THE JOURNAL wants YOU

Interested in writing for The Journal? Join our meetings on Thursday at 4pm or Monday at 10am in The Journal office on the 5th floor of the Student Union Building.