



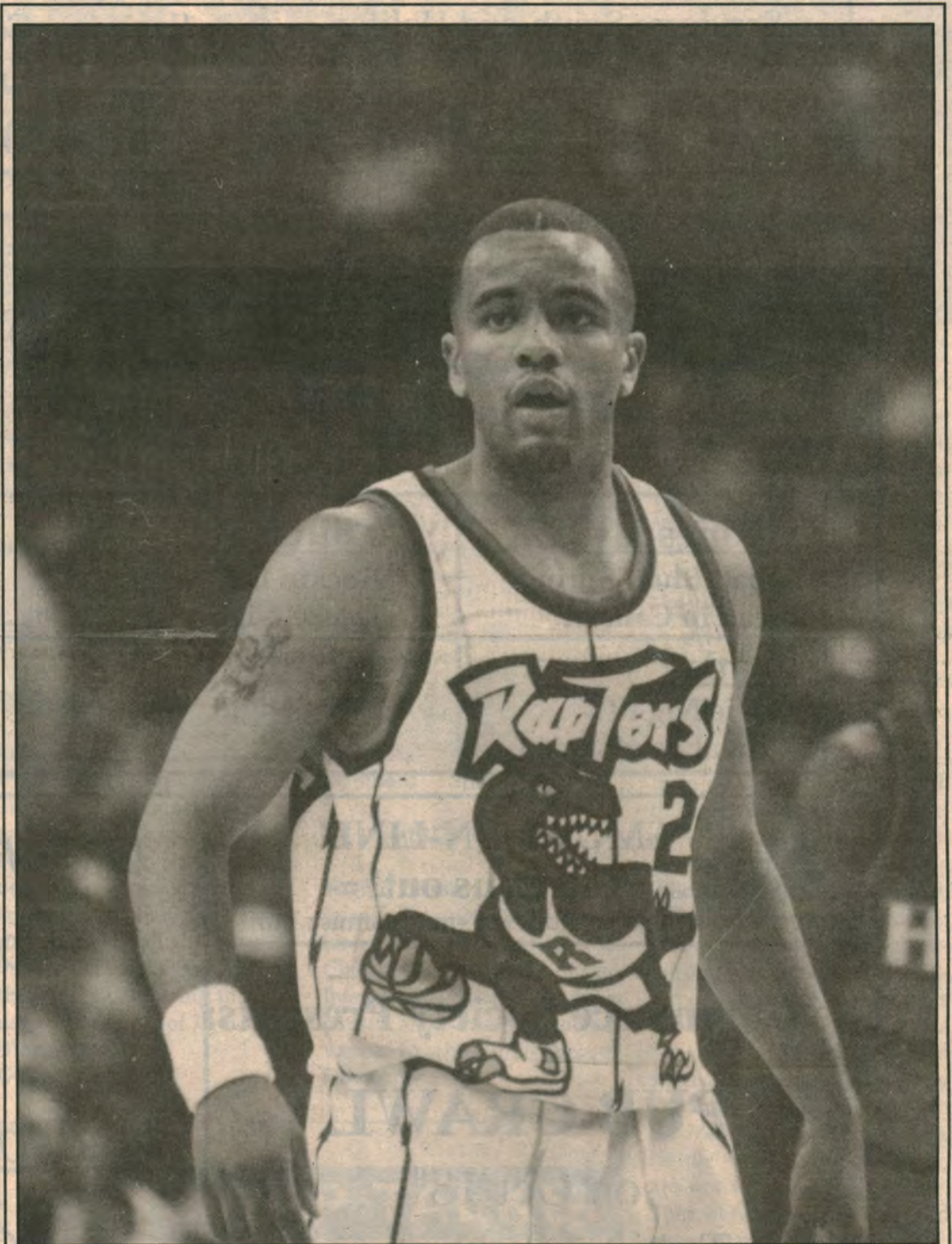
CFS Plans March Against Education Cuts

Pan-Canadian Week of Action Will Explore Alternate Means of Defecit Reduction, Following March on Tuesday

by David Ryan

Students across Canada are preparing to hit the streets in a campaign against funding cuts to post-secondary education and rising tuition fees. The event, dubbed as the Pan-Canadian Week Of Action, is being organized by the Canadian Federation of Students (CFS), and will run from October 21st until the 25th. Each respective day will denote action in a different region of Canada. The Atlantic protest will occur on Tuesday, October 22nd, and while it appears that the main participants will be students from the Nova Scotia College of Art and Design (NSCAD), Mount Saint Vincent, and King's College, the organizers are urging all students to attend. The focus of the event will be a march down to the Parade Square at 3:00 PM, followed by a march to the Province House at 4:30 PM. Various speakers will be talking to students at both locations. The national executive representative for the Atlantic portion of the CFS, Jessica Squires, says that the main focus of the march is to make the government aware that there may be other alternatives for deficit reduction than cutting social programs. "These funding cuts are unacceptable," she argues. "We want the government to find other revenue sources." Amy

Cole of the Kings College Student Union, has suggestions as to how the government might do this. "They could, for instance, implement a national system of grants. They could establish a national Higher Education Act for the purpose of evening out cost efficiency across the board. And what is really disturbing is that major corporations are not paying their share of taxes, and some are backed up in tax payment. If this revenue was extracted from them, the government would have no need to slash social programs." Cole says that she will be contacting schools that aren't members of the CFS- such as Saint Mary's and Dalhousie- in order to increase participation. "It will be quite a day," she says. "We will have speakers from the CFS, the Students' Union of Nova Scotia (SUNS), the Canadian Postal Workers Union, single parent speakers... among others." Jessica Squires points out that in British Columbia, a tuition freeze has been enforced. "That is a model of what we want to achieve in Atlantic Canada. Ultimately, the CFS wants to improve upon three standards for education: quality, accessibility, and universality." Marches in previous years have generated high turn outs and plenty of controversy.



PAULUS LACOMBE/JOURNAL

MVP FOR THE NBA ROOKIE ALL-STAR WEEKEND GAME - TALK ABOUT NICHE MARKETING! DUBBED MIGHTY MOUSE, 5'10" FORMER ARIZONA WILDCAT AND CURRENT TORONTO RAPTOR, DAMON STOUDAMIRE, WAS A STANDOUT IN FRIDAY'S LOSS TO THE ATLANTA HAWKS AND 7'2" DIKEMBE MUTOMBO. LIKE MOST OF METRO WE SKIPPED THE SLOW-MOVING, POORLY-ATTENDED, \$45 A HEAD GAME - BUT WE WANTED TO USE THE WORD STOUDAMIRE ON THE FRONT PAGE.

Jobs In Limbo

by David Redwood

Three students who would normally be collecting recyclable materials this fall have been without a job because university staff have taken over the task.

Physical plant staff have been collecting the materials since the summer because of the uncertainty surrounding a close-at-hand upgrade of the university's recycling program.

"The physical plant has put us on hold," says Becky Oates of the Saint Mary's University Students' Association (SMUSA). "The university wants to figure out how to handle it."

The positions affected have been funded by SMUSA for the past two years. The students, paid by honorarium, had been collecting materials at the public stations and were bringing them to a central underground

garage location for pick-up. There, recyclable materials such as beverage containers and newspaper are picked up by HRDA Enterprises, a non-profit organization contracted to transport the materials to the Halifax Municipal recycling depot.

Louis Dursi, director of the physical plant, confirms that staff have maintained the stations since the summer. Dursi and his staff have taken over the task

because changes are about to be made to the existing recycling system. Recycling stations, located in about a dozen public locations around campus, are in disrepair and are in need of an upgrade. Also, laws passed by the provincial government this past April have made used beverage containers eligible for a refund - and therefore more valuable. Environmentalists agree on the need for an up-

grade. "A smoother system is needed," says Jean-Louis Gaudet of the Environmentally Concerned Student's Society (ECOSS), "and with the new refund system the program shouldn't cost money." According to both Gaudet and Dursi, the added value of the material and the insecure collection spot has resulted in valuable recycla-

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Editorial

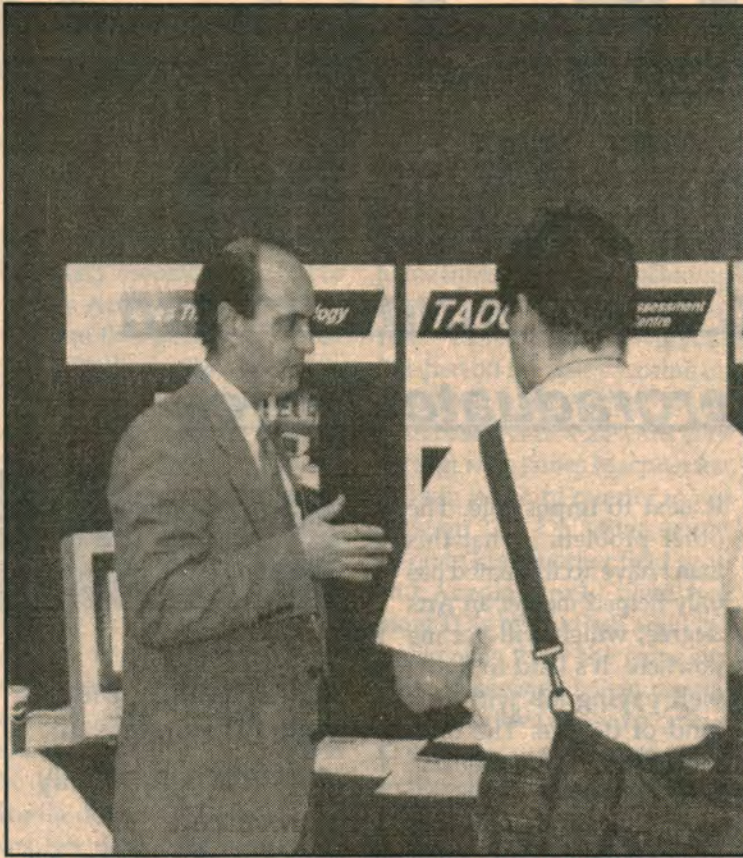
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LOADED 16 TONS, AND WHAT DID YOU GET
This Company Store deals with the life and times of Cape Breton coalminers
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STERIODS 101
A brief lesson on what steroids are and what they do to your body
See Page 14



DROVES OF STUDENTS ATTENDED THIS YEAR'S ANNUAL CAREER FEST.

What gets you a job?

Employers Affirm The Need For Education

by David Ryan

The first ever Saint Mary's Career Fair went over very well, participants say. The event was organized primarily by Mary Ellen MacEachern, manager of Student Placement Services and Co-operative Education.

She says that approximately 600 students attended and that community response was excellent. The fair will now be run on an annual basis.

One of the main focuses was on making people aware of the credentials that are needed to get jobs today. Constable Carol McIsaac, representing the Halifax Regional Police Service, stressed the competitive nature of hiring practices in law enforcement.

"The minimum requirement is a grade twelve diploma," McIsaac says.

"But that just isn't enough these days. People should be establishing as many credentials as they can, and University is an excellent way to do that."

Other representatives from the business community are echoing her advice, but add that a university degree is no guarantee. They stress that there is a need for students to market themselves in order to be competitive. MacEachern points out that most jobs are not advertised, and that people should really dig in and be thorough when looking for employment.

"You should do research about the different companies and opportunities that are available," she says. "And then you should contact them in a professional manner, demonstrating your credentials. Direct communication, even by mail, leaves a much more memorable impression than a mere resume does."

No theme was more evident at the fair than that of technol-

ogy. Business and community representatives are stressing the importance and usefulness of computer skills.

Jeff Chisholm, Business Development Manager with an Atlantic Canadian employment service, speaks of the usefulness of the internet for finding jobs.

"Companies pay us to put employment information on the Web. You see, the number one export from the Atlantic provinces are brains. Students can discover employment opportunities on the net. Also, there are resume banks available, through which we can match corporate job descriptions with applicants who possess relevant interests and qualifications."

Chisholm adds that one of the main advantages of the resume banks is that the process is done under confidentiality. "We only give the corporations the qualities of the applicants, nothing else. This helps to eliminate discrimination that can occur when an individual's personal characteristics are evident up front."

Peter Dugas, a part time student at Saint Mary's, used his computer skills to gain employment with a technology develop-

ment institution, and was one of the community representatives at the fair.

He says that: "2.5 million people on average access the Web daily. And experts predict that by 1998, that figure will rise to 25 million." Dugas encourages people to enhance their computer skills.

"People should embrace technology - not be afraid of it. The internet is invaluable for business. For example it is very effective for advertising, because you can market a company to the whole world, or what we call the Global Economy. And it is cheaper to advertise to the whole world on the net, than it is to advertise locally by traditional means. It makes sense to explore technology: it's big stuff."

MacEachern is pleased with the fair, but says that she would like to see one major improvement next year. "We would like to conduct a student survey, to see what their main interests are. That way we would know who they want to see at the fair. It would also encourage more companies to come out, if they see that there is a demand for their presence."

Jobs In Limbo

continued from page 1

ble materials disappearing both at the public stations and in the garage before being collected by the contractor. Several companies are currently talking with physical plant officials about the possibility of establishing a user-friendly and secure collection of Saint Mary's recyclable materials.

Dursi says his office is now evaluating whether they will go with a company willing to install stations and collect the

materials to the university's satisfaction, or if the school will take on the job itself and hope to recover costs through the new beverage deposit system. If the university goes outside, the student jobs might not come back.

"The recycling business is an industry now," Oates says. "It might take away student jobs here. If it is an easier thing for the physical plant to pass them on to a company, it could pose concerns for us."

Homecoming '96 This Week

Saint Mary's Alumni are gearing up for another Homecoming weekend, which will run from Friday, October 18th to Sunday the 20th. Here is a look at some of the highlights you can expect. On Friday, there will be an open house at the Alumni house from 9:00AM to 5:00PM. The house is located at 867 Robie St.. There will also be Pubnite at the Gorsebrook Lounge, from 10:00PM to 1:00AM. On Saturday, there will be another open house, running from 9:00AM until noon. At 11:30AM, the Hall of Fame Induction Ceremony will take place in the tower, recognizing athletic achievement. This will be followed by a tailgate party, which will pump people up before the St. FX showdown in Huskies Stadium at 2:00PM. The post game bash will take place at the Argyle. On Sunday, of course, will be the Fall Convocation, honoring the current fall graduates. This will take place in the Tower, from 2:00PM to 4:00PM.

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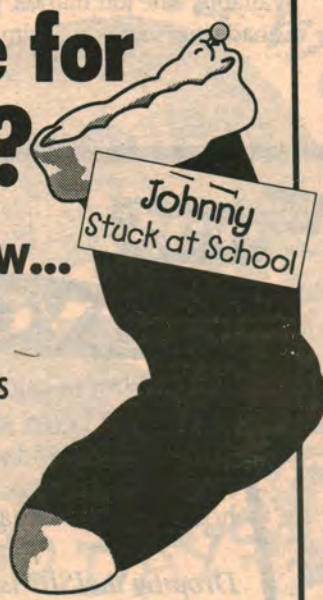
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Sunday 7 pm

Canadian Martyr's Church

Weekday mass times -12:30 pm Mon-Thurs

Saint Ignatius Chapel (beside the chaplaincy office)

ALL ARE WELCOME!

Graduating Under a Mountain of Debt

Borrowing nearly \$8,000 per year, some students can expect a \$40,000 bill for an undergraduate degree

by Paul Fitzgerald

A representative from a bank in Halifax won't hesitate to reveal the latest trend of excuses from students with large debts. And because of this she can't release her name to the media. "One student from Saint Mary's University wrote us a letter indicating that he was unable to

free themselves from their looming financial burden. According to figures from the federal department of Human Resources, loan defaults had tripled from 1990 to 1995. In 1993-94, almost 10,000 students were declared exempt, costing the government \$61-million.

One federal official would not release the actual figure of

program to the Canadian Imperial Bank of Commerce and the Royal Bank of Canada. The government will still guarantee the program's \$4-billion portfolio.

But representatives from the Canadian Federation of Students (CFS), and the Students' Union of Nova Scotia (SUNS) will argue that most students who have defaulted on their loans or have

is next to impossible. The other problem is that this loan I have accumulated has only helped me get an Arts degree, which will get me nowhere. It's hard to find a well paying job with this kind of degree. The only thing that seems reasonable is enrolling in another program, and this only means that I have to rack up a larger debt."

While she is searching for ways to solve her problem, Mark Henson, a third year Commerce student says he's not worried at all over his situation. While he plans on being at Saint Mary's for a least three more years, he anticipates that he will owe roughly \$40,000. "They can't take blood from a stone," he says, "so why should I have to care. If I don't have the money to pay them, then there's nothing I can do about it."

However, he is still giving some serious thought into how he can pay his loan off. "I've looked into the Teaching English as a Second Language Program, and I am being told that droves of students are heading to Seoul and making a decent buck, more money than teaching in Canada. I could work there and pay my loan back at the same time. It's a shame that I have to go to another country and work but that could in fact be my only option available. The job market in Canada just seems too grim."

LOAN FACTS

In Canada, the cost of a university education is heavily subsidized.

Through taxes, all Canadians support post-secondary education. With the tuition-hikes, students are relying more than ever on government-guaranteed loans available to them. It is worth remembering that the tuition that students actually pay represents only a fraction of the actual cost of their schooling. The government, who say that they are strapped for cash due to the country's large debt, seek ways in which they can continue holding the \$4-billion Student Loan portfolio. Future generations may not be so lucky.



continue making his loan payments for a while because he couldn't leave his apartment in Brazil. He told us that he was forced to stay in because corrupt militants in the country were on a campaign to shoot and kill white people," she laughs. "Now I don't know if this is true, but it's a great story. Probably one of the best I've ever heard."

It's a reality in today's world. Students will invest thousands into university education, and yet a substantial amount of them can't meet their loan payments. Traditionally, personal bankruptcy was a popular way for young university graduates to

how much the government has paid in defaulted loans. "The only thing I will say is that it's astronomical. Students have taken the system for a ride, and everyone is paying for it," says the official.

However, the government has found a way to combat this problem. An amendment last year was made to the Bankruptcy and Insolvency Act that would make student loans exempt from bankruptcy claims for 10 years after graduation. The government has also handed over the responsibility of financing and administering the Canadian Student Loans Pro-

gram to the Canadian Imperial Bank of Commerce and the Royal Bank of Canada. The government will still guarantee the program's \$4-billion portfolio.

enrolled in universities borrow over \$7,000 each year, and a good portion of them have a \$40,000 debt. Karen Sloan, a fourth year student at Saint Mary's is one of these people. She borrowed between \$8000 to \$9,000 each year, a total of almost \$35,000. "Knowing that I will have to pay back this much money is absolutely terrifying. I just don't know what I am going to do when I graduate," she says. "I will not be able to pay back my loan even if I do find a job. The jobs these days don't pay that much, and paying for other necessities along with having to pay back a loan

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Marching To Nowhere

Marching on the streets to denounce the increase in tuition fees and the ongoing cuts to post-secondary education certainly represents a beneficial cause, nevertheless it won't change much.

The march is part of the Pan-Canadian Week of Action, organized by the Canadian Federation of Students (CFS), and its member universities in Halifax. The event is next week, and the march is on Tuesday, October 22. The local universities want to have a march to Parade Square at 3:00 pm, and at 4:30 pm a march to Province House. But there seems to be little interest from students at all seven Metro universities. Why? The following is my list of reasons that I have been hearing from other student union leaders in town. They are: the possible involvement of the International Socialist Party (ISP), the poor organization of the event, and the fact that the government has installed minor doses of change that holds no noticeable implications for students, therefore giving them little reason to believe anything is wrong with the current system of post-secondary education. These three reasons are enough to keep anyone at home and away from the protest.

Some of these student union leaders say that they are embarrassed to be seen with the ISP, who will likely supply some of their own paraphernalia to enhance the make-up of the march. The ISP has been known to throw a wet blanket on student protests. "They are too radical for us and our entire school. They represent too many radical changes. People here are not looking for radical change. They just want to make sure that education will be ensured for the children of the future," says a student union leader who prefers that their name not be mentioned. "Our school is helping organize this event and it wouldn't look good if I and even others went on the record with this quote," she adds. Other student union leaders who have been contacted admit that they feel that the ISP will certainly be a deterrent in attracting droves of students. This, I find unfortunate. But this is the feeling from some very influential leaders in our city.

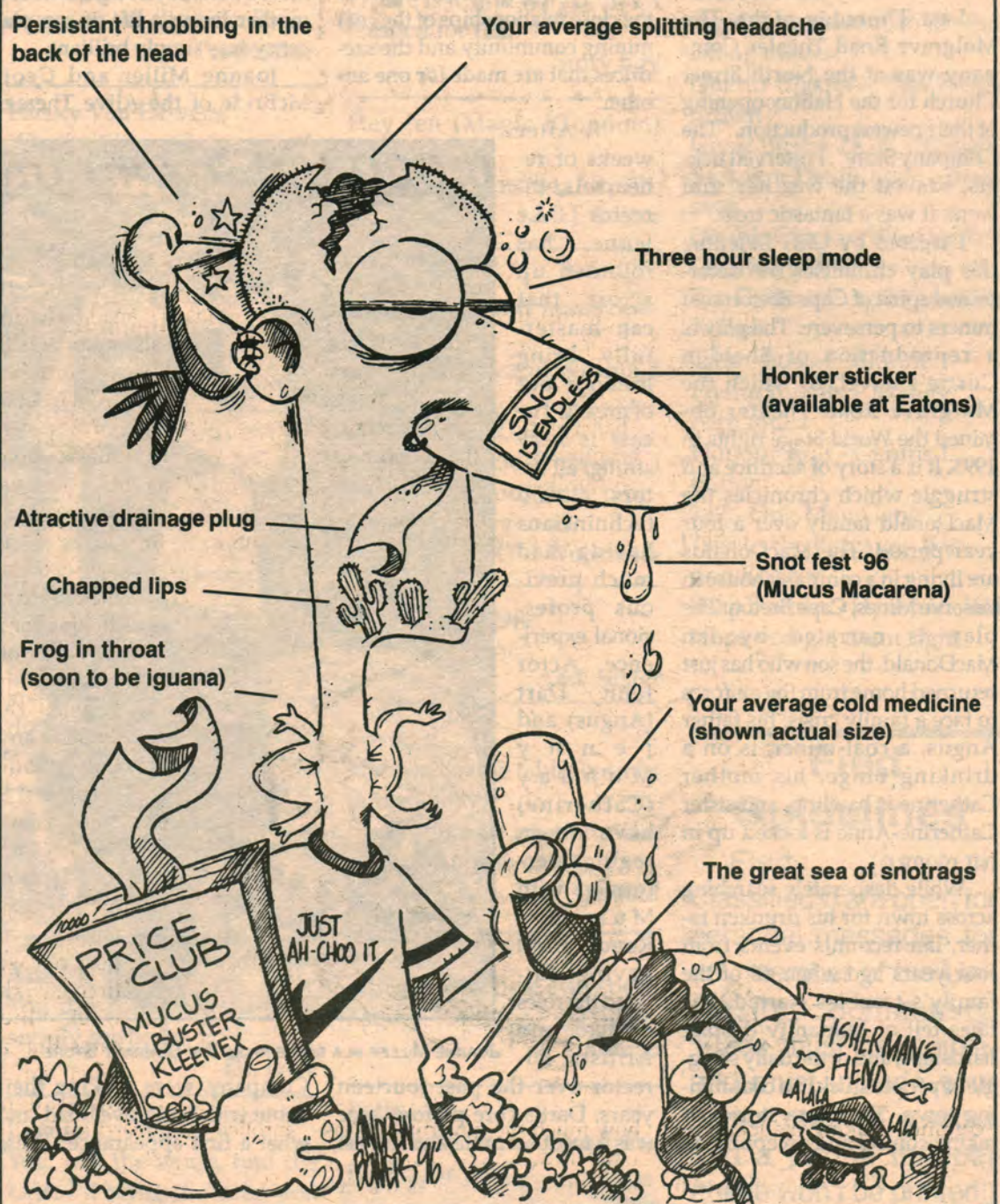
There also seems to be virtually zero advertising, leaving students in the dark to what the event actually consists of. Just walk up to students for an entire day and ask them if they know anything about a Pan-Canadian Week of Action, which includes a march downtown. One could probably bet that most would shrug their shoulders in wonder. I feel that the local universities organizing this event should have paid for advertising in some university newspapers, even the Metro newspapers. I thought the organizers wanted an effective march, one that attracts the eyes of politicians who make the change that people ask for. Are these local universities hosting this week of action and a march in order to fill up their time, or don't they care at all? One could only guess why.

But overall, it will be hard for these local universities to attract the populous. Students after all may groan and complain over the increase in tuition, the rising cost in books, and even other costs. Overall however, the change to post-secondary education has been implemented at a slow rate, noticeable change but nothing that causes a ruckus. The government knows that if they install every change they want to in one year's time, then they wouldn't stand a chance during an election. In turn, the organizers don't seem to have strong enough appeals to attract a large mob, and that's a prime indicator that the turn-out for the Pan-Canadian Week of Action and the march will be low.

Now I may sound like a pessimist, but the truth of the matter has already been established. And yet the government I am sure is pleased. There is nothing like the march of silent troops of defeat.

P.F.

Dr. Andy's guide to the current Metro flu bug symptoms...



The Same Frustrations

Dear Editor,

When I was an undergraduate 35 years ago, I had the same frustrations about knowledge as your correspondent, Andrea Plas. She might like to know that, as a teaching professor, I have not forgotten her dilemma, because in the meantime, I have had to negotiate the gap between the medieval Trivium and "Travel and Tourism" (her "Geography/Business Option"). For example, since the Renaissance, cities have always tried to represent themselves in their maps in the best light possible. "Travel and tourism" fall within the same rhetorical field of representations.

Of course, I agree with her that the humanistic basis for knowledge has almost disappeared. Perhaps this explains why it has taken me 35 years to put myself in a position to write something "about knowledge." I am, therefore, not about to suggest that there is a revealing moment at the end of the journey. Besides, ends are for tourists and what matters is the journey. At any rate, in my divagation, I have discovered that ge-

ography is not such a trivial pursuit...

Brian Robinson
Associate Professor

Agreeing With The Parking Increase

Dear Editor,

I wanted to respond to your last week's article, "Fee Increase Angers Drivers." I believe this increase in parking fees is a positive change (although probably not for the reasons intended).

The rising cost of running a car may lead some people to consider alternative means of transportation, such as using the bus, and perhaps car pooling. Ideally, having a car should not be a necessity in anyone's life. Carbon emissions resulting from the burning of fossil fuels in automo-

biles account for a large part of the thinning of the ozone layer, which is causing global warming. This is not a situation that can continue indefinitely.

So cars will likely have to be traded in, eventually, for a way of getting around that's not quite so self-destructive. And hopefully, we'll be able to make a smooth transition.

Kathy Morrison

The Clerk Of The Privy Council

The Political Science Society presents guest speaker Jocelyne Bourgon, the Clerk of the Privy Council. She will be speaking in the Tower Courtside Lounge at 5:30 pm, Thursday, October 17. Refreshments will be provided.

Letters, Letters, Letter

Letters to the Editor must be received by the Friday before publication. Letters should be typed and not exceed 300 words. The Journal reserves the right to edit letters for brevity and clarity. All letters must be accompanied by a student number, name, and contact number.

Shopping At The Company Store

by J.F. Beauchesne

Last Thursday night, The Mulgrave Road Theater Company was at the North Street Church for the Halifax opening of their newest production, "The Company Store". I reserved tickets, braved the weather, and went. It was a fantastic treat.

Directed by Cliff LeJeune, this play chronicles the determined spirit of Cape Breton coal miners to persevere. The play is a reproduction of Sheldon Currie's novel, to which the Mulgrave Road Theater obtained the World Stage rights in 1993. It is a story of sacrifice and struggle which chronicles the MacDonald family over a four year period. The MacDonalds are living in a company house in Reserve Mines, Cape Breton. The play is narrated by Ian MacDonald, the son who has just returned home from the air force to face a family crisis: his father Angus, a coal miner, is on a drinking binge, his mother Catherine is bawling, and sister Catherine-Anne is locked up in her room.

While desperately searching across town for his drunken father, Ian recounts events from four years ago when all of the family's troubles started. His tales tell of humanity despite hardships, and of the daily struggle of people stuck in a coal-mining town. These are stories of taking control and accepting re-

sponsibility for one's actions. "The Company Store" explores the close relationships of the coal mining community and the sacrifices that are made for one another.

After weeks of rehearsals, director Le Jeune has rounded up actors that can masterfully bring humour out of misery. The cast is very strong, all actors and technicians having had much previous professional experience. Actor John Dart (Angus) and J e n n y M u n d a y (Catherine) have been regular performers with Mulgrave Road, both having fulfilled the roles of Actor and Aritistic Director over the past fourteen years. Dart's core performance was a most accurate and honest

representation of the weathered miner. Munday's depiction of a mother living a life of complacency was simply brilliant.

Joanne Miller and Geoff McBride of the Alive Theater

two were charming, exuding innocence. Miller had the audience contorting with laughter while McBride's Ian touched the viewers with his boyish ways.

The interaction between generations introduced the recurring theme of "making the leap". Through awesome complicity, the actors conveyed a message of hope. The only way to escape the misery of a coal-mining town is for the learned youth (Ian and Catherine-Anne) to make the leap, to leave.

On a philosophical level, the play seemed to question the degree to which taking the law into one's own hands can really change a n y t h i n g . Throughout the play, Young Ian relates to

Raskalnikov, main character from Crime and Punishment, Dostoyevsky's masterpiece. Raskalnikov was a young man who through one immoral act, set a chain of events in motion that changed his life. The numerous references to Crime and Punishment set up the climax of the play, a vengeful act committed by Angus. Angus' spontaneous stunt was aimed at alleviating the suffering of "miners and families suffocated into endless debt by a corrupt system."

Such scenes were truly intense. At times superb lighting and music fused with splendid acting to create extremely poignant scenes. "The Company Store" transcended fiction; it was real.

Sitting there actually felt like entering a Cape Breton coal miner's home. The audience was there, inside the MacDonald's kitchen, amidst the fighting, the arguing, and the laughs.

Lots of cussing and drinking (moonshine), and plenty of arguing kept audience members roaring. The use of scrim to separate rooms and scenes combined with ingenious sound effects created a sort of "surround stage". Having scattered speakers throughout the playhouse, the technicians could easily stretch music or background noise over the whole room. Both the acting and technical directing were choreographed in a way that made audience and stage into one.

Although the play flowed gracefully, some of the subplots did not seem to be of any relevance to the overall story. A quarrell between Angus and Catherine over an incident involving a black woman from the Pier could have been completely omitted from the script. Overall, besides such quibbles, "The Company Store" was a chef-d'oeuvre.

But I still wonder, who was the play specifically trying to reach? It's hard to say... What I know is that Cliff LeJeune's directing skills pulled together to "create a memorable evening of theater." And far from being a satire, "The Company Store" is a reflection of coal mining culture in general. An emotional performance revealing the harsh realities of Cape Breton Miners' livelihoods. I highly recommend seeing a performance by Mulgrave Road. It's an exquisite delight.



JOANNE MILLER IN A SCENE FROM THE COMPANY STORE

Company, were making their debut with Mulgrave Road, and what a first appearance! These

that, because fine tuning is what good cooking is all about.

Ingredients:

2 cups flour
2 tbsp sugar 1 tsp salt
1/3 cup butter/margarine
3 tsp baking powder
1 cup (approx.) Milk

Take the flour, salt, sugar, and baking power and put in a bowl. Any old bowl will work. If you are a starving student and don't have a bowl, use a pot (I won't tell anyone!) but for God's sake, don't put any pot in your biscuits (everyone will want some!). Mix everything together with a fork or whisk or pastry cutter (a whisk is best if you ask me). Next you should add the soft butter or margarine (you can even use vegetable oil in a pinch, but butter is best). "Cut in" the butter. This means you have to break the butter up into tiny particles (about 1/2 cm to 1 cm) so that it will be distributed evenly and consistently throughout the mixture, keep it from sticking and make it taste nice and "buttery" (by the way, just because I like 1/3 cup of butter doesn't mean it's the law - experiment and see what turns your crank!) Cut in the butter with a fork or whisk or pastry cutter (you can even use your hands). Once you have done this (and don't go ba-

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This week's culinary journey will not take us far. In fact, it is a journey to a place we visit every day: our own kitchens. I would like to share a recipe that is something only mother tends to make us, and so gives us a feeling of security and warmth.

Moving away from home often means losing a lot of the little things that were never really noticed before and we begin to crave them when feeling down. I know we often feel that there is no way we could ever replace the goodies our mothers make, but we can come pretty damn close. There is also the belief that these things are too hard to make. To this claim, I shall make two replies: (1) practice makes perfect, great chefs are made, not born; and (2) if these things were really so hard to make, why would "Ma" spend her precious time doing so. I know, I know, "my mom loves me and doesn't mind spending hours in the kitchen slaving over a hot oven to make me my special cookies with the sprinkly things on them."

This is probably true at least to some extent, but I would argue that, for the most part, the things your mom made the most often and were enjoyed weekly, and probably only took a half hour or less once good ol' mama

by Greg Auton



(or papa, depending on who did the cooking) got into the groove of things. You see, the way moms and grandma's cook is different because they learned how differently. Today, we like to use precise, antiseptic, anal-retentive, science-lab type techniques in our baking. You know what?.. food doesn't work that way. Food is part of nature, and nature is a matter of give and take. Bearing this in mind, I shall give you the recipe for tea biscuits. Do not expect them to come out perfectly the first time. I guarantee you though, after five times, you'll be an expert! The measurements I give may require some fine tuning on your part also, but do not worry about

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VISA

Life Is What We Make It

by Michelle L'Heureux

The road of life has countless twists and turns. We've heard this reiterated in some way or another throughout our whole lives. Leaving university and entering the real world is a scary prospect. Of course, many students don't just stop at one degree. The job market, in many cases, necessitates more than one. Let's face it, though - once we're out there in the unforgiving world of careers, that's it. We will, in most cases, remain in one job for the rest of our lives, at least until we retire. Sure, some people change careers, some

people go back to school, and some people end up penniless on the street, but once most of us sign up for THE job, we will most likely never leave. It's signing a contract for your life, committing to working hard for the rest of your existence until you... die. That's what it's all about, really. We don't need the disillusioned teenagers from *Dazed and Confused* to tell us that. We will essentially be working our adult lives away in preparation for the great beyond.

Yet, there *is*, variety in times of bleakness. As we sit in our future offices, or behind our future counters, we can take time

to rejoice in the splendour of our surroundings - the blueness of the sky on a sunny day, or the coolness of the rain on a cloudy one. We can witness the cycle of life in its complexities and joys as it unfolds, unimpeded, around us. We can make the meaningless meaningful. Take time to savor those experiences with your families, friends, and lovers, along with all the other flavors life has to offer. Most of all, be happy (Bobby McFerrin wasn't lying when he said, "Don't worry. Be happy."). Don't ensconce yourself in a field or job which lost its meaning for you, if it ever held any to begin with. If you want to be a doctor or a lawyer, do it because you love medicine, or you love the law, and like helping people, not for the money and affluence that sometimes comes with the territory of these professions. Believe it or not, money is fleeting in its comforts, and your own emotional well-being is more important than the almighty dollar. Take the time to discover the Earth and all of its beautiful mysteries. Watch the leaves change colors and then be carried away on a swift autumn breeze.

This is the time, my friends, to figure out what we want from life. To grow up and find our place in the world and our meaning in all of it. Then maybe we can leave this world, having achieved all the amazing possibilities with which we were born into it.

CFSM Radio Presents...

The Top Twenty Albums

Rank	Artist	Title
1	Various	More Of Our Stupid Noise
2	Phono-Comb.	Fresh Gasoline
3	Jale	So Wound
4	Winnie	Harper's Woods
5	The Cranberries	To The Faithful Departed
6	Big Sugar	Hemi Vision
7	Pluto	Pluto
8	Various	The Basements of Badmen
9	Mike Flowers Pops	A Groovy Place
10	Sponge	Wax Ecstatic
11	I Mother Earth	Scenery and Fish
12	Broken Girl	Broken Girl
13	Sarah McLachlan	Rarities...
14	Chixdiggitt	Chixdiggitt
15	Catherine Wheel	Like Cats and Dogs
16	SalmonBlaster	SalmonBlaster
17	Various	Bored Generation
18	Tristan Psionic	TPA Flight 028
19	Fishbone	Chim Chim's...
20	Another White Male	Cattle

ews Briefs...A&E News Briefs

Pumpkin People in Kentville

The streets of Kentville have come to life with autumn orange and smiling faces, as the Pumpkin People arise once again in Kentville, the center of Annapolis Valley. Pumpkin People can be seen throughout the streets of Kentville with various displays reflecting the popular history of the town, including well-known people and places. No place is left untouched; from the tops of lampposts to store fronts. A special locator map of all displays will be available at all the "Pumpkin Head-quarters" (at the small train station or Visitor's Information Center on Cornwallis Street). This third annual event is the creation of the Kentville Development Corporation, which has been working closely along with various organizations to make this year's celebrations an extraordinary time. The event kicked off on October 12, coinciding with the Kentville Harvest Festival, and now continues until Halloween. The event also headlines several local activities which are taking place in the Kentville region, including the AVR/Magic '97 Residential Competition, displays of which are included on the locator map. Judging for the competition will take place Sunday, October 27. As well, the Autumn Art Exhibit, displaying local artists' works, will be open to the public during the celebrations. On Saturday, October 19, the "Downtown Fashions" show will be held at the Cornwallis Inn Ballroom from 11:30 a.m. to 2:30 p.m. call 678-7170 for advance tickets. And last but not least, children young and old are invited to spend time with "Kent", the Talking Pumpkin, in the Town Square Plaza. Bring your camera, it will be a great photo opportunity. For further information on Pumpkin People Celebrations contact the Pumpkin Head-Quarters at 678-7170.

Live Art Productions Presents

Live Art Production's New Dance Series proudly launches its 1996/97 season with a homecoming presentation by former Halifax artists Suzanne Miller and Allan Paivio. "Blood Relative (I wish you a long life)" is danced on a floor of mirrors. By using a reflective dance surface, the dancer confronts and explores the dilemma of self-reflection. The double image of the dancer resembles a "twinning" and "splitting" within the "solo" form, where the mirrors, on one hand, reveal the distortions of the mind and body but also provide a distance for the eye of the dancer to confront the "self" as "image". Performances will be on Friday and Saturday, October 18, 19, at 8:00 p.m. at the Sir James Dunn Theatre, Dalhousie Arts Centre. For further information call the Cohn Box Office at 494-3820 or Live Art Productions at 420-0003.

Dalhousie Chamber Orchestra Presents

The Dalhousie University Music Department will be presenting The Dalhousie Chamber Orchestra in a Town and Gown Concert, Friday, October 25, at 8:00 p.m. at Saint Andrews United Church, 6036 Coburg Road, Halifax. Featured performances will be Mendelssohn's Scheizer Symphony in C Major, Handel's Concerto No.4 in F Major for Organ and Vivaldi's Concerto No.11 Op. 3 in D Minor. The Dalhousie Chamber Orchestra is under the direction of Professor Philippe Djokic. Tickets are \$5.00 general admission and are available in advance from the Dalhousie Music Department, 5th floor, Dalhousie Arts Centre, or at the door. For more information call the Cohn Box Office at 494-3820

Remaking A Coastal Schooner

On July 13 this year, a special event took place: the keel was laid for the *Avon Spirit*, a recreation of the *FBG*, the last working coastal schooner built in Nova Scotia which was wrecked near Kingsport by hurricane Edna in 1954, a mere 50 yards away from where she'd been built. Join Hugh McNeil and Philip Snyder at the Maritime Museum of the Atlantic on Tuesday, October 22, at 7:30 p.m. for a presentation on the efforts of Avon Spirit Inc. to create a living museum on the art of the shipwright. Admission to the presentation is free; however a donation to the food bank is much appreciated in lieu.

For information contact 424-7490

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CD Review Bonanza

Wild Angels
Martina McBride
RCA

by Michael Zinck

Martina McBride is fast becoming one of the greatest female country entertainers of today. Her latest album *Wild Angels*, though released last winter, is still having a huge impact in country music. In fact,



McBride was nominated for top awards at the past Country Music Association awards. The past several months have also found her as a new mother and one of the newest members of the Grand Old Opry, a prestigious honor which few country artists are fortunate enough to receive. *Wild Angels* is only McBride's third album, but it immediately

appears as if she has been a major recording artist for several years. The title track shot all the way to number one and other singles have all reached the top ten so far. "Safe In The Arms Of Love" gives the impression of someone who has not had a great deal of luck with love, but is now looking for the right person. This same song was a huge hit for Canadian country artist Michelle Wright about two years ago. A wonderful story song off the album is, "Phones Are Ringin' All Over Town". It describes the story of how a woman is tired of her adulterous husband cheating on her. She finally has enough and leaves him as he eagerly phones everyone he knows looking for her and promising that he will never cheat again. Since her first album, McBride has come a long way. Her

style is very diverse ranging from upbeat tear-jerkers to soft love stories to emotionally moving ballads. McBride's ability has propelled her to the forefront of country music. The fact that she grew up in a musical family was a big help. In fact, her career today is still very much family orientated. Her brother is the band's lead guitarist and her

husband is Garth Brooks' sound engineer. Speaking of Brooks, it is hard to believe that only a few years ago McBride was selling t-shirts for him at concerts. Martina McBride is surely an artist to be watched with a close eye. Her next album is in the works and before we know it more hits will be rising up the charts. I guess it's only a matter of time before she is inducted into the Country Music Hall of Fame.

Aenima
Tool
BMG

by Dwayne Wright

Tool has done it again. They're back with a new release, titled *Aenima*. Recently, the band has undergone some changes; they were minus a bass player after experiencing musical differences, and after vigorous rehearsals, chose Justin Chancellor. Obviously, things are working out. While discussing the band, guitarist Adam Jones said, "It was all about the music, music that inspires and music that creates thought...."

After the release of *Aenima*, Tool hit the road to start their US tour. Hopefully there will be some Canadian dates included on the calendar.

This band never ceases to

amaze me. *Aenima* is an amazing album. After the success of 1993's *Undertow* and the preceding EP, *Opiate*, (1992), Tool set a level of intensity that *Aenima* only continues.

The lyrics and vocals of Maynard James Keenan completely enthrall me. Tool is one of the only bands whose lyrics I can actually enjoy reading while listening to the music.

'Stinkfist', the first single, heads up the album, setting the pace for the meaningful intensity known as Tool. There's some mention of Los Angeles on this album. This is sort of puzzling, but then one discovers that under the CD there's a hologram of the western part of the US. When moved in the right way, LA becomes flooded. Concerning the last track on the album, 'Third Eye', Justin Chancellor (Bass) says this: "[it] addresses the subject matter of the entire album. It's the ultimate extended remix of *Aenima*...." A great album!

Beautiful Freak
Eels
MCA

by J.F. Beauchesne

The recent signing of the Eels to Dreamworks Records precipitated the release of a morose, yet entrancing album.

Beautiful Freak is an exquisite

display of blended elements: wistful songs spinning like a dark and cloudy breeze through your mind, at times ethereal and delicately melodic, and every once in a while bursting with an energy reminiscent of early Radiohead.

This album of brooding, sullen songs is the brainchild of "E" (ne Mike Edwards) and was recorded in L.A. with bassist Tommy and Drummer Butch. The trio's first release is a typhoon of sounds twisting and turning to simple la-la's and intricate verses. The music often settles to a slow, moody piece, before sliding into a slipstream, flowing along with wispy vocals.

Singer "E" meditates on the realities of everyday life and, talking over jazzy beats, conjures up dreamlands filled with evocative images and sounds. Trippy!

The Eels create sonic landscapes in which trombones, syths, guitars, drums, and loops combine to paint a picture flowing like a lazy river in the moonlight; the music's currents are soft, but unrelenting, drifting through the long hours of the night.

"E" has written bemoaning songs about that nagging ache needing to be numbed - that pain constantly gnawing at your libido. *Beautiful Freak* is an anaes-

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thetic prescribed to soothe all ills. Songs like "Mental" rejoice in one's failed attempts at happiness, ultimately proving that the Eels are indeed realists, and not pessimists.

Like Beck and the Beasties, Eels are masters of the hybrid sound: the marriage of guitars and electronics. This is very catchy and it works—just listen to "Novacaine for the Soul". Powdered with distorted samples, songs like "Susan's house" are definitely lo-fi, but of great quality nonetheless.

The Eels have put together 12 sublime songs, all pervading a certain mood. Listeners, swallowed by unyielding compassion, become accepting of their pathetic life, extinguishing slowly.

On *Beautiful Freak* the Eels dwell in feelings of utter wretchedness, but "E" and his mates manage to lament and glorify that melancholy through sweet, sumptuous sounds. Gorgeous!

Earth Moon Transit
Universal Honey
Self-produced

by Dwayne Wright

To start off this review, I must say one thing—"WOW!" *Universal Honey's* second release, *Earth Moon Transit*, is amazing. After the two cult singles, "Just before Mary goes", and "Upfront with you", from their first album, *Magic Basement*, the pressure was on for a decent follow up. However, the band ignored the pressure and produced the new release themselves, with great success.

Leslie Stanwick (vocals, guitar), Johnny Sinclair (bass), Mick

McKenzie (guitar), and Tim Timleck (drums) make up *Universal Honey*. After the release of *Magic Basement*, they were busy touring for a while, opening for the Goo Goo Dolls. They also played shows and festivals with everyone from Alanis Morissette to Everclear. After the release of this new album, touring, touring, and more touring is what the band looks forward to.

Universal Honey's music has been described as "guitar-laced, melodic pop"... I agree. Its catchy tunes and groovy vocals unleash an original sound that you'll find hard to get out of your head.

"Any Road Back" is the first release from *Earth Moon Transit*, and its hooky riffs will reach out at you and make you want to groove. It's hard to resist... trust me.

Unconditional
Jacksoul
BMG

by Andrea Plas

Hey you, with the bedroom eyes! Have I got the disk for you...

Allow me to introduce you *Absolute*, the first major release from *Jacksoul*. The group, an r'n'b outfit from Toronto, is the newest "next big thang" on the Canadian music scene. Their first album has already garnered them a 1996 Juno Award nomination, and their much touted live shows have earned them the support of such bands as *Bass Is Base* and *The Philosopher Kings*.

As a whole, the album pretty much lives up to the hype. There

are several stand-out tunes on the disk, such as "Indigo", "(Do You) Like It Like That" and "Unconditional", the latter which showcases the smooth-as-cream vocal croonings of lead singer Hoyden Neale. In addition to Neale's musical prowess, all of the tracks are marked by funky keyboards (courtesy of Brent Settingington, who also co-penned most of the tunes) and tasty sax bits (courtesy of Adam Leo).

Like many albums of this genre, *Jacksoul's* album truly belongs in the cd players of doe-eyed couples in love. Those of us who are unpartnered may be somewhat turned off by Neale's saccharine-sweet lyrics and the hidden sexual innuendoes in nearly all the tunes. I've personally always been wary of any guy who attempts to woo a member of the opposite sex with a line such as "Would you like your peanut butter smooth or should I make it rough?" (Excuse me?) And I don't know about all of those "hip'n lip" descriptions...

But...er...darnit!...I like it. Now, if only I could get my feet to stop tapping...

Test for Echo
Rush
MCA

by Andrea Plas

Complete the following analogy:

The Beatles are to England as The Grateful Dead are to the United States as _____ is to Canada.

Answer? If you're like most patriotic music listeners, you most likely responded with "Rush". As Canadian as woolen

toques, maple syrup and "eh"?, *Rush* has been a national musical institution for most of its 22-year-long existence.

Alas, *Rush* fans have been deprived of new music for far too long an interval. Their last album, *Counterparts*, was released in 1993, and the group played its last show in May of 1994. Their new album, *Test for Echo*, then, is most likely eagerly awaited by many of their follow-

ers. don't seem to jive with the general excellence of the album. The song "Dog Years", for example, is repetitive, boring and, lyrically, completely inane ("Dog years-it's the season of the itch/ Dog years-with every scratch it disappears/ Dog years- For every sad son of a bitch/ Dog Years-with his tail between his ears").

As always, the musicianship by the three *Rush* members is impeccable. Guitarist/Mandolinist Alex Lifeson, who has just completed a solo album, contributes many worthwhile solos; Drummer Neil Peart, rumoured by many to be one of the best rock drummers around, adds some rhythmic appeal to the tunes; and Vocalist Geddy Lee shows off his usual keyboard and bass talents. I suspect that Lee's voice is an acquired taste; I



found it to be rather flat and boring on most tunes.

It can be said, perhaps, that the highlight of any *Rush* album are Peart's intelligent lyrics. The songs contained on *Test For Echo* are no exception. Most of the songs deal with the irony of modern life, such as the title track, "Virtuality" and "Resist". Lines such as "You can surrender without a prayer/ But never really pray without surrender", and "Half of us divided/ Like a torn up photograph/ Half of us are trying/ To reach the other half" add a new depth to the music.

So, attention all you hoser fans: Let's get raawwwkkked!

Like a fine wine, *Rush* appears only to have improved with age. For the most part, the group have maintained their "hard rock edge" of the past, but have also learned to temper it with some pretty melodies as well. Songs such as "Time and Motion", with its wall of electric guitars, will appeal to the hidden Metalhead within you, while tunes like "Half the World" and "Resist" will soothe your soul and prod your brain. Stand-out tracks include "Colour of Right", "Driven" and the title track, the latter of which deals with the media hoopla surrounding the O.J Simpson trial. Like any album, there are a few songs that

Like any album, there are a few songs that

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CANTEL

Don't Go Looking For Lost World

by David Ryan

My intuition was correct: Michael Crichton's *The Lost World* is indeed a very poor book. So why did I read it in the first place? Was it that I just couldn't resist the lure of more genetically engineered dinosaurs? Or did I crave the provocative scientific theories that Crichton's characters are forever postulating? In truth, I think it was just a need for something a little lighter than the textbooks one reads while going to university. In any event, I at least had enough sense to wait until this one came out in paperback. Ten bucks isn't such a bad loss. *The Lost World* is, of course, the sequel to *Jurassic Park*, a book that I enjoyed immensely (though I certainly can't say the same for the movie!). This time, evidence has been mounting that something has survived the extermination of the ill-fated amusement park, and the fanatical professor, Dr. Richard Levine, is determined to get to the bottom of it. And back by popular demand is Ian Malcolm, the eccentric chaos theorist who barely survived the wrath of the tyrannosaurus rex that terror-

ized the crew in the first book. But for those who want more of Malcolm, be warned: he is one of several disappointments. In this book, he has undergone a bewildering transformation. Dr. Malcolm, who's apocalyptic prophecies captivated fans of *Jurassic Park*, is now more than eager to study and observe the dinosaurs, rather than advocating for their destruction. And his harrowing experience with the T-rex doesn't seem to have taught him anything. Even though he is permanently disabled, he has no qualms about getting back into its habitat. What gives? In defense of the book, however, I must say that some of Malcolm's theories are captivating, particularly the concept of life as a self-organizing phenomenon. Scientists, it seems, are perplexed that life could have formed on earth so quickly. If it formed from a random mixture of chemicals, then judging by the total number of molecular compounds that were present in the "primordial soup", it should have taken forty to one-hundred billion years to happen (simple mathematics). The world is in fact only four billion years old, a figure that poses

problems for die-hard evolutionists. Malcolm, in typical Crichton fashion, proposes an answer to this puzzle. He suggests that life behaves like crystals do, through self organization, thus explaining its early arrival on earth. Nifty stuff. Nevertheless, that and other theories-while interesting food for thought-aren't enough to rescue this novel. We have already seen the dinosaurs in *Jurassic Park*; the sequel offers nothing but more of the same. The shock value is gone and irrecoverable. Even the action scenes are predictable; the suspense that existed in the first novel just isn't there. Furthermore, Crichton isn't convincing this time out. In *Jurassic Park*, he made me believe that his unlikely scenario was a possibility-even a reality-while I was submerged in the writing. This time out, it all seems too far-fetched and ridiculous. One final thing. While I loved the first book, there was one aspect that bothered me: it included children. This, no doubt, was done to enhance its mass appeal, but left it with a saccharin sweetness that I found nearly unbearable. There are two more prodigies in *The Lost World*, and as soon as they

are introduced, you know they will sneak aboard the scouting equipment that is being sent to Costa Rica. Why again? Couldn't we be spared? Doesn't Crichton realize that at this stage of the game he could publish his laundry list and sell millions of copies? In his defense, perhaps he just wants to make his work more enjoyable for younger readers. Fair enough. But he could have created characters with human flaws: flaws that make people likable. That's about all I have to say regarding *The Lost World*. It simply isn't worth spending



money on. And by the powers that be, let's hope it doesn't reach the big screen!

The Well-Read Student

by Michelle L'Heureux

Looking to do some recreational reading, but unable to commit to a long book because of your courseload? Yet, this being university, students have little time to do anything but schoolwork (unless, of course, they don't). I've come up with some suggested novels, all around 250 pages or less but ultimately as satisfying as a five- or six-hundred paged tome. These ones should not take too much out of your busy schedule.

We all remember how sweet and utterly oblivious Forrest Gump was. However satisfying the picture was, the book is even more so. At a scant 248 pages, the novel, by auteur-du-jour Winston Groom, gives us a rougher Forrest, a bigger Forrest with more inner demons than his screen persona. He's even luckier, too. (The book was written before the movie, for those of you who aren't in the know.) Besides going to war, meeting presidents, and playing world-class ping-pong, we follow Forrest on his adventures to China, Hollywood, Harvard, and even outer space. I have not laughed out loud so much from a novel since *The Commitments*.

Alice Walker wrote a superb piece of literature in 1982, named *The Color Purple*. The 251 pages consist of a diary-form narrative to God by the protagonist, Celie, and chronicles the decades of her hard, sad life. What is uplifting about the novel

is Celie's ever-increasing hope, faith, and independence from an existence which made her a prisoner. It's a truly rewarding novel, one that will force you to explore all of your innermost emotions.

The Nobel Prize-winning *Lord Of The Flies*, by William Golding, is the 223 page-turning story of a group of boys struggling for survival on a deserted island. They must survive from the elements, but also from

themselves. Their weak civilization crumbles under the strain for power, leading to an emotional and bloody climax which exposes the very darkness of human nature.

So, there you have it folks - it's not brain surgery and it will only take a matter of days to read some of the suggested pieces I've mentioned here for your literary enlightenment. Now go study, you crazy kids.

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Culinary Journey

continued from page 6

nanas, we're making tea biscuits here, not nuclear missiles) add the milk. You may need a little more or less milk. What we're looking for is a mushy dough that isn't exactly runny but is generally sticky and goeey. With floured hands take the dough out of the bowl and onto the counter (which has also been sprinkled with flour). Only knead the dough a couple of times. If you mess with it too much the biscuits will not rise as much. It pays to be lazy with tea biscuits. Next, take the ball of dough and flatten it until it is an inch thick. Cut out biscuits with

a glass, or whatever thing that will give them the shape you want, and put on a cookie sheet. Bake at 425 Fahrenheit for 8-15 mins (depends on your oven) also, be sure to put the oven rack closer to the top of the oven (this gives a hotter and more consistent heat).

There are no rules for this recipe. If you like raisins or chocolate chips, throw them in. While my instructions seem lengthy, after a few tries, it will all be in your head, and only take 15 minutes to whip up. Maybe less. You can enjoy them with jam and butter, but most importantly, have some tea, sit down, and relax while you eat them.

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Journal Staff,
You guys are pretty good on your feet, especially on thin ice. The bartender has been asking when you're coming back.

Zamboni

Jughead,
No need for a Halloween costume. Dress up the fro and it will be the scariest costume around.

Me

Fun Bobbie,
Let's play a game... I name the finishing move, you name the wrestler. Ok, here we go:

Ghetto Blaster
Ghost Buster
Scorpion Death Lock
Double Chicken Wing Souplex
The Graham Cracker
Gator-buster
Flying Burrito
Honour Roll
747
Trip to the Batcave
Snap Souplex
Look later in the fieds to find out.

Wrestlmania

Bro (Dal),
Does Bobbie ever try out any of those moves on you? If he does, tell him to look out for your big brother. All I can say is "Face Eraser from the top rope".

Bro (SMU)

Paulus,
Keep up the beef.

SteakMan

Chuckles,
Got a light?

Scoop

Virginia,
Go Ross go. See you at the poles on voting day.

From a curler in motion with one leg broken leg

Richard Nixon,
They only asked that you serve your country, not to run for president. But then again, they looked at Kennedy and saw their dreams, and when they looked at you they saw themselves.

GOP Candidate

Patriot,
Better luck next time

K.C. Fan

News,
Do you make everyone cry?

Shuttle Bus

Grumpy,
Put on a happy face... she'll be back soon.

Dopey

Football Huskies,
We'll kick their &*#@ next time. Good game guys.

#1 Fan

Liver,
Sorry to see you go, you know we'll miss ya up here. As we said before, we're only an e-mail away. Give Ontario hell. Have a good trip, and we'll see ya on the flip side. Bye.

Production

Husky Van Drivers,
What's it like... driving with the wind blowing in your hair. The music on low, yet the communication radio so loud. And wait, there it is... yet another passanger. Safety is so immediate, and the wheel of your van so free.

Gasoline

Ad Guy,
Riders on the storm.... Riders on the storm.... Girl you gotta love your man..... yeh.

Barnie and Fred

Loyola 12,
Pass the water bucket. We've just found another person in the hole. This one is alive.

Security

Master of Disaster,
I have another page for you. Please come to my office.

Production

Arts Rep.,
You dig the hole and we'll supply the body.

Dr. Love

Lawrie,
You, me, the wives, and the kids. I'll bring the beer, you bring the food.

Jiggly

Penny,
Hello. Keep in touch.

Nickel

News,
Where is it, and why didn't it happen for real.

Story boy

Hey Jen (Magic Kingdom) H.,
Call me or come up, ASAP!

A&E Editor

Pancake,
I think your batter needs beating.

Hot and Whipped

Hey Miles at Dal,
You can't hide from me. I heard about your "little problem" Talk to ya soon.

Old Workmate

Hey Screechbag,
How's business?

A&E Sister

Freak,
Hot wax on the table, crumbs in the bed; could there be anything else to a romantic evening.

Carsold

McBeth,
Will the petty pace ever speed enough to go for a joy ride.

Romeo

Lefty,
I'm every woman and I'm lonlier for you!

Venus

Riddler,
Catch you at the Dome this weekend. Is it my round or yours?

Batman

The Girl Who Sits Behind Me In EGL 202,
Your cute.

Guy Who Sits In Front

Fun Bobbie,
Here's the answers to the finishing moves:

Ghetto Blaster - Bad News Brown
Ghost Buster - Koko B. Ware
Scorpion Death Lock - Scorpion
Double Chicken Wing Souplex - Haws Funk
The Graham Cracker - Adrian Adonis
Gator-buster - Skinner
Flying Burrito - Manny Fernandez
Honour Roll - Genius L. Poffo
747 - One Man Gang
Trip to the Batcave - Bastion Booger
Snap Souplex - Dynamite Kid
Hope you got them right.

'Fied Guidelines

'Fieds (as in Classifieds) are open for personal messages for any member of the University Community. 'Fieds must be legible, and must include your name, student number and a phone number (these won't be printed!) Drop your 'Fieds off at The Journal, or send them via e-mail (journal@journal.stmarys.ca).



Mardi Gras starts this weekend and ends Halloween Night at

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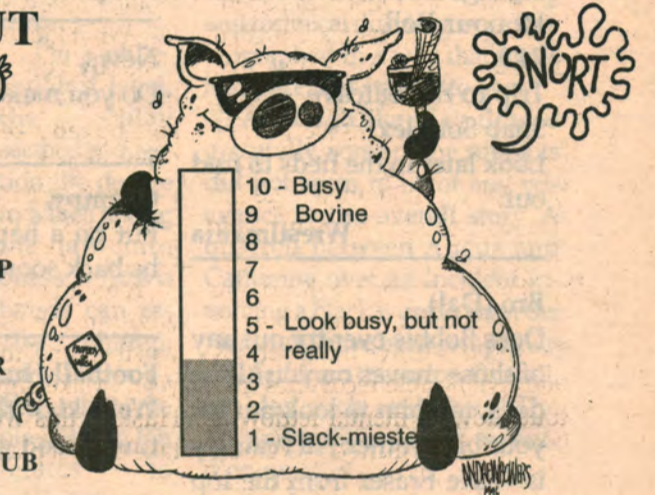
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SMUSA WORKLOAD OUTPUT CHART

(chart unavailable due to lack of work)

HEY KIDS! NOW YOU CAN HELP US RATE THOSE CRAZY SMUSA EXECS!! JUST SUBMIT YOUR IDEAS, COMPLAINTS OR GENERAL NASTY RUMORS c/o THE PIG PATROL JOURNAL OFFICES 5TH FLOOR SUB operators are standing by...



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David Lynch the cartoon

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Back to reality baby!!!

Andy's Gorsebrook Caesar Rate Card

Bartender: Tim the Tool man
 Date: Oct 15/96
 Time: 5:48 pm
 Ordered By: Andy
 Rating: 5.5/10
 Comments: tip given 50¢
 Let's just call Tim, "Mr Tobasco 96" I'm still drinking water. However the lack of lime was dissapointing. A rookie effort with sad results.

Ingredients

Clamato	<input checked="" type="checkbox"/>
Vodka	<input checked="" type="checkbox"/>
Celery	<input checked="" type="checkbox"/>
Lemon	<input checked="" type="checkbox"/>
Celery Salt	<input type="checkbox"/> Kind of!
Tobasco	<input checked="" type="checkbox"/> Holy shit Hot stuff.

Huskies Drop Heartbreaker

by Signa Butler

An ugly game was lost. A gentleman's bet was won. The Saint Mary's football team lost to a pesky Acadia squad 34-33 in overtime this past Saturday at Huskie Stadium. SMU had leads of 16-0 after the first quarter and 24-6 in the third quarter. Despite this, they were unable to capitalize on turnovers and faltered to only their second loss of the season.

Meanwhile, in the corner of Huskies Stadium, two courageous young men, Jock MacDonald of Acadia and Chris Manette of SMU, took in the action making friendly wagers on the game. MacDonald is the Acadia defensive lineman who was left paralyzed after a hit during training camp in September. Manette, a first year wide receiver from Queen Elizabeth High School in Halifax, watched his teammates for the first time since undergoing emergency brain surgery to remove a tumor over a week ago. While Jock won the bet, both men were the true winners on Saturday. Back to the turf.

The real story behind the game was the turnovers. Instead of turning the five interceptions and five fumble recoveries into touchdowns, mental letdowns and a determined Axemen defense forced SMU to kick field goals.

Early on, the game seemed to be going SMU's way. On the first play from scrimmage, speedy running back Ray Skeete

scorched his way through a stunned Acadia defense for a 61 yard touchdown run. Fifth year kicker Mark DallaRiva booted home three field goals, including two 45 yarders to put SMU up 16-0. Acadia's Jason Williams finished off the half's scoring on a 66 yard punt return. Perry Marchese made a 24 yard connection with James Macpherson early in the third quarter to put SMU up 23-6. DallaRiva would go on to kick another field goal, and Acadia would have two more TD's by Pat Duff and Paul Donkersley to tie the game up. With 30 seconds left in regulation, DallaRiva missed a crucial 32 yard field goal and both teams were off to their second overtime meeting this year.

While DallaRiva would put the Huskies up by six (field goals from 27&26 yards), overtime would prove costly for the Huskies. What looked like good coverage by converted defensive back James Macpherson was not so. Speedy receiver Aubrey Cummings hauled in a 33 yard pass from Scatcherd to tie up the game at 33. William Godfrey had the convert to make it 34-33.

A tough loss for the Huskies, who can still finish first if they win their final three games of the year. Make sure you catch the Huskies this weekend as they take on first place St.F.X. X-men.

'Hits and Misses'

Chris Merritt, who was ejected for unsportsmanlike conduct in the first overtime, had two interceptions while Mark



DALLA RIVA COMPLETED SIX OF NINE ATTEMPTED FIELD GOALS THIS PAST SATURDAY WHICH ACCOUNTED FOR OVER HALF OF THE HUSKIES POINTS

Preyma and Dan Bossett had the others...no one can argue that Ray Skeete is a talented running back, but when the team is third and short in the second quarter why was the ball not given to offensive powerhouse James

MacPherson(229 total offensive yards) or to hard nosed full back Glynn Hall(84 total offensive yards). Surely with 3 yards to go, a team wants to drive its way into the end zone...Great job by the offensive line who gave QB

Perry Marchese ample time to connect with his receivers-Kameka, Trudel and McAndrew. These three, particularly Kameka, should see the ball a lot more.

Running Circles Around X

by Joe Rogers

This past weekend while the rest of us were at home dining on turkey and stuffing, our cross-country team traveled to St.F.X. for a day of racing. This race has been notorious for it's poor conditions and was described as "soggy at first and a mud pit by the end of the race". Jeff Gorman continued his

march towards AUAA rookie of the year honours with a strong race that saw him lead most of the way before settling for a third place finish in a time of 22.15 for the 6.9 km race. Chad Decker edged out Kurt Bannister as they finished 21st and 23rd respectively. After the race, a pleased but exhausted Bannister commented that "We are all learning the little things and pushing each

other harder to win".

On the women's side, Joanne Doucet lead the troops with a 13th place finish in a time of 19.10 over 4.6km. Joanne is emerging as the leader of the team and is getting mentally tougher with each race. Maureen Maynes continued her improvement finishing in a time of 23.16.

Alumnus And Athlete Loses Battle With Cancer



David White, B.A. (Honours) '73, passed away on Friday, October 4, 1996, after a courageous battle with cancer. Whitey, as he was affectionately known by his friends, arrived at Saint Mary's in 1970 from St. Catharines, Ontario, as

a mature student. A former captain of the football Huskies and member of the '73 Vanier Cup champion team, Dave was an inspirational leader to all who knew him. After graduating with an honours degree in English, he began a distinguished career with Correctional Services here in Nova Scotia. He is survived by his wife Ann, daughters Kathy, BA '93, Robin and Susan.

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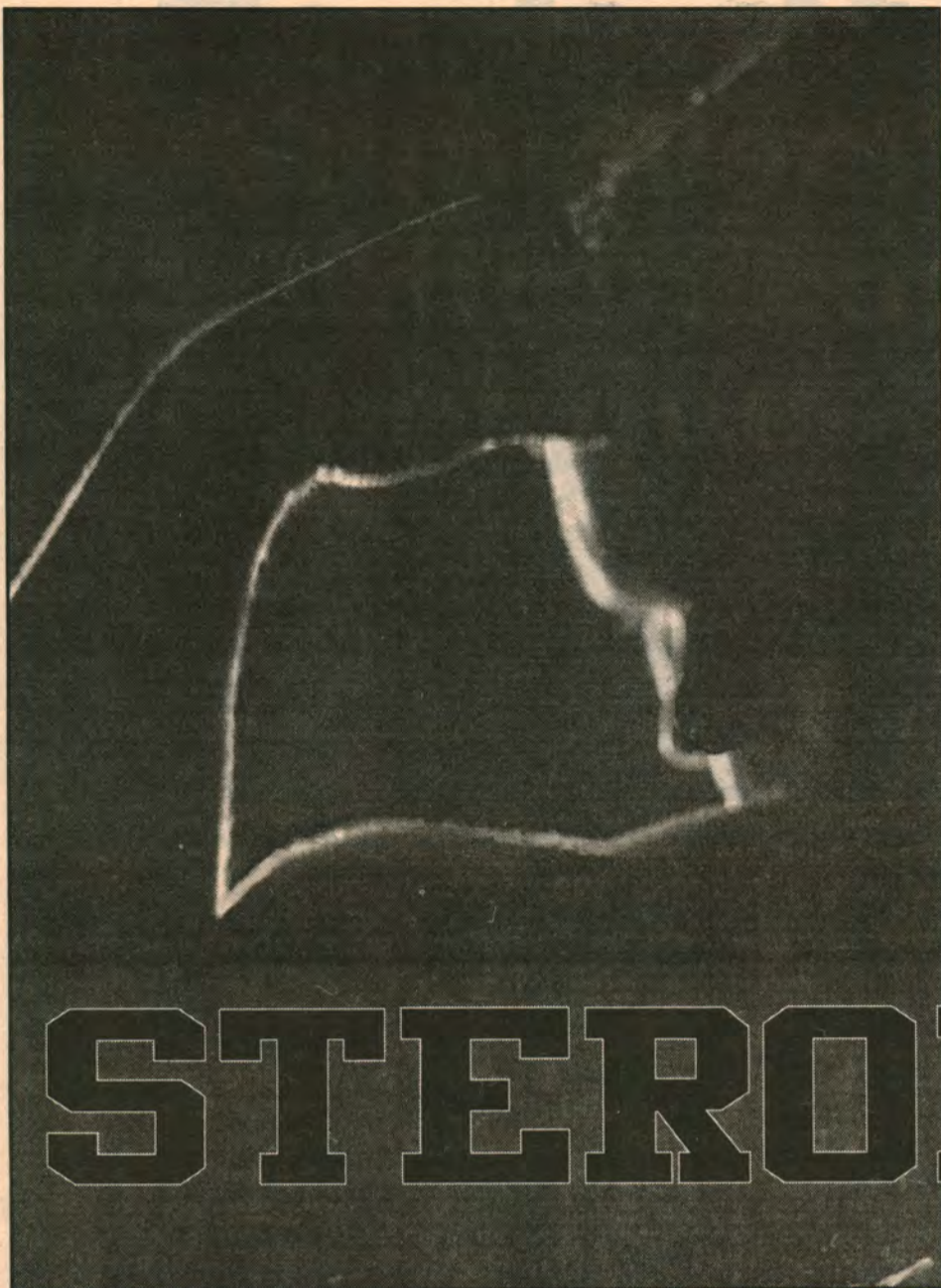
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STEROIDS 101

by Paul Meek & Journal Staff

Juice. 'roid Rages. Andro. Horse Juice. The issue of steroids has been barreling throughout the AUAA for the past several months - beginning with the summer suspension of a Saint Mary's player, and culminating in the chaos that has become the Mount Allison football program. But what are the drugs that so draw athletes, and in some cases result in the

Commonly used alternatives for steroids:

- Clenbuterol** - A veterinary drug used to promote muscle growth in exhibition livestock.
- GHB** - A new drug that depresses the nervous system and induces sleep. (Carries a high risk of coma and seizures, even in small doses)
- HGH** - Obtained from human remains. No proven benefits. Can result in acromegaly, or Frankenstein Syndrome. Lyle Alzado, who died from steroid abuse, claimed this was the drug of choice for many athletes.
- EPO** - Used among marathon and long distance runners. Causes the blood to clot and become the consistency of Jello.
- Also used "would-be" enhancers:**
- Chromium
- Caffeine (large doses are grounds for disqualification by the International Olympic Committee)
- Thyroid drugs
- Aspirin

end of a career?

Anabolic steroids are synthetic compounds that resemble the natural male sex hormone testosterone, which causes two different reactions in the body: an anabolic effect, which stimulates growth, and an androgenic effect, which increases male sexual characteristics.

Steroids have unfortunately been a hot topic in sports since Ben Johnson tested positive at the Seoul Olympics - for the veterinary steroid, Winstol-V.

Steroids are molecules that occur naturally in the body and are carried around the bloodstream as messengers. Their most important messages tell the body to increase creatine phosphate synthesis and

protein synthesis. These two reactions are essential to muscle training. (Creatine phosphate is a short-term energy restorer which allows the muscles to contract for more than a few seconds. The more CP that is available, the more muscular work you can do, thus training harder and building more muscle.)

There are two different ways in which steroids can be taken, orally or by injection. Tablets, like the steroid Dianabol, are constructed to have short life spans and are broken down all at once. Because of this, they put tremendous strain on the liver, which must destroy the entire dosage in one day. Orals are often used in conjunction with injected steroids.

Injectables themselves come in two different forms, oils and waters. Oils are a long acting type that are usually injected into the buttocks and are broken down over time. Waters are also injected into the buttocks but work a lot faster and are eliminated much quicker.

When the steroids are introduced to the body the testosterone levels rise rapidly to the point where the levels are ten times greater than normal. As this happens, the brain stops producing the testosterone that is necessary for the body to function properly.

Steroids do many different things when being used. The most obvious thing is that they can increase muscle mass. On top of that, they increase strength, help training, and reduce recovery time after training.

All this sounds fine and dandy but the reality is that these short term effects are dwarfed by the side effects that usage can

cause. When men take steroids there are some long term effects that can take place. Infertility, growth of breasts, and shrinking of the testicles are just a few of the things that can happen.

With women, it can cause growth of body hair, deepening of the voice and enlargement of the clitoris.

To date, the overall side effects caused by steroids has not been fully determined, but they negatively affect the cardiovascular

system, testosterone production, liver and neuro-logic functions - including jaundice, peliosis hepatitis, hemorrhaging, and the possibility of liver cancer. Prolonged use can also lead to changes in the clotting mechanisms of the blood, and in blood sugar. Increased use also leads to body fat buildup.

Steroids possibly have their big-

gest impact on the brain. They cause a marked increase in the level of cortisol, the body's major stress hormone, and lead to temporary mental problems, including mood swings, delusions, paranoia, and violent impulses - also known as "Roid Rages."

Some of the most common side effects are not as serious in nature as those listed. Users may experience muscle cramps and spasms, loss of appetite, burning of the tongue, gagging, vomiting, diarrhea, constipation, headaches, nosebleeds, dizziness, faintness and skin irritations.

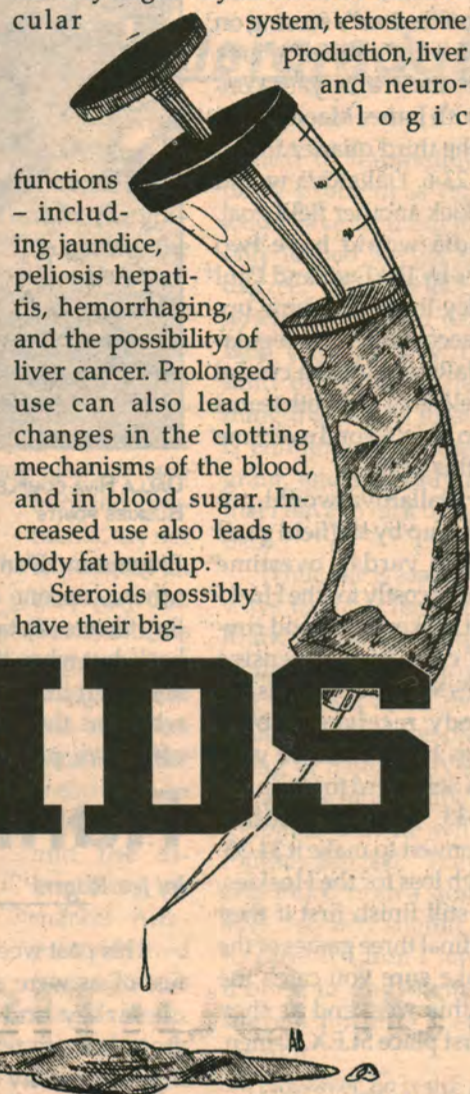
"Bury Me Massive" was the chant of the University of South Carolina's football team a few years back, and steroid use has often been stereotyped to football players, weightlifters and bodybuilders, but new research suggests that this is far from true. Instead, most heavy steroid users are middle class white males, 35% of which do not intend to par-

ticipate in sporting events. Of the high school age users, 26% cited personal appearance as their primary motive for the drug usage. Psychologists and Doctors are labeling the phenomenon as "reverse anorexia" - in many cases alluding to the images splashed throughout advertisements and magazines.

Taking steroids is a decision that a person takes because they only see the good in it. Is it that their priorities are out of whack or do they just not realize what they are getting into? Diane St-Denis is the CIAU Doping Control Contact and she feels that, more often, "it is a question of ethics."

St-Denis explains that upon competing for Saint Mary's University, each athlete is required to attend a seminar to educate them about these things as well as to let them know what prescription and over-the-counter drugs to be aware of. Each athlete receives a booklet about this as well to further remind them about the 'right' decision to make. This is where the question arises. Where is the problem? The athletes know that what they are doing is illegal. They know about all of the side effects, both long and short term.

Who is to blame for something like this happening? Some people point the finger at the coaching staff, but many would disagree. The fact of the matter is that all you can do is educate and encourage these athletes not to do it. Once that is done, all you can do is hope that they decide not to. The problem still exists, and some say that it always will. If this is the case then should it be regulated. Many argue that there is no real difference between 'roids' and the powders that you can buy. Is there a difference between that and working out a lot more and more consistently. Are these people trying harder to achieve a certain goal or are they cheating? If they are cheating, who is it that is getting cheated; themselves, their sport, the program in which they are involved. Getting involved with steroids is your decision but if you choose to do it, be sure that you know what it is that you are getting yourself into.



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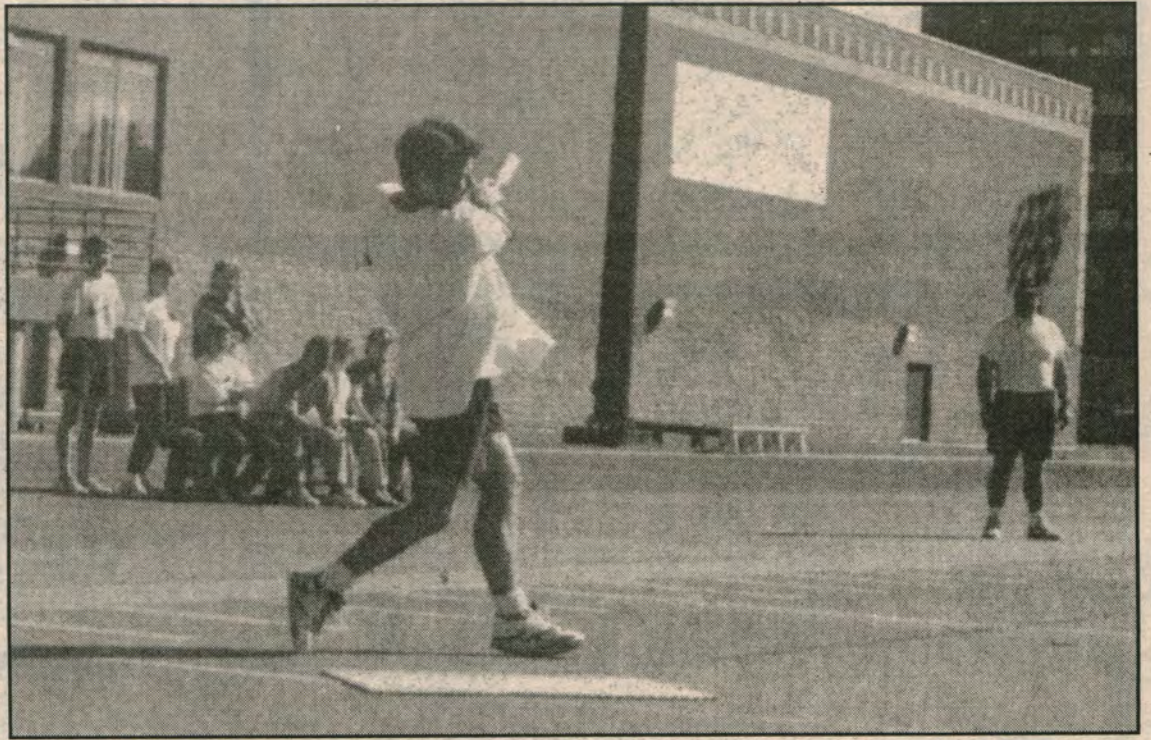
Student, Staff & Faculty Softball Tournament

The Saint Mary's University Softball Tournament has been going on since 1990; during the early years the tournament centered around SMU Community Week activities. The teams participating are made up mostly from Students, Staff and Faculty members of the university. It is not necessary that players be from the same depart-

ment, however, any 'turn-coats' are normally banished by their fellow employees. For four years straight the Physical Plant Department won the tournament; there was some concern from other members of the university community that

although the Physical Plant had a good team, they only had men on the team. Therefore, a few years ago the tournament organizer implemented some basic rules, 1) a team must field a minimum of three females and 2) no more than two men may bat consecutively. These rules have since evened up the teams. This years teams consisted of the International Center & Friends, Student Services, Business Office, and Physical Plant. During the first round of play this year the team from Student Services finished in first place, therefore, they were scheduled to meet in a best two-out-of-three series between the teams finishing 1st and 4th(International Centre & Friends. The 2nd(Business Office) and 3rd(Physical Plant) teams will also met to decide who was to go on to the finals. The two teams with the most wins/points would play in the finals scheduled for Oct. 7-9.

The semis saw the Business Office beat the Physical Plant on Friday, October 4. Earlier in the



ANDREW BARBOUR/JOURNAL

THE ANNUAL SOFTBALL TOURNAMENT WAS ONCE AGAIN A "BIG HIT" ON CAMPUS THIS YEAR

week, the team from Student Services won their series against the International Centre & Friends.

The championships were scheduled for October 7-9. On

the 7th, the Business Office showed some real determination as they embarrassed Student Services by a score of 9-3. Defense was the name of the game on Day 2 as Student Serv-

ices shutout the Business Office with a 2-0 victory. The championship game was played last week, but as of yet the final result is still a highly guarded secret.

Past Winners Of The Tournament

- 1990 The Tower
- 1991 Physical Plant
- 1992 Physical Plant
- 1993 Physical Plant
- 1994 Physical Plant
- 1995 The Tower

Intramural Corner

MEN'S TOUCH FOOTBALL

Air Attack 19 - MBA 0: Aaron Kane, Mike Davis and Jami Casey scored touchdowns and Jeremy Joderie was steady at quarterback as Air Attack improve to 1-1. MBA's fall to 0-2. Kilted Yaksmen 32 - Beernuts 0. Leading scorer Joey Kozier had an interception and two touchdowns as the undefeated Yaksmen (2-0) defeated the Beernuts (1-1). Bay Packers 12 - Greasy Pigskins

7: Despite three interceptions, the Greasy Pigskins (1-1) lost to division rival Bay Packers (2-0). The Packers got touchdowns from Jason Murphy and Ryan O'Handley. The Pigskins kept floundering from one offensive possession to another due to some less than inspiring leadership from any one of the quarterbacks they had. On the one pretty pass they did manage, wide out Doug Mollon dropped the ball like a bad habit.

WOMEN'S TOUCH FOOTBALL

On October 8th the Cougars defended their undefeated title. This team is definitely the team to beat in the league this year. No other team has even scored on the Cougars. The Bruisers suffered their first loss against the Cougars with a score of 30-0. The Bruisers came back in their next game against the Cannons with a score of 30-0.

Standings:
Cougars 12pts

Bruisers	7pts
Lions	5pts
Cannons	5pts
Bombers	3pts

MEN'S SOCCER

Titanic Terranium vs Internationals - Internationals win contest 4-1 in penalty kicks. 22 Chopsticks vs Internationals - Internationals win contest 4-2 in penalty kicks. Internationals advance to the Final versus Homebrew.

MEN'S SOFTBALL

Even on a good night, the 19th Bucket Butts cannot win a game. These guys were used as practice by the Beer Nuts and the Wild Bolognias. Like expected, Highlight Reel are destroying everything in their way, shooting down the Beer Nuts and killing Doors of Perception. Let's not forget our boastful friends the Grape Smugglers who started the season so good; they lost 2 games, their recent one to the MBA's. The expected stars for the team, Andre and Tyler, are not working their magic. They were hard on the ump and even harder on each other, Moosehead Marauders and Boots' Boys gave it their best and the game resulted in an 8 all tie. Chuckles and the Rippers found their second win when they came up against the runless Rice Runners.

Upcoming Games:
Monday, October 21 - 8pm MacKenzie Detox vs Boots' Boys; 10pm Grape Smugglers vs Beer Nuts.
Division A
Hits Leaders and Team Steve Hatherly, Wild Bolognias - 10 hits
Marcel Dionne, Beer Nuts - 9 hits
Tyler Waugh, Grape Smugglers - 8 hits
Division B
Hit Leaders and Team Corey Mosher, Moosehead - 9 hits
Adam, Moosehead - 8 hits

HUSKIES STADIUM

Football Sat., Oct. 19, 2pm

StFX @ SMU

Field Hockey

UNB @ SMU Oct. 19, 5pm, Oct. 20, 12 noon

Men's Soccer

UPEI @ SMU Sun. Oct. 20, 4pm

Women's Soccer

PEI @ SMU Sun. Oct. 20, 2pm

HOMECOMING WEEKEND



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Mens Softball Division A

	W	L	T	RF	RA	Pts.
Highlight Reel	5	-	-	65	15	15
Doors of Perception	3	2	-	44	50	11
Beer Nuts	3	1	-	44	23	10
Grape Smugglers	2	2	-	39	28	8
MBA's	3	1	-	28	31	10
Wild Bolognies	1	4	-	37	67	7
19th Bucket Butts	-	5	-	33	74	5

*Both 19th Buckets and MBA's have defaulted one game

Mens Softball Division B

	W	L	T	RF	RA	Pts.
Mackenzie Detox	4	-	-	51	34	12
Boots' Boys	3	-	1	33	18	11
Moosehead Marauders	2	1	1	62	29	9
Chuckle & the Rippers	2	2	-	29	45	8
Rice Runners	-	3	-	29	58	3

*Rice Runners has defaulted one game

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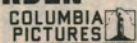
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