



THE JOURNAL

since 1935

SAINT MARY'S UNIVERSITY • HALIFAX • NOVA SCOTIA

Volume 64 • Number 22 • March 17, 1999

Huskies AUAA champs

Taussig top dog as Saint Mary's advances to national basketball championships

by Michael Isaacs

The Huskies prevailed in grand style this weekend. It was a ride that began with a win over their arch-rivals the Dalhousie Tigers, and ended with their first AUAA championship since 1992.

The Huskies were out looking for revenge after losing to the Tigers last year in the first round. Saint Mary's was not about to give the chance to the Tigers again as the Huskies came out swinging, shooting a remarkable 66.7 percent in the first half.

Jonah Taussig earned the player of the game award, playing with determination and shooting the lights out with 22 points, dishing out eight assists, stealing the ball from the slippery paws of the Tigers seven times and grabbing five rebounds to boot. His play was highlighted by his stellar

defense as he was relentless in his pursuit to get his hands on the ball and make plays.

Patrick Toulouse played a huge part in the paint, plucking eight balls off the glass, tossing in 17 points and blocking two shots. It was his play down low that really helped give Saint Mary's a boost. Kurt Henry also played well in the game, nailing down 18 points, bringing down seven rebounds and stealing the ball once.

Saint Mary's put an exclamation point on the victory late in the second half when Taussig zipped a no-look pass in to the post for a streaking Ryan McClintock, who hammered down a two-handed jam.

With the win over Dalhousie the Huskies advanced to the finals to play against defending champions Acadia.

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PHOTO BY TIM MACPHERSON/THE JOURNAL

HOW SWEET IT IS! HUSKIES COACH ROSS QUACKENBUSH CUTS DOWN A SOUVENIR FROM THE HUSKIES AUAA CHAMPIONSHIP VICTORY. THE SAINT MARY'S HUSKIES DEFEATED ACADIA 81-62 TO WIN THEIR FIRST CHAMPIONSHIP SINCE 1992. THE HUSKIES WILL COMPETE THIS WEEKEND FOR THE NATIONAL CHAMPIONSHIP AT THE METRO CENTER. THEIR FIRST GAME WILL BE FRIDAY AT 7 PM VS WESTERN.

Viagra okayed in Canada

by Natasha Oakes

Just recently, a truckload of Viagra was highjacked while transporting the drug from the States to Canada.

The police are looking for a group of hardened criminals.

The last "wonderdrug" of the 90's, Viagra, has just been approved in Canada. This means that impotent men across the Great North will now be able to acquire the little blue pill that men south of the border have already been prescribed in the millions.

While this may mean more Viagra fodder for comedians, it means something much more to men who suffer from sexual inability. Viagra, or sildenafil citrate, allows men to regain erections and perform sexually by enhancing the effects of one of the chemicals the body normally releases into the penis during sexual arousal. It is estimated that around three million Canadian men suffer from impotency, with almost half being men over the age of 40. Three million may seem a bit high to some people, though. That number is based on American figures. And since there are roughly ten times the

people down there as there is up here, well, that number could be closer to 300,000.

Regardless, with this being a fairly common health concern, there is no reason to suspect that incidence rates are any lower for Canadian men than for American men. Last Tuesday, Pfizer Inc., the company that manufactures Viagra, announced that Canadian pharmacists will be able to prescribe the drug by the end of this month. It will cost \$12-\$13 per pill plus whatever the pharmacy charges for its dispensing fee. And Health Canada has given it their approval for prescription.

Since its debut, Viagra has been touted as a great method of curing male impotence. In the U.S., approximately 200,000 doctors have prescribed the drug to over seven million customers. And that's only since March of 1998. Viagra has been an alternative to past remedies for impotence, including self-injections. It is figured that around 70 per cent of men who take the oral drug will find it works just fine.

According to the experts, Viagra is basically a very safe drug. But it is warned that men

taking nitrates for cardiac disease like angina, should steer clear of it. Several deaths in the States have been linked to Viagra being taken in conjunction with nitrates. Pfizer is ensuring that Canadian Viagra packaging will be labeled with warnings related to the cross use of the drugs. Men considering taking the drug should always consult their physician beforehand, whether they have a heart condition or not. Many Canadians have been trying to get Viagra over the Internet and on the black market, without the proper physical exam, since

the drug's release in the States about eleven months ago.

Viagra has already been approved in 70 countries around the world to treat impotence in men. Though preliminary studies of the drug on women who have "lost that lovin' feeling" have been conducted, there is still no definite word on whether it is useful or safe.

Male impotence occurs in larger numbers as men age, but approximately one in ten will suffer a serious impotence problem around the age of 40. Viagra treats complete erectile

dysfunction, the inability in attaining and maintaining an erection, lasting for at least three months. Illness; drug and alcohol abuse, and also psychological problems can bring this on. Men falling into that last category may not find Viagra helps them much. Viagra begins to take effect on the patient usually one hour after orally ingesting it. There are side effects, including some blurred vision and temporary facial flushing. But after regaining one's sexual potency, wouldn't these reactions be normal?

**WHAT'S NEW THIS
WEEK WITH**

SMUS

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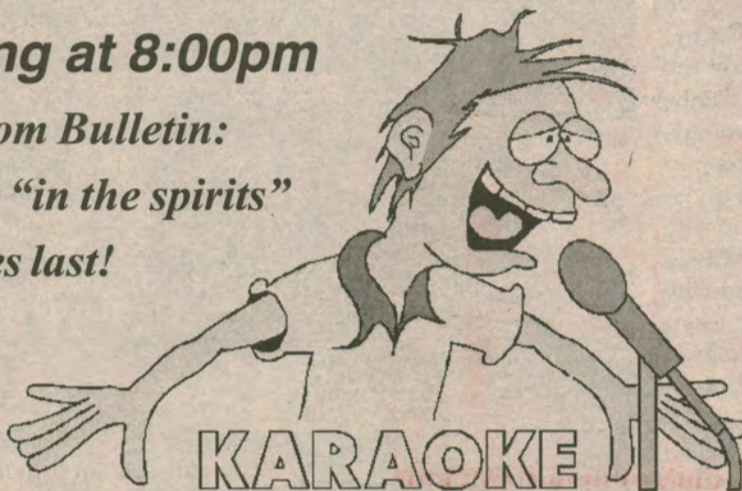
**WHAT'S GOING ON
IN THE ...**



St. Patricks Day Party in the Pub

Karaoke starting at 8:00pm

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OPEN MIC NIGHT

**Wed, March 24th
Last Open Mic
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Thursday, March 18 - NO COVER**

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|------------------------------------------------------|---------------------------------|
| <i>Summer Positions:</i> | <i>1999-2000 Academic Year:</i> |
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| - Deadline is March 26, 1999 | |
| - Applications available on the 5th Floor of the SUB | |



Husky Patrol

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Government bending over for banks, say student reps

New proposals vague and harmful to student population says SMUSA president

by Julie Clow

Some proposed changes to the Nova Scotia student loan program have two of Saint Mary's student executive looking for answers from the province's Education Minister on why government are "bending over backward for the banks."

Saint Mary's University Students' Association President, Trevor O'Brien and Director of External Affairs, Rose Tchwenko have set up a meeting with Education Minister Wayne Gaudet for early next week. At that meeting, the two plan on questioning the proposals outlined in the "Student Assistance in the New Millennium" discussion paper that was sent out by the provincial government.

"When I first looked at the paper it seemed there was no strong representation from our government for our students," said O'Brien. "It is unfortunate, but it looks like they are treating students like transactions."

In the meeting they are going to have with the Education Minister, O'Brien said he would like to ask him one question in particular. "Why don't you try to do what we have to do with the cost of tuition that you put upon us?"

Some proposals outlined in the paper include changes to eligibility requirements to the programs.

"Moreover, as students have increasingly taken advantage of the availability of public funding to support their access to PSE (Post-Secondary Education), particular questions have arisen which challenge the sustainability of the program," reads the paper, which was published in

March of this year.

These questions include: how long students should be allowed to continue to receive public funding; how many degrees a student should be financed for by government funds; should students have to report certain results of their studies while still in school to prove their success rates; how much debt is reasonable for one student to pay back contingent on what career they may end up with according to their

area of study; and how long is reasonable for a student to be expected to pay back loans.

O'Brien finds some of these questions particularly troubling. He said some students are forced to work a part-time job while in school, and therefore could not possibly take a full-course load. "These students are left out in the cold," he said.

In addition, the study examines what can be done about default rates in the province.

A defaulted loan is any loan that is 90 days or more in arrears. A comparison that has been used by critics of the loan proposal has been that a student loan is something like a small house mortgage, but the default rate on a mortgage is much longer than 90 days.

One area the study looks at is the definition of full-time

study. At present, full-time study is defined as 60 per cent

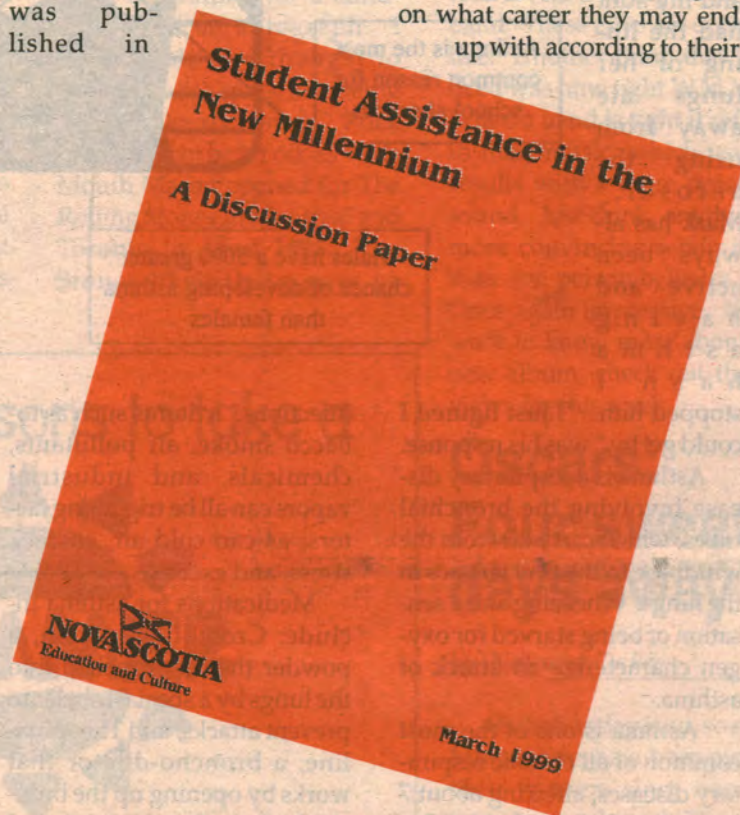
of a normal course load. However, the government is looking at the option of increasing that

definition requirement to 80 per cent. "Is it reasonable to expect that some of the categories of students who begin taking three courses in their first two years should later be expected to take 80 per cent or 100 per cent of a full course load, thereby, on average, completing their program of studies at the same average rate as other students?" proposes the study.

"If I represented a bank or the government, this plan would be great because it puts the ball in the bank's corner and the government believes this 'band aid' will be enough," said O'Brien.

"Why don't you try to do what we have to do with the cost of tuition that you put upon us?"

Trevor O'Brien
SMUSA President



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by Lea Lamoureux

What's Up

SMU Literary Talent

The SMU English Society presents Branches, a literary anthology of poetry and short stories by SMU students on Friday, March 19th at 6:30pm in the Art Gallery. The dress is semi-formal to casual and all SMU students are welcome.

Gambia Presentation

SMU President, Dr. Ozmon is hosting a drop-in information session regarding The Gambia. Pictures and a video will be presented at the Courtside Lounge in The Tower from 3-4:30pm on March 23rd.

Interested in an MBA?

There will be two MBA information sessions this week. Here's a chance to ask questions and find out general information about the program. Thursday March 18th, from 6-7 pm in Loyola, room 281 and on Friday, March 19th from 2-3 pm in the Sobey Building, room 265. Anyone interested is welcome.

Lunch and Learn

Days Against Discrimination is a lunch time series in the SMU art gallery. A series of lunchtime talks from 12-1pm include a number of topics. One to check out Discrimination: What it is, When it starts. Being presented on Friday, March 19th by Karen Larsen, with support from the Atlantic Center.

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Asthma is more than a children's disease

by Jennifer Pratt

Mark Allen Axhorn is an arts student at Saint Mary's. He is on the Huskies football team, and he lives in family housing. He is originally from Edmonton, Alberta, and he suffers from asthma.

"In retrospect, looking back, I knew as a child while I was doing the paper route, that I had asthma. I would be dry and spitting up or I would try to swallow and gag," said Mark, who has played sports since high school and wants to play pro-CFL football.

Mark went to the doctor when he was sixteen and was subsequently sent to a specialist. Once diagnosed with asthma, he was given an inhaler. He used the inhaler for two years. "I have the main problem with smoke. I get a bad reaction when I go into a bar and when I worked at a bar.

I would be wheezy and coughing for half of the next day. The coughing is similar to throwing up," he explains. Mark says that since he has lived in Nova Scotia, his asthmatic condition has improved. "It depends on the season and where you live. Pollen can aggravate asthma. Edmonton has a dry climate, and especially in southern Alberta, where the climate is semi-arid." Mark experienced the climatic conditions when he attended Left Bridge University, which is south of Edmonton. He has been sick for the last month due to pneumonia. "It takes longer for you to get better, and you are more susceptible to illnesses," he says.

Mark was stabbed out west and his lung collapsed. His lung has still been healing the last four games he has played at school. He was recently given an inhaler to get his lungs back in shape with a cortisone

steroid, which has to be taken for ten days. Mark uses the powdered form instead of the aerosol form, "You suck it out and it's really gross. My aunt and sister both have asthma and my aunt had the lining of her lungs ate away from using the aerosol." Mark has always been active and having asthma hasn't

stopped him. "I just figured I could get by," was his response.

Asthma is a respiratory disease involving the bronchial tubes, which carry air from the windpipe to the tiny air sacs in the lungs. Wheezing and a sensation of being starved for oxygen characterize an attack of asthma.

Asthma is one of the most common of all chronic respiratory diseases, affecting about 7 percent of the population. For reasons that are not clearly understood, the incidence and severity of asthma is increasing in the United States, especially among the economically disadvantaged who live in urban areas.

Asthma results from hyper-reactive bronchial tubes. In asthma, the bronchial tubes react to certain stimuli in three ways: the inside lining of the tubes swells; the muscles surrounding the tubes contract, reducing their diameter; and an excessive amount of mucus is produced, blocking the air passages. In normal lungs, this type of reaction protects against potentially harmful inhalants. In asthma, however, the reaction can be brought on by allergens such as pollens, molds, animal dander, house dust, and foods. It can also originate with or be aggravated by respiratory

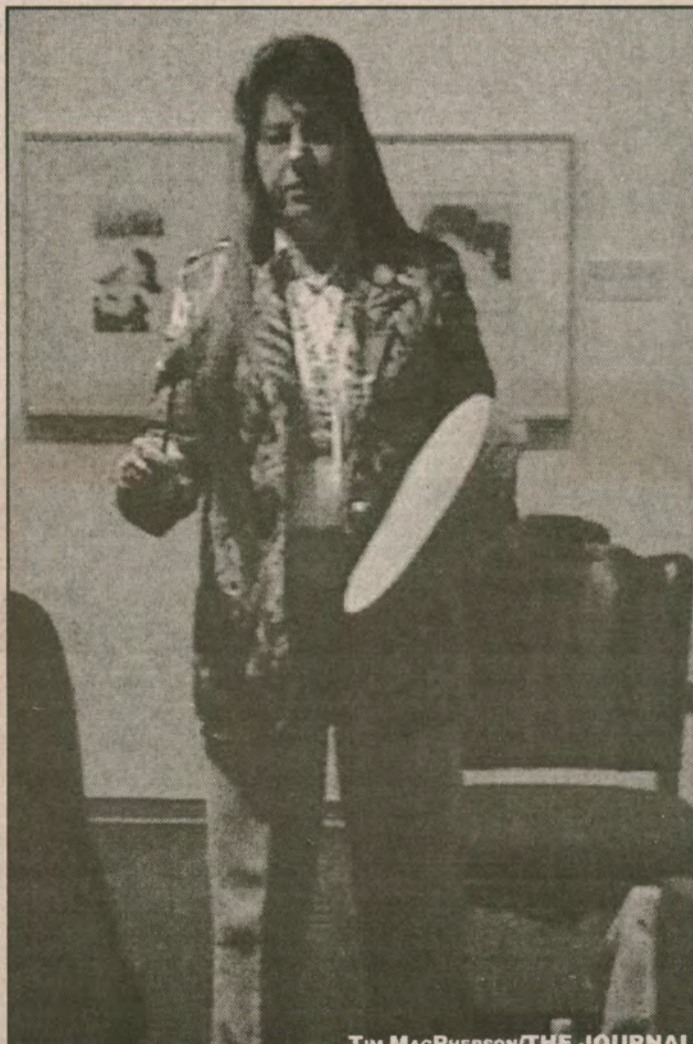
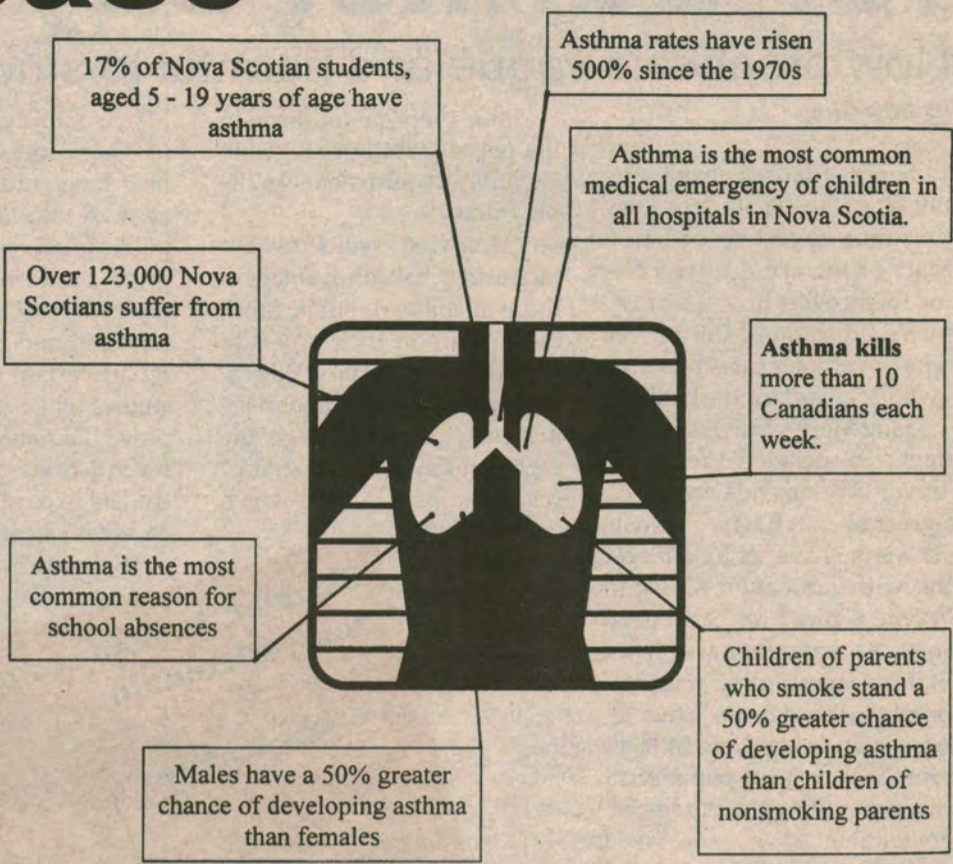
infections. Irritants such as tobacco smoke, air pollutants, chemicals, and industrial vapors can all be triggering factors, as can cold air, anxiety, stress, and exercise.

Medications for asthma include: Cromolyn sodium, a powder that is propelled into the lungs by a special inhaler to prevent attacks; and Theophylline, a broncho-dilator that works by opening up the bronchial tubes. Beta agonists and Corticosteroids are two others.

Asthma usually does not lead to permanent damage, but a severe attack can be life threatening. A prolonged, severe attack of asthma can develop into a condition called status asthmaticus, which can

lead to death. A spirometer, consisting of a mouthpiece and tubing connected to a recording device, measures the volume of air expelled from the lungs, and the amount of resistance to airflow in the respiratory tract while the air is being expelled.

Things can be done to avoid asthma: 1) Eliminate as many irritants and allergens from the environment as possible, 2) Don't smoke, and avoid being in the presence of smokers, 3) Stay indoors during periods of high air pollution or when it is very cold, 4) exercise regularly but avoid high-endurance activities such as long-distance running. Swimming or brisk walking are excellent choices for persons with asthma.



TIM MACPHERSON/THE JOURNAL

"FREE TO BE ME" AUTHOR MAXINE KNOCKWOOD (SHOWN HERE) HELD A PRESENTATION IN THE SAINT MARY'S UNIVERSITY ART GALLERY ON TUESDAY AT NOON AS PART OF THE LUNCH-N-LEARN SERIES. THIS PRESENTATION WAS FROM AN ABORIGINAL PERSPECTIVE AND WAS SPONSORED BY THE OFFICE OF THE VICE PRESIDENT OF ADMINISTRATION. IT WAS PART OF THE SAINT MARY'S DAYS AGAINST DISCRIMINATION "CELEBRATING OUR DIFFERENCES" ACTIVITIES WHICH ARE RUNNING FROM MONDAY TO FRIDAY, MARCH 15TH TO MARCH 19TH.

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Où?
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Wonder drug?

After a year of talk show punchlines, parodies and its own genre of one liners, skits and misconceptions, the little blue wonder is now legal in Canada.

With the announcement last week that the prescription sale of Viagra has been legalized, the Canadian government has endorsed a much-anticipated option to those males with erectile dysfunction.

Viagra was not - despite popular belief - named to conjure images of the forceful flow of the similarly named body of water, Niagara. It has been approved in over 70 countries worldwide and became part of pop culture with its acceptance in the United States last spring. The circus surrounding its approval has ranged from late night punch lines to entire web-sites dedicated to Viagra inspired humour. Republican Presidential nominee Bob Dole has even been recruited as an unofficial spokesperson, doing television advertisements and speaking engagements.

With the public joking aside, the question arises: What does the approval of Viagra, clinically known as sildenafil nitrate, mean to the population of Canadian men who will benefit from its use?

This is not a wonder drug. Despite what comedians will infer, taking this drug for an erectile dysfunction does not mean individuals will experience inflated libidos, leap tall buildings in a single bound, or be denied the pleasures of wearing track pants in public.

What Viagra does is enhance one of the chemical effects which normally occurs during sexual arousal, improving bloodflow and an individual's ability to achieve and sustain an erection. Experts say any increase in libido is explained as a product of the male's increased confidence in erectile performance, not a chemical side effect of the drug.

Viagra, was approved by Health Canada following extensive testing, will be available through prescription. The approval comes to the delight of many Canadian men who have only had access to the drug through the black market and the internet.

In studies performed in the United States, the drug has achieved a general success rate of between 70-90 per cent of those treated. Besides offering proven benefits for those suffering from organic dysfunction, some individuals who suffer psycho-genic dysfunction may actually benefit from the hype surrounding the drug's approval. Some clinicians state that the individual's faith in the ability of the drug could remove the mental barriers that inhibit performance. However, these effects are short term and there is a lack of systemic studies to verify the definitive effects on psycho-genic impotence.

Initial studies into the effects of Viagra on post-menopausal women with sexual dysfunction show limited to no success, but research continues.

A concern of many was the possibility that individuals could become dependant on the drug. However, officials state that, unlike certain narcotics, Viagra will not require steadily increasing doses to sustain the effects. Also of continuing concern is the proliferation of Viagra on the black market, with people who don't require the drug using it for recreational purposes. Health care officials maintain that individuals should consult their physicians beforehand, and also warn that taking Viagra in conjunction with nitrates has possibly lead to deaths in the United States.

So where does this new drug leave us and why is it even important? There have always been avenues to address male sexual dysfunction - self injections and implants to name a few - but Viagra will apparently be the road most traveled.

Man's relationship with their sexual organ is well documented. The penis symbolizes virility and is the delivery system for man's chromosome paternity package. So whether it is for procreation or recreation, a man's ability to function sexually is something inherently consequential to the male existence and humanity in general.

So after all the laugh tracks have quieted and there is another mainstream event occupying the attention of the masses, the public will be left with another drug and one definitive fact.

Viagra will help many people overcome sexual dysfunction and allow them to again enjoy what comes naturally.

T.W.

Patrol patronage?

Dear Editor,

This letter is to inform SMU students about the process that was used in the hiring of the Husky Patrol manager for 1999-2000.

The two applicants were both Husky drivers and well qualified. One of the applicants however had a year more of Husky Patrol. The other, who

was hired, is an SRC rep and a friend and roommate of current and future SMUSA executive.

The current manager did not sit on the interviews. Although not stipulated by the 'letter' of the SMUSA Constitution, past manager hiring involved the current manager in all interviews. Because none of the SMUSA executive has any



hands-on experience with the Husky Patrol, it is odd they didn't rely on her experience and ignored her requests to attend the interviews. Could next year's exec's have been worried that she might ask how applicants might deal with execs misuse of the van as she had so diligently done this year?

The hiring process also failed to follow the SMUSA Constitution. Two of the three initial interviewers were Liam Arbuckle and Mike Gibbs. SMU students know they ran successfully as a team with Troy Humber in recent SMUSA elections. The process violated the SMUSA Constitution which specifies that four people must be present at all personnel hiring, this is to ensure a fair process.

The hiring of the initial manager was later overturned; after a complaint was lodged by the unsuccessful candidate in regards to the process's legitimacy. New interviews conducted by a committee later chose the same candidate as before. Most committee members were on the earlier interview plus the roommate of the successful candidate.

It seems that friendship, not

merit, factored in the hiring of the Husky Patrol manager for 1999-2000. Keep this in mind

when you hear anything from within SMUSA next year, be-

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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 students through their student fees.

The Journal
Suite 517, Student Centre
Saint Mary's University
Halifax, Nova Scotia
B3H 3C3
496-8203 Advertising
496-8209 Fax
e-mail: journal@journal.stmarys.ca

The Journal is printed on recycled paper

Apples, oranges, peaches, plums...

Nutrition awareness should be recognized all year round

by Susan Stewart

Blazing through the March jungle brush madness of Parenting Month, Epilepsy Awareness Month, Cataract Awareness Month, Eye Donor Month, and Kidney Month we come across a subject which effects all students everyday—Nutrition Month.

The 1999 National Nutrition Month Campaign is designed to encourage people to eat well, be active, and think positively towards aging. The 'Healthy Aging' campaign coincides with the United Nations declaration of 1999 as the International Year of the Older Person.

Healthy eating has to begin at a young age. For many Saint Mary's students who come from homes where their meals were prepared by their mothers, and did not have to buy their own groceries, finding the right nutritional balance can be a challenge. While some students eat in the cafeteria, others cook for themselves at home, and the popular third category participants eat whatever they can find when they're hungry—if it's not Kraft Dinner, then it's chips, or some other vending machine spawn.

"Most students know how

to eat, but who eats six servings of fruit each day?" said Saint Mary's student, Maureen Duffy. "It's just a lot easier to live on caffeine and cigarettes, and beers in the pub at noon."

Saint Mary's University Student Health Services, Registered Nurse M. Jane Collins, said that a lot of these third category students recognize their anti-Food Guide eating habits, and have visited Student Health Services to discuss the fact that they feel terrible. "They're tired, and they think that their health is suffering because they're not eating properly," she said.

This holds particularly true for International Students. Coming from countries where there is a lot of fresh fruit, our Canadian diets consisting of supermarket fruits that ripen in gas trucks are faintly the same as they're used to. "It's a totally different type of eating," continues the five-year SMU R.N., "...the food is saltier, and the water has more fluoride and chlorine."

But, students' current nutritional concerns encompass much more than the Canadian Food Guide these days. They want to develop a healthy lifestyle, beginning by examining

everything they include in their regular diet. "With the flu going around, students want to know what they can give their bodies to build up their immune systems, and help their bodies fight off these germs naturally, instead of the traditional; What can I take to get rid of this?" said the nurse.

About 70 per cent of students who visit Student Health Services attribute their tiredness, and sickness to their diets.

Through the students' personal diet examinations, they soon realize that the popular snacks in today's society bear no nutritional value at all. Among these items are calorie reduced aspartame products, such as diet pop, and low-calorie gum. "Aspartame is pretty well poisonous and the side effects are a page long," said Jane Collins. "I've never seen a doctor who has warned a patient about the side effects, and it's like; do they even know?"

Another realization lies with the butter vs. margarine debate. Butter is a good food packed with health-building nutrients. Margarine, on the other hand, is a "non-food." It is full of toxic trans fats and hydrogenated poisons, which are a main cause of disease. "Margarine doesn't even attract flies," said Collins.

Students are attracted to the inexpensive, ready made processed foods, but it's important to choose good foods when grocery shopping. The Canadian Dietetics Association has created a five-step guide for "Heart Smart Shopping."

One: Learn to read the labels. Two: Choose foods without added salt, or sodium. Three: Be wary, and avoid

products with hydrogenated oil, shortening, or animal fat. Four: Choose dairy products with a 2 per cent or lower value of mild fat (M.F), or butter fat (B.F). Five: Shop mainly around the perimeter of the store, buying fresh vegetables and fruits, whole grains, lean meats, and low fat dairy products.

For athletes like Kyle Zurba, and James Morrison, following these guidelines is a strategic part of their game plan. They acknowledge the benefits in which their healthy lifestyles contribute to their well being. "When I eat bad, I don't feel good, so by eating a good meal, I feel like I've really accomplished something," said Acadia Running Back Zurba. Acadia Defensive Lineman Morrison said that the university lifestyle doesn't incorporate the healthy living standards held by the Canadian Dietetics Association, and maintaining the balance between the two opposing eating standards is often challenging.

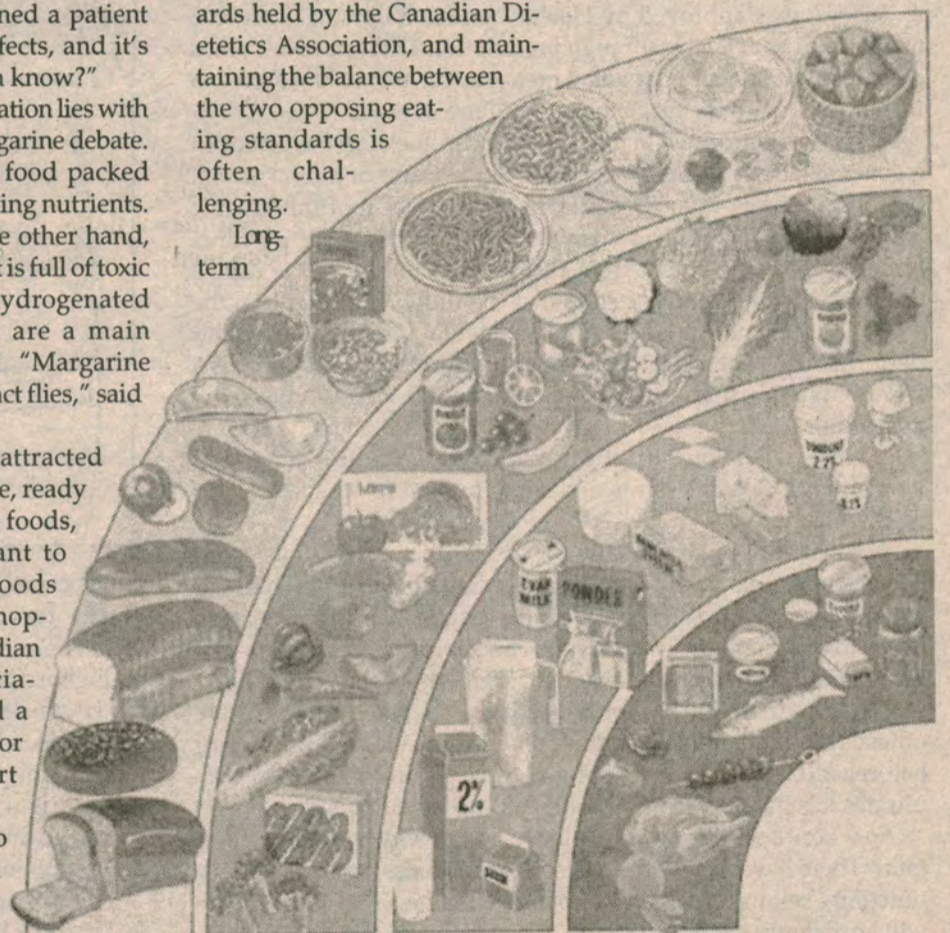
Long-term

healthy eating routines are difficult to sustain within university cultures. "A lot of students have good intentions and buy veggies when they're shopping, but those veggies are probably going to still be in their fridges a week or two later," said Maureen Duffy. For students like Maureen, Jane Collins suggest that by consuming even one carrot each day is certainly better than nothing.

Students who are interested in more nutritional tips can visit the Student Health Services where they offer two bookcases full of nutritional information. Health conscious students can meet with a registered dietician, or with student dieticians from Mount Saint Vincent University for a mere \$2 to set up diet plans based upon their nutritional health concerns.



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Milk Products
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Meat & Alternatives
Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

News that grabs your attention.

Julie Clow - News Editor

496-8201

news@journal.stmarys.ca

What's Up?

continued from page 3

Theatre Time

The Dal Theatre Department is presenting Henrik Ibsen's "Peer Gynt" from Tuesday, March 23rd through Saturday, March 27th at 8 pm The Sir James Dunn Theatre (in the Dalhousie Arts Center) is the location, and tickets are just \$5 for students and seniors, and \$10 for everyone else.

Grad auction

There will be an auction in the Gorsebrook Lounge on Tuesday, March 23rd, at 9 pm in support of the Grad class of 1999. Items are to be donated by Halifax businesses and all are welcome to attend.

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by John Francis

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Hain food group boasts more than 15 product lines and net assets of over \$50 million.

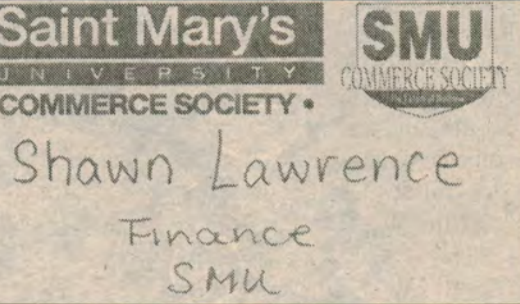
The audio-visual effects Irwin used were pale in comparison to prior business dinner speakers. However, the message he conveyed to students was loud and clear. "I was doing business with the movers and shakers of the food industry. These guys had degrees from Harvard and Stanford. I was from Cape Breton and had an Arts Degree from Saint Mary's," he said. His message inspired and provided hope for many students leaving our hallowed halls and venturing into the business world. Like many students, he had stories about drinking too much and doing work at the last moment. He was someone the group that gathered could relate to.

Irwin's message was distinct, "Believe in yourself and you can succeed. Only you can restrict your future." He spoke from his heart and was willing to share whatever knowledge he had gained in his travels. Liam Arbuckle, SMUSA President Elect for 1999-2000, commented, "He gives us all hope and makes the realization of our goals and objectives possible."

Like many of our students, Irwin worked and got involved at Saint Mary's. He was a residence assistant, worked campus security and was a student representative on the Board of Governors. His greatest claim to fame on the board was voting to appoint a meek, distinguished gentleman to the position of president. That person was none other than Dr. Ozmon, O.C. Jason

McQuaid, Commerce Society executive, stated, "It was nice to hear someone emphasizing the importance of taking part in university life as a whole. He shows that it is important to get involved and enjoy your time at University."

Dr. Ozmon was honoured at this year's dinner. He was given an award for his commitment to the students at Saint Mary's. The honour was a complete surprise. Dr. Ozmon thanked the students of Saint Mary's and commended the Commerce Society on a job well done.



entrepreneurship case competition.

The turnout for the dinner was great. The business community came out with representation from all sectors of the economy. Students in attendance made contacts, enjoyed a great meal and heard an inspiring message. Jennifer Tipert, Commerce Society President, commented, "We are happy with this year's turnout. Irwin's speech was incredible; he is someone students should look up to. He had a dream and was willing to work hard, and look at his success."

Commerce student Jeff Keizer commented, "The dinner was a great success. I hope more students take advantage of this opportunity to network and gain useful insight on the future of commerce." Dan Carrol, Commerce Society executive, said, "We want to build on this year's success and make next year's dinner bigger and better. I urge more students to get involved and take advantage of these opportunities."

Overall, the dinner was a great success for those in attendance. The message that Irwin shared was worth the cost of the ticket. In this day and age where value is important, the Commerce Society Dinner is a sound investment.



ANDREW BARBOUR/THE JOURNAL

IRWIN SIMON INSPIRES STUDENTS WHO ATTENDED THE EVENT.

Irwin Simon shared with the group gathered at the WTCC for the 25th anniversary of the Commerce Society Dinner. This year's dinner was another success bringing together the local business community and the students of Saint Mary's.

Not only was there a great meal, but a heartfelt sober message was delivered by Irwin to the audience. Irwin Simon is a small town boy raised in Glace Bay, Cape Breton. When he graduated from high school he chose Saint Mary's for an Arts degree and graduated in 1979. From there he moved

culture, Irwin decided to leave. He left a successful career to feed the entrepreneurial spirit that burned inside. He was going to take a few mismanaged speciality food brands and turn them into a well-managed, profitable portfolio. With the help of a small bank, he secured a loan to purchase his first brands. The early days were a seesaw battle; the hours were long and hard. One day, the firm was on top of the world, the next day they were the prey of the corporate 'big boys.' Many years later Irwin has taken his firm public. Today the



PAUL FITZGERALD/PUBLIC AFFAIRS

IRWIN SIMON, HAIN FOOD GROUP, JEN TIPERT, COMMERCE SOCIETY PRESIDENT, DR. PAUL DIXON, DEAN OF COMMERCE, AND DR. KENNETH OZMON, O.C., SMILE AT THE SUCCESS OF THIS YEAR'S DINNER.

Two professors were also honoured at this year's dinner. Barry Gorman and Ellen Farrell shared the award for

professor of the year. Professor Gorman was rewarded for his commitment to students participating in case competitions. For years he has advised and prepared students for national case competitions. Professor Farrell was rewarded for her commitment to students inside and outside of the classroom. She has provided students with real world experiences and has also advised several successful teams in the small business and

"Believe in yourself and you can succeed. Only you can restrict your future."

**Irwin Simon
Guest speaker at the
25th annual Commerce
Society Dinner**



ANDREW BARBOUR/THE JOURNAL

SMUSA PRESIDENT, TREVOR O'BRIEN, GIVES THE WHOLE EVENING A THUMBS UP.

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NATIONAL POST

SMU graduate lives dream by 'Vegging Out'

by James Pratley

After hours of constant preaching in various courses that money is the be-all-and-end-all of the business world,

Young. After graduating from Saint Mary's with his Bachelor of Commerce, he tried several things, worked for different companies, instructed tennis, started a pool league, and stud-

upon himself to learn more on the topic. Colin would often sit in his favorite restaurant and daydream about starting his own. Eventually, that is exactly what he did.

In fact, he bought the restaurant that he had sat in so many times before daydreaming. The owner approached him about buying the business from him, and the rest, as they say, is history. "I know that it sounds cheesy, but it's a dream come true for me," says Cochrane.

After buying the building he sculpted it to match his vision. Acquiring the building in April of last year, he figured that renovations would take about six weeks. He hadn't planned, however, that it would take about five months. The building needed more work than he anticipated, but Colin persevered and is happy with the results. The reason it took him so long was due to the fact that he only had access to limited capital, so most of the renovations were done by himself and some friends. The restaurant's simple, yet inviting, atmosphere is accentuated by the history of the building, which survived the Halifax Explosion.

The location is ideal. Situated in a high traffic area on Robie Street, it is close to several businesses and various residential neighbourhoods. Colin also liked the location because it was within reach of

the three major universities in Halifax.

During our discussion, I asked Colin if he felt that his degree properly prepared him for starting his own business. "There was a lot that I needed to learn, but I found it remarkable that things would come to me like flashbacks. All of a sudden I would remember something that I had learned years before. I was never taught that starting a business would take so much time; I work ninety hour weeks most of the time." In retrospect, however, he wishes that he had taken more courses that truly interested him rather than taking courses that he felt he should take because they might be useful in the future.

The idea behind Veg Out was to make it easy and affordable for people to eat healthy food. All of the menu items have been carefully researched to ensure that they were tasty and nutritional. When eating vegetarian foods it is important to ensure that you are receiving all of the vitamins and nutrients that meat products would normally provide. The menu was selected through trial and error. He kept some of the dishes that were served at the previous restaurant, and added several of his own. His friends recommended many of the dishes to him, and he handpicked those that fit the concept behind the restaurant.

Basically, he wanted to take 'western' food and make it healthier. For example, the Veg Out Burger is made out of

eleven different beans, grains, and seeds, instead of meat. Being raised on a strictly meat and potatoes diet, he felt it was important to make hearty meals that would leave his customers satisfied. "Nothing makes me happier than to see customers leaving holding their bellies. It's nice to hear that the food was good, but I find it much more satisfying to see people leaving knowing that they truly enjoyed their meals."

It is also important for him to make sure that customers can easily access the food that he provides at his restaurant. This was his reason for having a full menu delivery service. Colin realizes that not everybody can always make it to Veg Out, so he provides delivery to the surrounding areas every lunch hour between 12-2 and evenings from 5-11 from Wednesday through Sunday. It is his goal to change any misbeliefs that eating healthy is hard or expensive.

After talking about food with Colin, I started to work up an appetite. I was reluctant to try anything, because I have never eaten vegetarian before, and I wasn't sure what I was in for. Not knowing what I wanted to try, I picked up the menu that describes the various dishes (for ignorant people like myself). After reading the description of the infamous Veg Out Burger, I decided to try one. I was pleasantly surprised; it was quite tasty, and I have to admit that I did leave holding my belly.



COLIN COCHRANE, OWNER/OPERATOR OF VEG OUT ON ROBIE STREET, MAKES A SMOOTHIE TO GO WITH A VEGETABLE DINNER.

it's refreshing to meet somebody like Colin Cochrane. We are lead to believe that money is everything, but Colin feels that it's much more important to be happy doing something that you believe in. Of course, that's easy to say for somebody who's living his dream.

Colin owns/operates Veg Out, a vegetarian restaurant located on Robie Street near

ied French. Nothing made him entirely happy, and he knew that he wasn't the type to fit the 'corporate image.' "So it was either start my own business or live on the streets," joked Colin.

While he was taking time to realize exactly what he wanted to do with his life, friends introduced him to vegetarianism. Because it was something that he found appealing, he took it

Looking for more?

by Ann McLeod

The Saint Mary's University Business Development Centre (SMUBDC) is, again, inviting Saint Mary's business students to apply for the **Business Consulting** or **MBA Business Consulting** courses. These courses, offered in both the fall and winter terms, are open to fourth year B. Comm. and second year MBA students respectively. Depending on individual situations, these courses give students a chance to gain valuable, career-related experience or an opportunity to add to current skills.

SMUBDC provides professional consulting services to clients operating in the private and public sectors. First established in 1989, SMUBDC completes over 80 client projects a year. SMUBDC's vision is to help all people realize their entrepreneurial potential.

SMUBDC offers Business Consulting and MBA Business Consulting in conjunction with Saint Mary's University. Stu-

dents participating in the course actively contribute to one of SMUBDC's client projects by providing much of the market research, financial analysis, and report writing. After successfully completing the course, students receive a credit towards their business degree without writing an exam. "Working with SMUBDC as a student is an excellent opportunity to gain hands-on experience and apply theory learned in university to the real world," says Lorie MacCallum, B.Comm., 1999.

Students can get involved in any of the following types of projects: Start-up of a new business, growth of a small or medium-sized enterprise, expansion of a large corporation, development of a non- or not-for-profit organization

Some recent student projects at SMUBDC have involved companies like Farmer Clem's Garden Centres, MT&T, and the Royal Bank. All projects improve students' practical business skills by introducing

many of the opportunities and challenges facing today's businesses. SMUBDC's consultants guide students and ensure completed reports are client-focused and well organized. "MBA business consulting was the most practical course I have taken in the MBA program. Working with an actual client was an invaluable experience. The staff and the resources available were second to none," says George Long, MBA, 1999.

SMUBDC is located at 1546 Barrington Street close to Spring Garden Road. SMUBDC is also happy to announce that a **(new second location)** is now open on the second floor of the Sobeys Building in Rooms 248 and 249. If you have any questions or would like to apply to the Business Consulting or MBA Business Consulting course for the fall 1999 term, please contact SMUBDC at either location or call 429-2992. For more information, view our website at www.stmarys.ca/SMUBDC.

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Huskies AUAA champs

continued from page 1

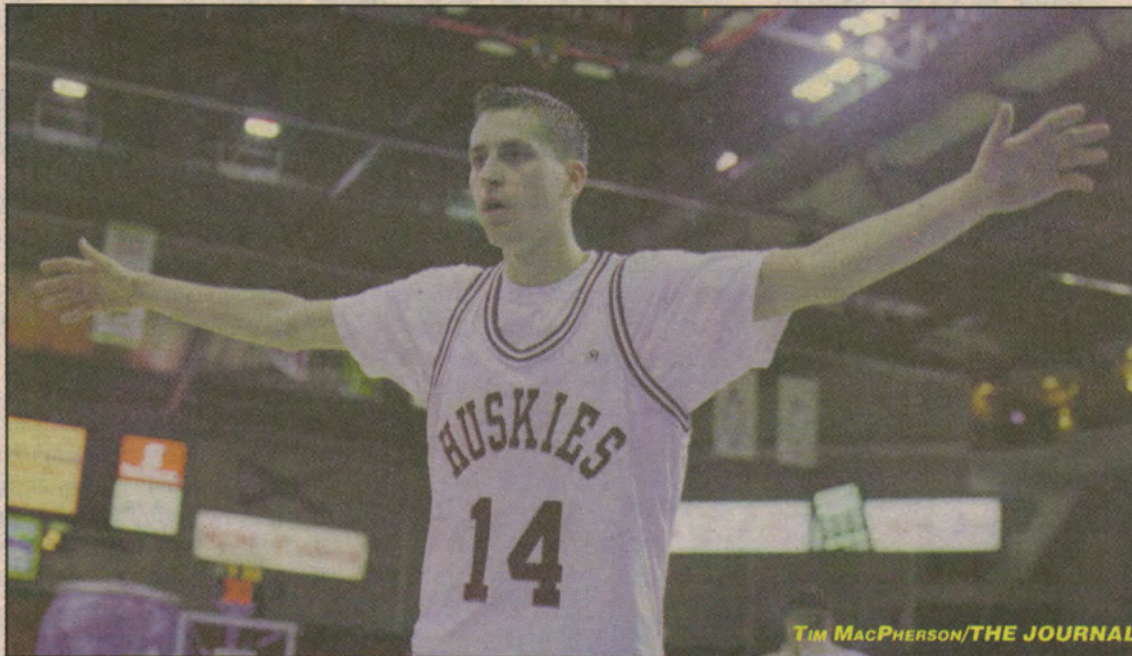
Tip off was at 2pm and nobody could predict the outcome of the game, as the teams had won and lost against each other during the season. Nobody could have predicted that Saint Mary's would eventually dominate the second half, building a lead of 21 points and winning 81-62.

The first half was tight and both teams were shooting well. Jan Trojanowski was doing it all, grabbing almost every rebound there was to get and hitting every jump shot he took. But as was the case in the first game, the Huskies got a huge spark from their point guard Taussig, who demonstrated his ability to turn a game around. In the last minute of the first half, Taussig made two 3-point plays off of fouls, and drained a long two to tie up the game at

32-32, and send the crowd of 4,506 into a frenzy.

The Saint Mary's men came out of the locker room and played the best half of the season, putting on a display of defense that kept the Axemen from scoring for almost ten minutes. In the process, they gained an insurmountable 21 point lead. The men from Acadia were not going quietly, as they did come within 13 points but this only seemed to fuel the fire.

Toulouse helped control the ball down low all day with the help of Cory Janes, but he also managed to throw in 16 of his 20 points in the second half to go along with his seven rebounds and two blocked shots. It was his heads up play that started their 17-1 run in the second half which helped to earn him the player of the game award.



ALL HAIL KING JONAH. JONAH TAUSSIG DOMINATED THE FLOOR WITH HIS OUTSTANDING PLAY IN THE AUAA CHAMPIONSHIPS. TAUSSIG WAS NAMED MVP OF THE TOURNAMENT AS HE LED THE HUSKIES TO THEIR FIRST AUAA TITLE IN SEVEN YEARS.



TIM MACPHERSON/THE JOURNAL

After the game Toulouse said, "I can't wait to call my parents and tell them," He added, "Jonah hit those big shots from I don't know where, and in the second half, they passed the ball inside and we got some easy lay-ups."

Of course, Taussig was there on almost every play, dishing out 12 assists, scoring 18 points, grabbing five rebounds and stealing the ball four times. Numbers that make you realize what a well-rounded player he is. But it is the control and leadership that Taussig provides that makes this team so strong.

"I'm not sure I've ever seen a kid with better basketball instincts play in this league. He controls games," said Acadia Coach Dave Nutbrown following the game.

Lloyd Thomas, who also had a solid outing for the maroon and white, gave all the credit to Taussig; "Jonah has been the catalyst for our team all year. Any time we need anything big we get it from him. He just makes our team go."

Janes also made his presence felt in the key with 11 points, including a few sweet put backs to go along with eight rebounds and three assists. Henry had another great game with 14 points, three assists and four rebounds, making plays happen when it was least expected.

Trojanowski had a good game in the final game of his 5-year career with the Axemen, scoring 14 points and grabbing a remarkable 18 rebounds.

Coach Ross Quackenbush commended his players. "In the second half we made a decision to come out and play harder than them on defense and that's what we did."

Assistant Coach Les Berry said after the game "I have never been so happy in my life. We played two solid teams and

we played the best two basketball games we've played all year."

The AUAA made their all-star selections for the regular season. Saint Mary's forward Patrick Toulouse received some recognition for his efforts as he was named to the second all-star team. Others who were named include Jermaine Bruce from Memorial, Jayson Daymon from St.F.X., David Low from UNB, and Mike Wall of the Dalhousie Tigers. The first all-star team also had a Huskie representative, as Jonah Taussig was rewarded for an exceptional season. Others included Acadia's Jan Trojanowski, Dalhousie's Doug Newson, Fred Perry from St.F.X. and David Phillip from UCCB.

The Journal Power Picks

Not all of these players received recognition from AUAA officials, but these are the players that stood out in our minds.

TOURNAMENT ALL-STARS



Saj Joseph
TEAM: Acadia
POS: Guard
Tournament Highlight: had 10 steals in semi-final game vs. St. FX.

Jan Trojanowski
TEAM: Acadia
POS: Forward
Tournament Highlight: 22 points, 16 rebounds, 3 assists, 2 blocks, 2 steals in semi-final vs. St. FX.



Kurt Henry
TEAM: Saint Mary's
POS: Guard
Tournament Highlight: 14 points, 3 assists, 2 steals, 4 rebounds in championship game.



Doug Newson
TEAM: Dalhousie
POS: Guard
Tournament Highlight: double double in semi-final vs. Saint Mary's.



Patrick Toulouse
TEAM: Saint Mary's
POS: Guard
Tournament Highlight: named player of game scoring 20 pts. in championship game.



TOURNAMENT MVP



Jonah Taussig

TEAM: Saint Mary's POS: Guard
Tournament Highlight: Scored 18 points in championship; added 12 assists

photos by Michael Isaacs/THE JOURNAL

All teams decided for Final Eight

by Darren Campbell

With the Saint Mary's Huskies coming out victorious in the AUSA final, the field has been decided for the upcoming CIAU Men's basketball championships. The two wild-card positions have been named, the first one going to the University of Victoria Vikes, who will be ranked third in the tournament, and the second, surprisingly goes to McMaster, despite their loss in the OUA West semi-finals to the unranked Waterloo Warriors. The Conference winners include the top ranked Alberta Golden Bears, the West-

ern Mustangs, the defending champion Bishop's Gaiters who will fall in at the fifth seed, the Brandon Bobcats, who have the fourth seed and the Ryerson Rams, who will be seeded last of the eight teams. Saint Mary's will be ranked seventh and as a result play the second ranked Western Mustangs.

A familiar face will grace the lineup of the Mustangs. Former point guard with Saint Mary's and the 1995 AUSA rookie of the year, Micah Bourdeau has picked up right where he left off in Halifax as he has had an outstanding year as the starting point guard for

the Mustangs.

This leaves an interesting sub-plot in the first round match-up as Bourdeau will face all-star point guard Jonah Taussig, who also collected rookie of the year honours while at Saint Mary's.

Bishop's will be looking to repeat as champs this year as they have 10 of their 16 players returning from last year. The Gaiters also boast 1998 CIAU Coach of the Year Eddie Pomykala, who believes his team has the potential win it all again this year.

"Last year was a dream come true for all of us associ-

ated with the Gaiter program. But this season there were some tremendous challenges and we've overcome them. There is one more step and to reach that we will stick with what got us here, hard work and incredible team play," said Pomykala.

The Gaiters will be looking to knock off the Brandon Bobcats in the first round of the CIAU championships.

The tournament favourites are the Alberta Golden Bears, who knocked off the number one ranked team in the country the UVic Vikes, in the best of three Canada West finals. The Bears will face Ryerson in

the first round.

The other first round match-up will see the high-powered offense of the Vikes, led by Eric Hinrichsen, face the McMaster Marauders, who always seem to contend for the national championship.

Off The Court: The Saint Mary's Alumni Association will be holding a pre-game party before Saint Mary's faces Western on Friday at 7pm at Cheers. All Alumni and students are urged to attend. The party begins at 4pm and everyone who attends the game is asked to wear Maroon and White.

PLAYERS TO WATCH

Vikes

University of Victoria



Eric Hinrichsen

The 6'6" forward was recently named the unanimous choice for Canada West player of the year and will be a strong force in the upcoming CIAU championship as he will be looking to lead his UVIC Vikes to the National championship. Hinrichsen, who led CWAA in scoring, steals and rebounds, averaging over 11 per game, has an excellent outside shot as well as being a tremendous force inside.

Ryan Thorne (Bishop's)

The defending national champions are led by their all-star point guard Ryan Thorne. Thorne, who was named MVP of last year's CIAU Final 8, will be a force once again this year as the Gaiters, who have 10 players returning from last year's championship team, will be looking to defend their title. Thorne is a very exciting player who thrills spectators with his great ball-handling, tremendous quickness, pinpoint passes and soft jump-shot. Thorne will be a legitimate candidate for All-Canadian honours and will definitely be a player to watch for.

Micah Bourdeau (Western)

Micah, the former Saint Mary's guard and AUSA rookie of the year, is one of the leaders on the Western squad. After being given All-Canadian recognition Micah has steadily become one of the nation's top point guards. He has great numbers as he averages 14 points, 4 assists and almost 5 rebounds per game. He logs a tremendous amount of floor time, playing over thirty minutes a game. As well as having great offensive skills, he dominates at the defensive end of the floor. With Saint Mary's playing Western in the first round we will get to see lots of Micah in his return to Halifax.

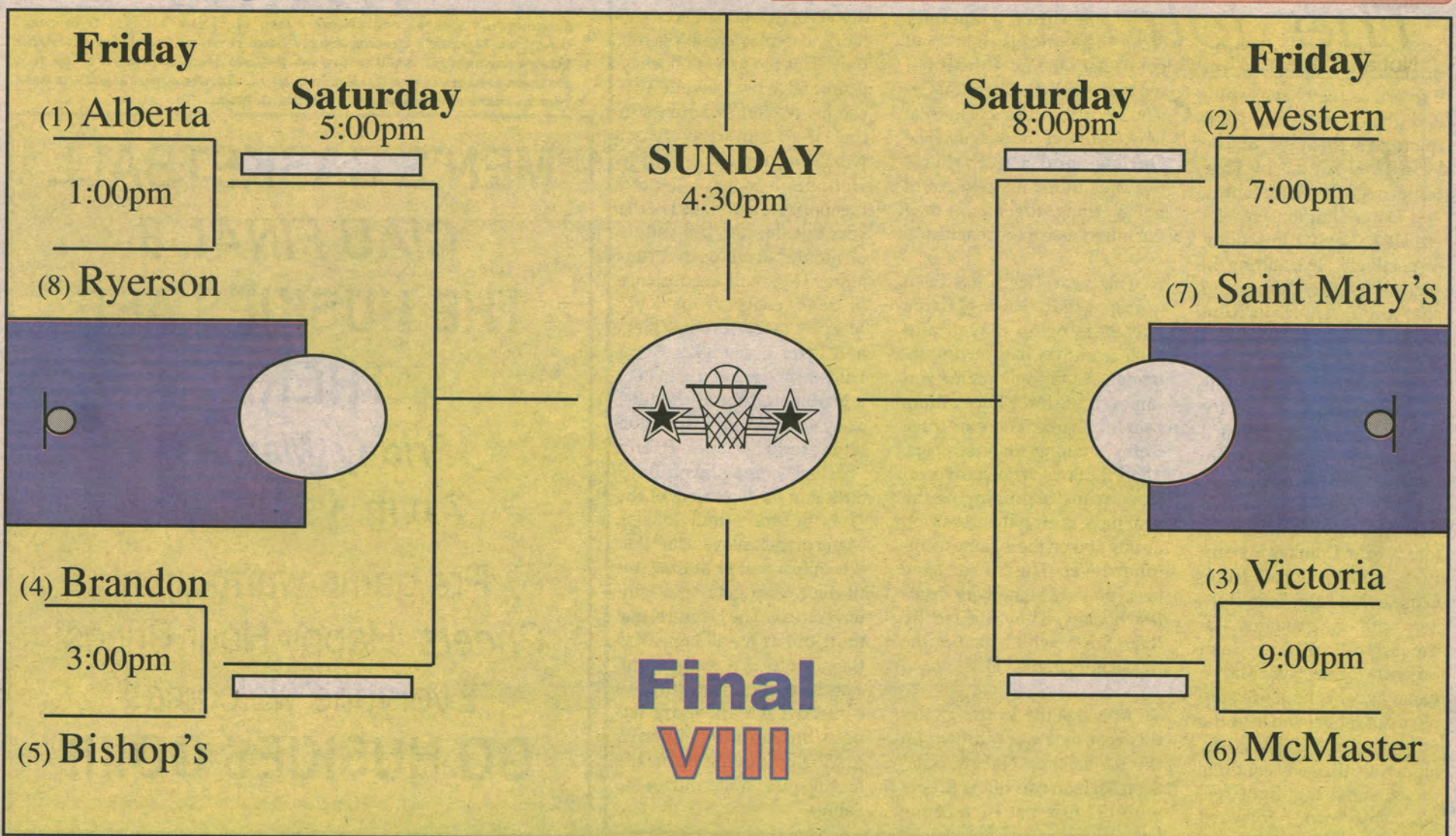
Marauders

McMaster University



Steve Maga

When you talk about an all-around player Steve Maga's name would definitely fit that description. He is a coach's dream. In his third season as a Marauder he's compiled numbers that will make him a legitimate choice for All-Canadian. He averages 14.5 points per game, 3 steals per game and 6.1 assists per game. Steve also logs over 30 minutes of floor time. His best attributes are his ability to make plays and his tenacious defense.



Ron MacLean – out of the Corner

Canadian sports icon shares his views on Canadian athletes, Don Cherry and making public appearances

by Tyler Waugh

"C'mon, why four minutes Ron?" inquired Saint Mary's captain Mike Thorbourne of game referee and Coach's Corner co-host, Ron MacLean.

"Will you be good?" shot back MacLean.

Knowing full well he couldn't keep the promise, Thorbourne replied, "Yeah."

Without too much hesitation, MacLean made his decision. "Okay then, two minutes."

As a scene taken from Monday's charity hockey match, which pitted Saint Mary's residence versus Dalhousie residence, it typifies MacLean's pragmatic approach to the game.

After the game, MacLean mentioned he didn't find officiating the charity game overly strenuous.

"Piece of cake," he says, giving credit to the Saint Mary's squad for their class after attaining a hefty advantage on the scoreboard. "They knew I would come down harder on them (because of the lead), and after I communicated that fact to them they handled themselves well."

Although he doesn't have the opportunity to officiate many games of this nature, MacLean was appreciative of the experience. "I enjoyed it, it was a good game with some great people," said the veteran referee of the Tier II Junior A hockey league in Ontario.

MacLean, who makes public appearances often, was in town for the second time in as many years to speak at Dalhousie about his career in broadcasting, his insight into the world of hockey and of

course, his relationship with Don Cherry.

"I'll share my experiences in broadcasting and then take the opportunity to roast Grapes (Don Cherry) for 30 or 40 minutes," he says while laughing. "He gets me in front of three million viewers every week, so occasions like this are my way of getting him back."

When asked if he feels talking about his outspoken co-host has become expected, MacLean just grins. "There will be times when people will tell me to forget about Grapes and talk about myself, but I don't want to become self absorbed about my speaking," he admits. "So by recounting some of the lighter stories about Coach's Corner and Hockey Night in Canada it helps me have a little fun with the appearances."

Taking the abuse he some-

times does from Cherry, MacLean is often asked whether he and his co-host are really friends. "Oh yeah," he replies easily. "Great friends."

Being involved in Olympic coverage since 1988 in Seoul, South Korea, MacLean holds some special sentiments about Canadian athletes and their representation of our country.

"Our athletes are always competitive," says MacLean. "They are real, working class, gracious, fun people."

Of particular pride to MacLean is the way our men's hockey team, consisting of million dollar professionals, conducted themselves in Nagano last winter.

Recounting when Wayne Gretzky made an appearance at a women's hockey game in support of the Chinese goaltender, who was an admitted Gretzky fan, MacLean said it was genuine interest.

"When he showed up at that game it wasn't for P.R.," he praises. "It was just a typical Canadian reaction."

Taking the time to engage in conversation with people between and after appearances, as he did with myself and the boys from the Saint Mary's squad, seems to be a pretty typical, classy, Ron MacLean reaction.

* Oh yeah, Saint Mary's won the game 8-4 on the back of Jeremy Hart's hat trick.

Intramural Corner

Here come the playoffs

by Craig MacDonald

Finally, it is getting close to playoffs in the IHL (Intramural Hockey League). There are countless incidents to report; however, there is not enough room in this paper to write about all of them. So, here are a few interesting points to date. Tier A is looking very close as there are 7 teams competing for positioning in the league standings.

The shockers are on top in dominating fashion with a 9-0 record as they have exhibited great scoring and passing plays throughout the year. They are led by Kyle Schmeisser, Derek McCarthy and Dana Simmons who are all 1, 2 and 3 in scoring respectively. Next, sitting in second is the defending champion, Appleton Rum Runners who look to capture the title once again. Mike Thorbourne will have his troops fired up and ready for action. He has been heard around campus mumbling to himself, how come I am in the top scoring and not Adam (Maz) Maslund. Look for the Rum Runners to be up there come playoff time. Close behind the Rum Runners with one game remaining is the Snipers. Sean Brown, a former Saint Mary's varsity goalie, hopes to stop plenty of rubber and lead the Snipers in the playoffs. Hopefully they will continue to see some highlight reel goals by Sniper forward

Dominico Bartolucci. Next in line to veteran team the J.J.'s Sharp Shooters led by Jeremy "The Hitman" Hart have a legitimate chance of going all the way. Look for these top four teams to fight it out for the title. The Relics are moving ahead in the rankings with one game remaining. If they win their next game they will finish in fourth place. This year the Colby Kings hope to take a run at the championship. If they show up to play they might be able to pull off an upset or two. Sitting in the basement in the "I" is the MBA's. Hopefully Steve "The price is right" will get back in the net if he is not too busy with his Sheraton Casino security duties. The two new teams in the league, The Outlaws and The Barker's Beauties unfortunately could not get things together as they defaulted out of the league.

This year Tier B has been going great. Competitive hockey is being played and each team has had terrific attendance. On some nights you can even see three lines rolling over the boards. There are three teams gunning for first place. The Pita Boys who started off slow at the beginning of the year have during the last seven outings taken their game to another level. The Storm have been playing some very exciting hockey. They are led by Ryan Silver who is one of the top scorers in the "I".

At one of the Storms games this year hats were thrown on the ice as the "Nature Boy" Scott Marson was filling the net with his first hat trick of the

year. Next, we have the Rogue Roosters who are led by the Robar brothers, James Robar is still leading the league in scoring but has a few players close behind him, Eddie currently sits fourth place in the league scoring race and he also leads the league in penalty over 50. This just proves that he can dish out some toughness, and he can also find the net. Look for the Rogue Roosters to be rowing their way into the playoffs. The Canadians team will be ready to dish out some thunderous body-checks and some hard nose play come playoff time. This is a veteran hockey team and Jerry Dewolfe will use his playoff experience in the "I" to mind the crease. Next, we have The Purple Helmets who looked unstoppable at the start of the year but into the last couple of months have been struggling. They will need plenty of leadership from Kyle Murphy "a few former Chief" and Peter Drew a.k.a. "Dru Hill" if they are going to take a legitimate shot at the title. They will look for inspiration from their Purple friend "Barney" come playoff time. Sitting in the basement of the "I" is the Sabres (Individuals). Many of their players feel that it is only a matter of time until their team gets on a winning streak. The league is one thing but as we all know it is the playoffs that really count. This team could be a surprise contender as Mark Murret has been finding the net and is gradually moving up in the scoring race. Watch out for the Sabres.



TYLER WAUGH/THE JOURNAL

DONNING THE STRIPES FOR CHARITY- RON MACLEAN, A LEVEL 5 REFEREE, OFFICIATED MONDAY'S CHARITY HOCKEY GAME BETWEEN DALHOUSIE AND SAINT MARY'S RESIDENCES. SMU WOULD WIN 8-4 AND MACLEAN WOULD GO ON TO A SPEAKING ENGAGEMENT ON DALHOUSIE CAMPUS. BETWEEN APPEARANCES HE MADE TIME TO SHARE SOME THOUGHTS WITH THE JOURNAL.

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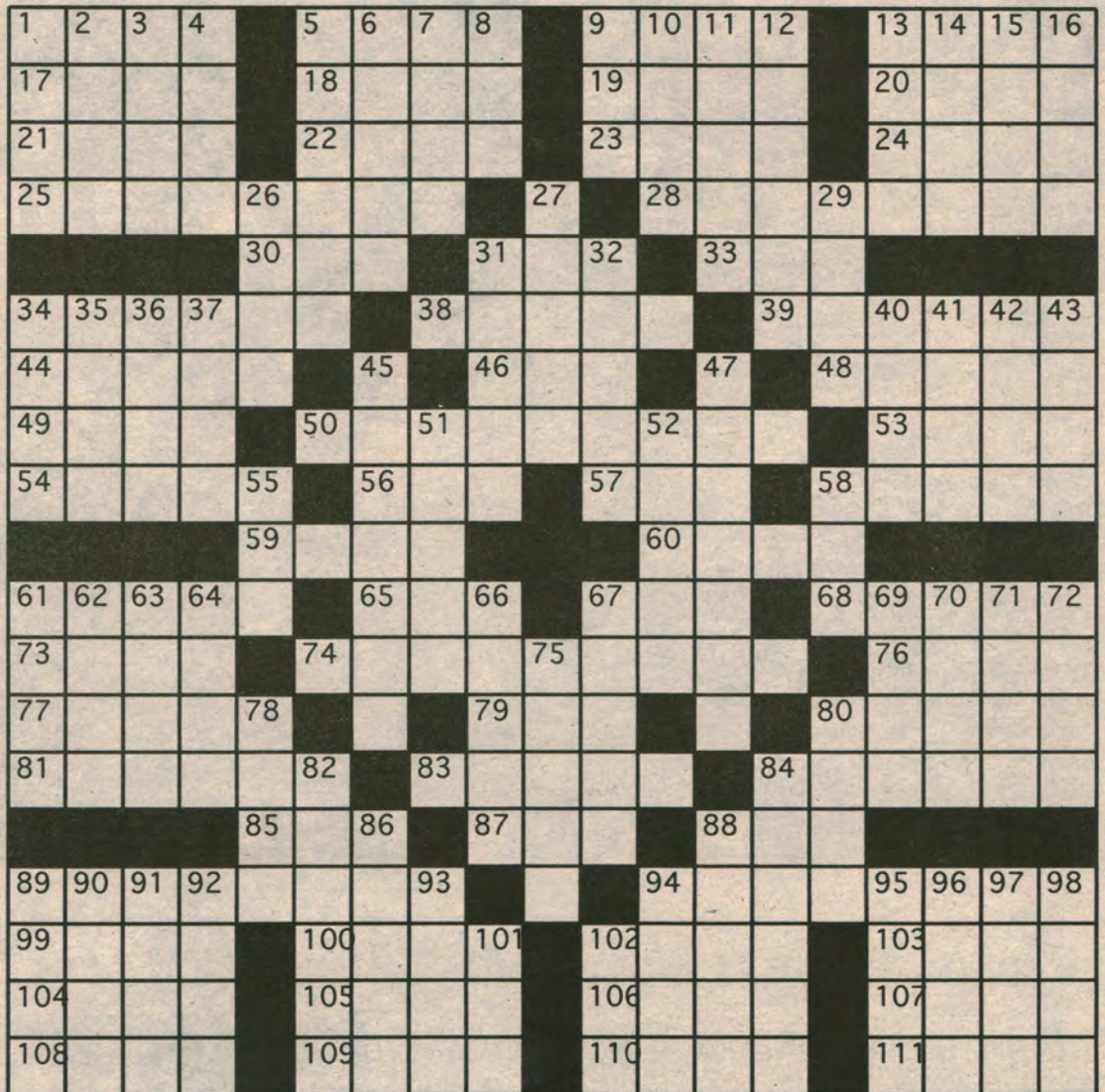
by Kevin Smith

Across

- 1 Slanted walkway
- 5 Swedish pop stars
- 9 Recipe amts
- 13 Splatter
- 17 Mixture
- 18 Charlotte and others
- 19 On
- 20 Occasion
- 21 Farm building
- 22 Ensnare
- 23 Celebration
- 24 Always
- 25 Octagonal item
- 28 Cellar
- 30 Can. Wall Street
- 31 Watch kids
- 33 Future officer's school
- 34 Address component
- 38 Incensed
- 39 Temple
- 44 Pick up the bill
- 46 Cry of discovery
- 48 Western movie
- 49 Suffers from a cold
- 50 Witch movie "_ Magic"
- 53 Scarlett's residence
- 54 Played with
- 56 Noah's ride
- 57 Drink like a dog
- 58 Joins metal
- 59 Assistant
- 60 _ Facto
- 61 Round bread
- 65 UK country
- 67 Raw material
- 68 Raring to go
- 73 Charitable donation
- 74 Turn from a truck into a robot
- 76 Unadorned
- 77 Agreement with 94 across
- 79 Clumsy one
- 80 French river
- 81 Class of organic compound
- 83 Computer-screen orange
- 84 _ Milk, soda shop beverage
- 85 Hip-hop artist Hill
- 87 Goof
- 88 Lay in the sun
- 89 M, to Nero
- 94 Proprietor
- 99 Eliminates
- 100 Flank
- 102 Incidence of illness
- 103 Smell
- 104 Singer Brickell

- 105 Feminine suffix
 - 106 Tennis star Kournikova
 - 107 Green citrus fruit
 - 108 Wide shoes
 - 109 Work area
 - 110 Captures
 - 111 Again
- Down
- 1 A "Friend"
 - 2 Dismounted
 - 3 Venus de _
 - 4 Wear out
 - 5 Painter or sculptor
 - 6 Canal vessel
 - 7 Common legume
 - 8 Dangerous snake
 - 9 Child's game
 - 10 Thrust
 - 11 Bear type
 - 12 Irregular muscle movements
 - 13 Plant part
 - 14 Breathing
 - 15 Prognostication
 - 16 Saucy
 - 26 Ignore the alteration, editor's note
 - 27 Melee
 - 29 Resound
 - 31 Morsel
 - 32 Pathway
 - 34 Right now, to a hospital employee
 - 35 Group of three
 - 36 Depend
 - 37 Relax
 - 40 Speed
 - 41 Type style, abbr.
 - 42 Socially inept one
 - 43 Periods
 - 45 Global drama
 - 47 85 across and others
 - 51 Game site
 - 52 Egyptian capital
 - 55 SMU rival
 - 58 Hardship
 - 61 Pitcher's mistake
 - 62 Away from the wind
 - 63 Undergrad's test
 - 64 Large oil company
 - 66 Mythical creature or lawn resident
 - 67 Submit
 - 69 Cain's bro
 - 70 Manner of walking
 - 71 Sea bird
 - 72 Marsh plant
 - 75 Buffalo athlete

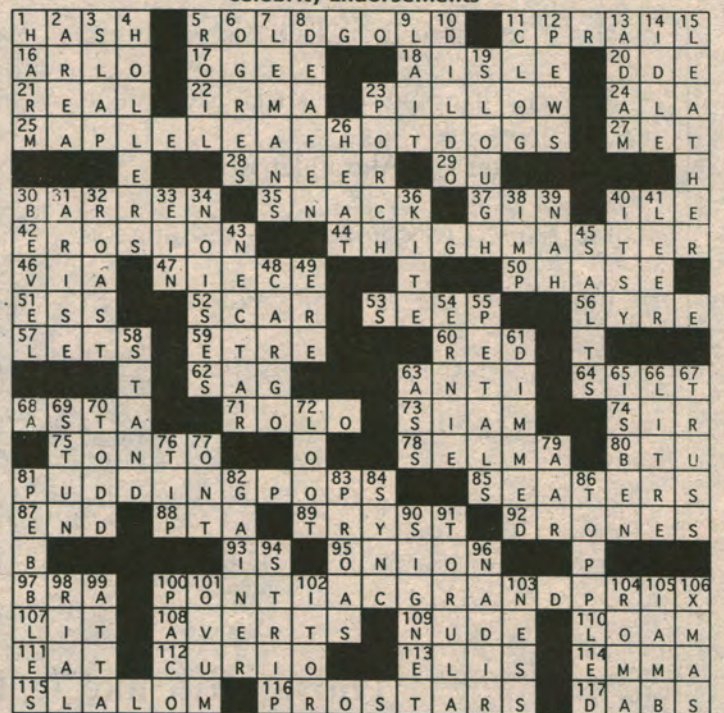
Theme? We don't need no stinking theme



This week's winner of 2 large pizzas from Little Caesar's . Congratulations! The draw was conducted by my lovely assistant . **Next week's prize is 2 large pizzas from Little Caesar's.** Complete the crossword above and drop it off at The Journal, 5th floor Student Centre or at our new box beside the Loyola Residence Desk. Draw will take place March 16th at 3:00 pm.

Name: _____
 Student ID: _____
 Phone: _____

Celebrity Endorsements



- 78 Concludes
- 80 Hourglass contents
- 82 Deleted
- 84 Some rays
- 86 Join together
- 88 Tease
- 89 Forest component
- 90 Conceal
- 91 Garfield's pal
- 92 Avails
- 93 "Pro" Wrestling moves
- 94 Solo
- 95 The Kinks hit
- 96 Norse god
- 97 Italian capital
- 98 Comedian Carey
- 101 _! A mouse!
- 102 Outlaw

Last Week's Solution

Two good for words

The Journal is pleased to present Nancy Cashin with 2 large pizza's from Little Caesar's and 10 cds. Nancy is our first two-time winner this year. Way to go!



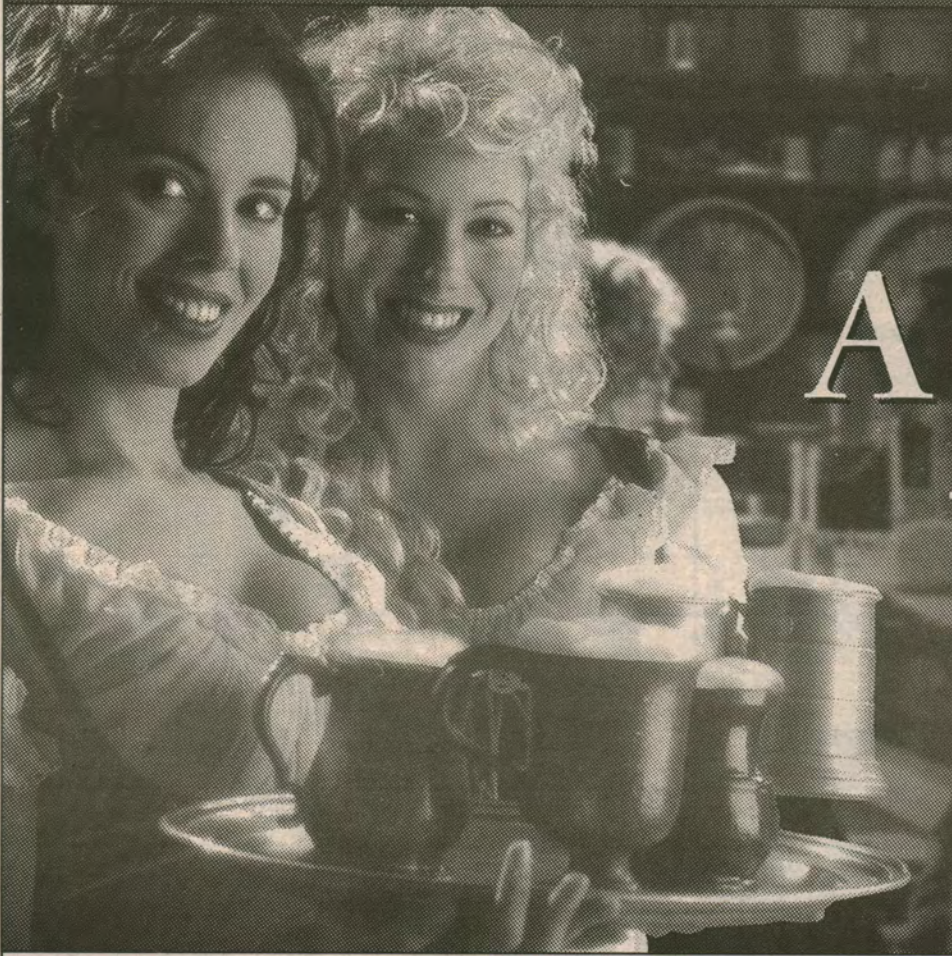
LOOK WHO'S DELIVERING DINNER!

Little Caesars®

2 Medium Pizzas
 with cheese and 3 toppings
\$ 11.99 plus tax

429 - 1500

THE ALEXANDER KEITH WAY



A blast with the past.

Back in the 1820s, the Maritimes were the place to be. Ships loaded down with goods from around the world berthed at the port cities. While down on the docks, soldiers and sailors, adventurers and merchants brought cosmopolitan flavour to the local scene.

It was in Halifax, on Lower Water Street, that a very fine India Pale Ale was born, forever changing the social swirl. The brewmaster was Alexander Keith.

He refused to compromise, insisting on using only the finest ingredients. Then brewing slowly, carefully, taking the time to get it right. With an unrivaled commitment to quality. Once Alexander decided his was finally ready, barrels were

MORE THAN 175 YEARS



OF QUALITY BREWING
using only pure barley malt
and select hops.

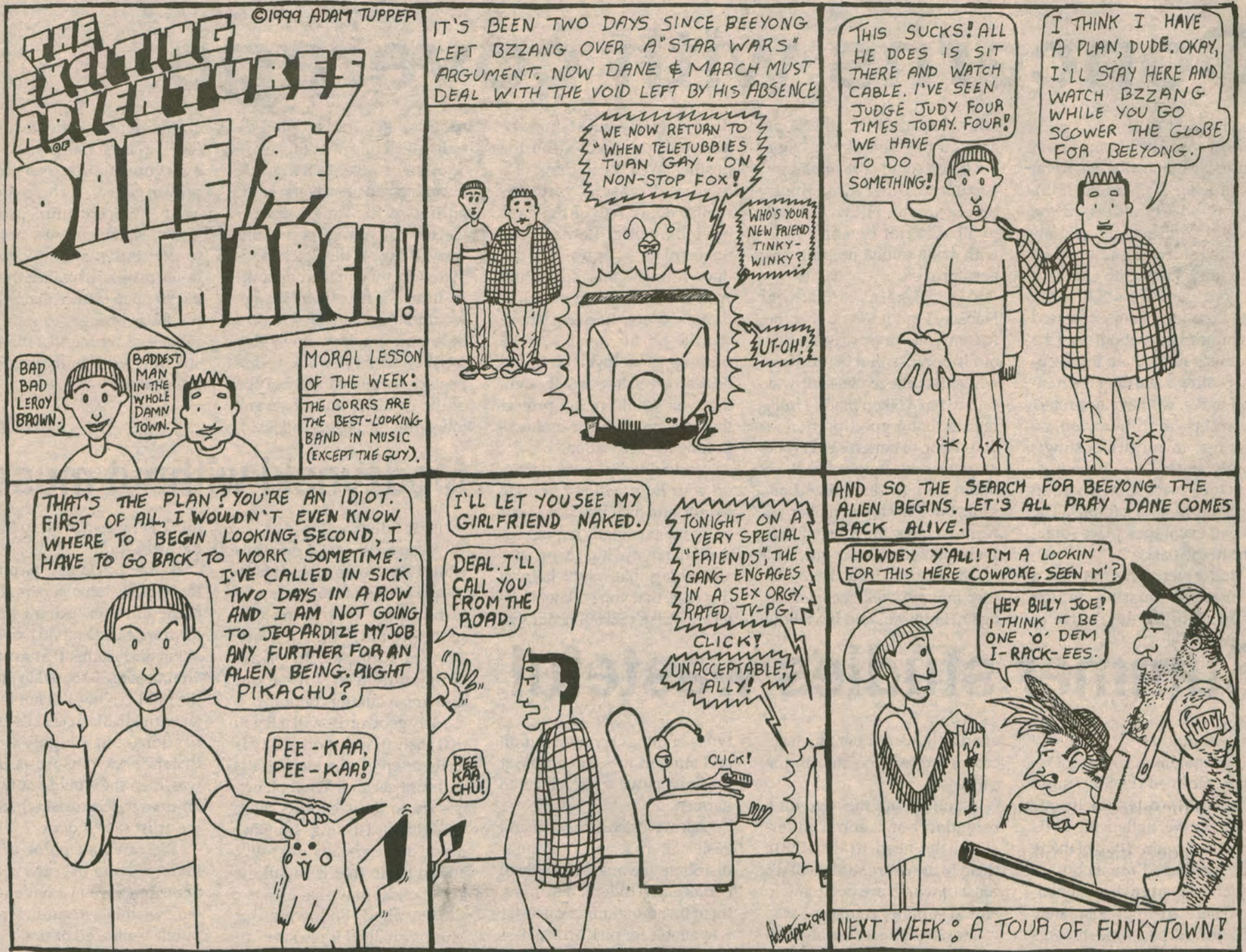
delivered to taverns and inns.

His fine ale became an overnight success. Today, after more than 175 years of quality brewing, Halifax remains a great port of call and his ale, a Maritime favourite, celebrated wherever beer drinkers gather. Still brewed the Alexander Keith Way.

Those who like it, like it a lot.

ALEXANDER  KEITH'S NOVASCOTIA BREWERY
FINE BEERS





'Fieds

Holly,
Too bad i hid your letter from Visa

Love your RA

A. Orr,
Even though you go to DAL, I still think you're beautiful!!
???

pants,
heard priness ky was gonna be 'round wed.
the b.k. muncher

Da Girlz,

Thanks for comin' to the movie with us. It was fun (just like the old days, eh?) Let's get together again soon!!

Da Boyz

P-boy,
Hey ya Roody poo, nice pics of the _____ inland gas. Heard from Dithowen lately - when is your next meeting? I'll come over!! The Bahamas were the best - we've got to do that again, let's wait a week. Let's have another match and I'll beat you again - AH that is!

GFORCE

Crowd-Pleaser,
You did it man, you did the "un-doable"! Way to go with that bench!!

Live-Jiver

Vanilla,
"The Love Boat"
Tasteless

G-Force,
Get up and do the damn tour!
Annoyed pal

Shubha,
Listen here you roody-poo, candy-ass, piece of monkey crap, I know you wanna be a big shot like the rock... but

you're not, so why don't you take your tailor-park trash self down to the Smack-Down Hotel and book yourself a room! Oh, it's on Jabroni... if ya smeeeeeell, what The Rock is cookin'!

The Rock

Breast,
Soup's on! Second Batch! Watch out!

Homey P

Hey Vanilla,
Crawlin' was so much fun - you've gotta show me the ropes, being a rookie and all! Tell P-Boy to get his act together - Downtown is achin' for da boyz. Sorry for being such a candy ass on Sunday. I'm glad I went! Later cool guy!

GFORCE

Girlz,
Thanks for the movie, good times had by all. Did you really have sweet dreams?

Boyz

Keigs,
Oh didn't you know? Your @\$\$ betta 'Fied somebody!!!

The Street Cat

Attention Everyone,
If you're planning to purchase a new pair of footwear, do not try the Economy Shoe Shop or you'll be greatly disappointed.

Concerned Consumer

G-Boy,
Looks like Gabo will be spendin' a bit more time downtime, eh? Congrats buddy, I'll go warn the ladies to watch out!

J-Boy

Beato,
What up, man? Told ya I'd drop ya a 'fied! See ya 'round campus!

JB

'That Guy',
Shut Up! Bateman's talking rhetorically, not directly to you, dumbass! And stop playing with Yabo's feet, jerk.

M.I.S.sed Off

Stro & Sprite,
You guys are very unpopular and people make jokes at your expense.

Dynamo

GIVE IT TO ME BABY, UNH-HUH, UNH-HUH.



6249 Quinpool Road
4298-MOM

PITA BOYS

1701 Barrington Street
429-PITA

Concerns with coverage

Dear Editor,
Last week the Journal ran an article (Searching for Answers) and a letter (Defending 15th), both of which addressed the alleged confinement and attempted sexual assault of a female student on 15th Loyola.

Both the floor's RA and a member of the floor expressed their uncertainty about why the floor was singled out in a security posting regarding the matter. I agree, we have to protect the rights of all involved, so why not, in further postings, simply state: "An alleged assault took place somewhere on the Saint Mary's campus. The alleged event took place sometime in the past.

Better yet, why not just a permanent posting which reads: "During the course of

your stay at SMU, please be advised that you may become aware of some sort of assault (sexual or otherwise) somewhere in the HRM. Do not panic. Do not be concerned with your safety, nothing has been proven.

Mr. Higgins and Mr. Hansen, I put it to you that the reason your floor was singled out is because that is precisely where the alleged assault was said to have taken place. I fully realize that a good portion of your floor, or perhaps everyone on your floor, might not have taken part in the alleged assault, but that should make you want to have the alleged perpetrators found more quickly.

Mr. Hansen feels that a further injustice has been served against himself, and his fellow

floor mates by not stating the names of the accused on the posting. Well, I can think of a few good reasons why this wasn't done. Two of the most obvious being: Perhaps the names of those accused are not known to the alleged victim; And most glowing of all, if names were known, there would be no need for the postings, those involved would be dealt with. It seems, though, that you would rather protect the boys on the floor by questioning the accusation.

Undoubtedly every person on your floor will not hesitate to proclaim their innocence, but what the posting is hoping for is that if you heard or saw something that might help in this case, that you will not hesitate (hell, isn't \$2000 encourage-

ment) to step forward and divulge such information.

Also of note, is the article (Searching for Answers) in its entirety. Mr. Waugh has neglected one giant aspect of this story. Where is the voice of the victim in this alleged assault? In future articles Mr. Waugh would be well advised to do a little more digging before being satisfied with his work, he has neglected a substantial portion of the incident, and of several following the alleged attack.

Mr. Hansen writes in his letter "We on the 15th floor believe everyone is innocent until proven guilty." Yeah, no doubt. Your 'innocent until proven guilty' statement only applies to the courts, and to very rational people. In reality, there is a very good chance that even if no one is brought to stand for this alleged crime, that there are still three very guilty, unidentified males.

Adam Bain

Summer studies wasteful

Dear Editor,
My roommate and I just recently received the SMU summer studies calendar in our mailbox. We, both being SMU students, acquired two of them. This concerned me as both a student and an environmentalist. There are approximately 8000 full and part-time students attending SMU at the present time. I dread to think of how many calendars were mailed out (I expect as many calendars as there are students), not to mention how many were printed for on-campus uses and other reasons.

I'm dismayed to think of the amount of energy wasted on such an endeavor and I'm sick-

ened to think of how much actual waste was created in the process.

I understand the need for a calendar, but I don't understand the need to distribute them to the entire student body, most of whom are not going to attend summer courses.

In 1998 there were only 1993 students registered for summer courses, compared to the 7250 students registered for the 1997/98 regular academic year. If the numbers stay comparatively the same this year then over 5000 distributed copies of the summer studies calendar have been wasted. I find this ridiculous and, as a student who indirectly finances these

types of things through tuition and student fees, am angry at the university for allowing it to happen.

A less wasteful, cheaper and easier alternative to calendar distribution would be simply to e-mail each student, informing them that the summer calendar is available for pick up at a designated place.

Obviously the whole thing is a marketing ploy in an effort to raise summer student registration levels and consequently increase the wealth of the administration while sucking student body funds dry.

Adrian Moore

Modzynski without muse

Dear Editor,

As an artist, every once in a while I hear some rubbish from people telling me to cater more to the public. "Stop trying to be so clever Bill," they tell me, "You're supposed to please your audience! How about drawing a talking condom?"

Any good artist will tell you that their first responsibility is to themselves, the audience is a distant second. What all artists try to do is express those thoughts and feelings spinning inside of their heads and souls. To fail to do that is to fail the gift of creation we have.

It's called: Following our Muse. Usually this results in art being created that some folks just don't get, and because they

don't get it they tend to blame the artist for it.

What normally happens then is that some person (Let's name him, oh, I don't know, Marcin Modzynski) comes along and claims that art isn't art unless its designed to please the public. Now, I'm not familiar with Mr. Modzynski's qualifications, but I highly doubt that she's one of us artists. If she was, then she would know that art does indeed exist wherever the artist says it does.

We can't all paint velvet Elvis' to hang over the couch. Sometimes we just have to do our own thing. Regardless if the public is pleased or not.

William Beckerson

Not the bare truth

Dear Editor:

Re: Baring the truth editorial.

I just wanted to point out one small error of fact in your article. The Dalhousie Women's Center did not "...turn to the media..." to voice objection about the ads on the back pages of the Gazette.

I agree with you when you said it must have been a slow news day, because how it happened was that I was sitting at my desk, the Daily News calls, says "do you like the photos/poses?", I reply no, and the next

thing you know the whole city thinks I'm attacking the Gazette. We did not seek them out - they called here - looking for some juice or some dirt.

I guess with the product controversy at Dal, they figured that they would try to stir the pot a little more.

Just wanted to let you know how it really happened.

Patricia A. Thomson
Director
Dalhousie Women's
Center

Patrol patronage?

cause all you might be hearing is one friend protecting another. Let's do away with the truth SMUSA is a buddy-buddy organization. If this means involving outsiders in the hiring process as a check against the

new 'party' system that is prevalent I welcome it.

It is no wonder that apathy is so rampant within SMU and SMUSA with events like this.

Kevin Randall



Notice:



The Journal is opening nominations for the following positions:

Business Editor
Sports Editor
Photo Editor
Graphics Editor

News Editor
Production Manager
A&E Editor
Editor-in-Chief

Nominations are open until Friday, March 19th @ 5:00 p.m. Elections to be held Monday March 22nd & Tuesday, March 23rd.

Letters to the Editor must be received by the Sunday 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.
editor@journal.stmarys.ca
496-8201