



# The Journal

Volume 69 - Number 23 - Wednesday March 31, 2004

SAINT MARY'S UNIVERSITY HALIFAX NOVA SCOTIA



Photo by Eric Boudreau/THE JOURNAL

With the birds out and White Juan melting away, it looks like Spring might show up early for once.

## Refugee

By David Miller

Fleeing from persecution of any kind and seeking refuge is a traumatic experience in itself, but the difficulties do not stop there.

Despite the difficulties they face in a refugee camp there is still hope and happiness for some refugees. These problems do not stop for those in flight once they have reached Canada. Here they are subject to intense scrutiny and their fate is decided by a single judge. Often they face legal problems, and are forced to go back to their country where they may face death or continued persecution.

The word refugee is not a beautiful word to many people, but for some it is the source of hope for a new chance. There is the possibility of being allowed to settle in another country, no longer in fear or in flight. But for others, the word is more likely to mean someone who is drawing resources away and taking what is not theirs. This common misconception of refugees prevails far too often in Canada. Although we may try to portray an image of a tolerant and open nation to all peoples, the reality is different. Canada takes in only as many refugees as the United States and the process is far from fair. While we may rank high internationally, it is only because the standards we are measured by are so low. Refugees face persecution in their new homes and face new obstacles attempting to integrate into Canadian life.

The process for a refugee attempting to enter Canada is not easy. Only those that fit into the narrow Geneva Convention of 1951 or the even more specific additions found in Canada's Refugee Protection Act are considered for resettlement in Canada. However, the definitions used are quite vague, and the Immigration and Refugee Board has the final say. It can reject claims if the person has previously been rejected or if the person has passed through a "safe third country" on their way to Canada. This means that persons passing through

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## Renewed accountability?

### What the sponsorship scandal means for Paul Martin

by Ashlee Starratt

With the victory of Stephen Harper in the Conservative leadership race still fresh on the table and Canadians demanding a pound of Liberal flesh over the sponsorship scandal, now would be a good time to examine the actions of Paul Martin throughout such trying times in an attempt to assess his viability and popularity in the wake of a potential spring election.

So far Martin has made good, despite an overall decline of support for the Liberal party in the polls. On a personal scale Martin's popularity has been higher than ever before, with 53% of Canadians agreeing that he has done an excellent job at bringing government accountability to the table in the scandal proceedings and ensuring that those key figures responsible are held to task.

The overall disillusionment felt by Canadians towards the Liberal party stems from the actions of those Chretienite Liberals within the caucus who wilfully squandered \$160

million of taxpayer's money sponsoring Liberal-friendly ad agencies in Quebec for doing absolutely nothing. Martin has taken a direct shot at Chretien and his loyalists within the party by firing top names within the political and corporate Crown elite such as Pelletier and Gagliano as well as the suspension of Via Rail president Marc LeFrancois, Canada Post's Andre Ouellet, and Business Development Bank of Canada president Michel Vennat.

This has led to a gigantic rift in the Liberal caucus between the Martinites and the Chretienites, the latter of whom feel threatened of further elite exposure by Martin's promise to weed out patronage within the political system. Adding insult to injury for the Chretienites was the ousting of Sheila Copps and Steve Mahoney from the party ranks in the highly contested riding votes. Chretien, in his retirement, no longer carries the political clout to mount an offensive against Martin's camp, and such division within the party may just cost it the victory.

Ignoring the beneficial policies of Chretien's legacy, he has been exposed as careless and inefficient in the minds of many voters and it is because of this that the entire Liberal party is suffering. Canadians do not fear Paul Martin as much as they fear the influence of the Chretienite loyalists within the party. Martin has been quick to realize this and has promised to adopt a 'clean-sweep' approach to political appointments.

Good intentions aside, it may not be in Martin's best interest to call a spring election as lack of party unity is only one of many cards stacked against him. Initially the sponsorship program implemented by Chretien, targeted ad agencies in Quebec in an attempt to stifle a revival of separatism. Martin has argued that, as Finance Minister in the Chretien cabinet, he was kept out of the sponsorship dealings in Quebec due to personal animosity between himself and Chretien, thus making it plausible that he in did in fact, know nothing of the gross

excesses that were taking place.

In the wake of the scandal Quebec has taken a lot of heat over the wheelings and dealings of a very few in the upper echelons of it's corporate elite. This has, in turn, driven up support for the Bloc considerably higher than that of the Liberals within the province, although not for reasons of renewed separatist sentiment but rather in an albeit somewhat nationalist attempt to distance themselves from a party that is perceived to have betrayed them and its new Anglophone leader who is out for blood and does not understand the needs of Quebec.

Such a shift in political leaning within the province, coupled with a significant loss of support within Ontario renowned as the Liberal heartland, may prove to be disastrous for Martin who, if he should win, would face the possibility of a minority government. Open the door for the Conservative party and Stephen Harper, who are seeking to capitalize on such political ramifications of the scandal, although his ultra-reactionary social-welfare

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#### IN THE SKY

WEDNESDAY -	9 TO 2
THURSDAY -	5 TO -3
FRIDAY -	7 TO -1
SATURDAY -	9 TO 0
SUNDAY -	10 TO 3

SOURCE: THE WEATHER NETWORK

#### ATKINS INSANITY

GET THE INFO ON THIS CRAZE



#### BATTLE OF THE BANDS



ADAM'S IRE WINS BRAGGING RIGHTS

#### FROM THE CHEAP SEATS

RICH AND STEVE YELL AT EACH OTHER





# Upcoming Events For The Week of March 30<sup>th</sup>

## The SMUSA Page

### ATTENTION GRADS!

FOR THOSE WHO GRADUATED MAY OR NOVEMBER OF 2003, YOUR YEARBOOKS ARE BEING MAILED OUT TO THE ADDRESS THE REGISTRAR HAS ON FILE AND SHOULD ARRIVE ANY DAY. PLEASE CHECK WHICH ADDRESS THE REGISTRAR HAS ON FILE. ADDITIONAL COPIES OF THIS YEARBOOK WILL BE MADE AVAILABLE FOR PURCHASE AT THE INFO DESK IN THE STUDENT CENTRE.

IF YOU ARE GRADUATING THIS MAY, 2004 AND WISH TO HAVE YOUR GRAD PICTURES IN THE YEARBOOK YOU MUST HAVE YOUR PICTURE TAKEN BEFORE MAY 28<sup>th</sup> WITH ABOUT IMAGE PHOTOGRAPHY AND IT WILL BE DELIVERED AUTOMATICALLY TO THE YEARBOOK DEPARTMENT (429-1977). IF YOU DECIDE TO HAVE YOUR PICTURE TAKEN WITH ANY OTHER COMPANY IT IS YOUR RESPONSIBILITY TO DROP A WALLET SIZE PHOTO OFF TO THE YEARBOOK OFFICE BEFORE MAY 7<sup>th</sup>. *WE APOLOGIZE, BUT NO EXCEPTIONS CAN BE MADE.*

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WEDNESDAY  
MARCH 31

SIGNAL  
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THURSDAY  
APRIL 1

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FRIDAY  
APRIL 2

BEST OF OPEN  
MIC NIGHT

MONDAY  
APRIL 4

MARGARITA  
MONDAY

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# Editorial

## The Journal

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## I am not a nugget

Recently, a co-worker got interested in PETA or People for the Ethical Treatment of Animals. She received a package of information from PETA and decided one day that she would share what she found. I must say that I was kind of disgusted from what I learned. Vegetarian is definitely not a word used to describe me. I will easily drop \$10 on a thick steak for s u m m e r barbecuing. One issue that does bother me is cruelty to animals. Yes, I do realize that companies have to slaughter animals to prepare for their consumers. What upsets me so much is the unnecessary cruelty that happens before the animals actually die.

I love all types of animals and it makes me ill when I hear of animal cruelty. By no means am I saying that we should all stop eating meat but I think we should pressure processing companies to implement comprehensive farmed-animal welfare standards.

My co-worker showed me some flyers that she received in her package from PETA with some very disturbing information about Kentucky Fried Chicken. Please note that reader discretion is advised.

Apparently KFC treats

their chickens very cruelly. We are not talking cage-free, farm fresh chickens that Kramer always wanted. These chickens have their beaks sliced off with a hot blade. They feed their chickens growth-induced antibiotics that get passed on in the meat. By doing this they engineer the birds for maximum breast meat, which sometimes causes their little legs to cripple under their own weight.

These poor birds live in cramped sheds that are not cleaned and are f e c e s - contaminated. When it's time to be processed the

birds are thrown into a truck with thousands of other birds. At the slaughter house, those who survived the trip are hung by the legs, run through electrified water to shock them, their throats get cut, and dumped into scalding water to remove their feathers, even if they are still alive.

What I don't understand is how the workers in the processing plants can stomach this horrific behaviour. After reading the information I was given, I now have a new outlook on food processing, especially under the Colonel's watch. If you want to learn more about cruelty by the Colonel, go to [www.KentuckyFriedCruelty.com](http://www.KentuckyFriedCruelty.com).  
LMN



## ARAMARK, stop polluting

by Korey Nixon

The amount of garbage that is bagged and sent out from Aramark Campus Services is ridiculous. I have heard many students comment about the huge amounts of garbage that Aramark produces each day on our campus, and I too have seen the volumes.

The Dockside Dining Hall is perhaps the worst offender. Things would be fine if the Dockside would provide "real" (non-plastic, non-paper) trays, plates, bowls, and utensils to their patrons, but this is a scarce thing. Instead, Aramark opts for the no-doubt cheaper option, and sends out massive amounts of waste each day. Perhaps you have seen a garbage container near either exit at the Dockside, and you know exactly what I mean.

There are two issues at hand here. The most important one is how negligent Aramark is towards the environment. Consider what garbage would end up in that garbage bin if real trays, real plates, real bowls, and real utensils were used all the time. Can you think of anything? Well let us see, we have student's leftover food, perhaps a napkin or two, and maybe an empty butter container. You will also note that the first two items are compostable, and I cannot seem to find any green bins.

Aramark will probably hit me with cost as a defence. They may argue, "It is too expensive to keep purchasing these items and keep them cleaned." It's all about ethics and corporate social responsibility Aramark. Find a way to make it work - that is what businesses do. Do not try to pass the cost off to students either; try taking a profit hit. It's called compromise for a good

cause - the environment. You are probably the worst polluter on campus. I cringe at the thought of just how many campuses you have contracts with across Canada.

The other issue at hand is comfort. I and many other students I have spoken with would take a real plate over a Styrofoam or paper plate any day. In addition, the blue and black reusable trays that used to be the standard at the Dockside are quite rare now. Instead, Dockside patrons are presented with paper trays, Styrofoam plates, plastic cups, and plastic utensils. This fact really hit me when I attempted to eat a waffle that I purchased from the Dockside a few weeks ago. There were no metal forks available, and the plastic ones would not cut my waffle. I broke two plastic forks before I had to pick up the waffle (covered in blueberries), in my hands. This was truly uncomfortable eating.

Historically, Aramark has made reusable trays, plates, bowls, and utensils available throughout the day, and then around 6:00pm they disappear until close (midnight), replaced with paper or plastic substitutes. That seems to have changed, which in part prompted me to write this article. I just returned from the Dockside. It was 5:15pm and there were no reusable trays or plates. When I asked a staff member where the real plates and trays were, she had no idea.

In summary, the amount of waste that Aramark sends out must be reduced. Most importantly, the environment will thank them. In addition, Aramark patrons will enjoy their meals a whole lot more.

## Journal Elections update

The elections held last week for the editorial positions at the Journal were appealed to the Journal Board of Directors. The elections were subsequently declared null and void by the Board.

A lawyer is examining the situation and we will report any updates as they happen. If there are any questions, please email [journal.editor@smu.ca](mailto:journal.editor@smu.ca). All nominees should immediately email the above address to receive updates.

Dear Editor,

This year, the Saint Mary's University Students' Association hired Lionel Caines, an International student from the Caribbean island of St. Kitts to begin the daunting task of creating a new and effective website. Lionel saw the need to modernize its design and to make it an open door between students, SMUSA and its services.

Traditionally the website has been a source of information to students about their Students' Association, its services, and the societies it supports. As the Student body grew and large issues such as Tuition and student rights grew, there was a great need for an interactive source of information; a website that not only informed but allowed for feedback and discussions. This web forum

has been very popular and students who visit the web forums are always able to find more than enough information on a array of student issues and a few non-student ones.

On Monday, March 29, 2004, Lionel uploaded the new website. For the first time students were not only able to get information and provide feedback, but also participate in a student wide survey. The site was launched along side the SMUSA survey, which will allow for future Students' Association decisions to truly reflect the needs and wants of all students. The survey will be available online for the next 2 weeks.

I would like to extend kudos to Lionel Caines for his dedication on this project and wish him good luck on his future endeavors.

Respectfully,  
Jonathan Alex Morse

Dear Editor,

I'd just like to give a great big hooray to the drama society on their production of Tom Eagan's Murder For One this past weekend. I particularly enjoyed the all around over-the-top acting and characters. Will Matheson, in particular, played his role of a rich, spoiled, brat-of-a-man perfectly. And that mustache...hilarious! It wasn't Broadway by any means, but who went there expecting it to be? The cast had a great time, and that spilled over into the audience nicely. My only gripe is that the cast didn't serve the meal; that interaction, with the cast in character, is usually one of the best parts of a dinner theater. Probably Aramarks doing. Still, here's to you SMUDS  
Eric James

# News

## Sympathy for "The Great Satan"

The opinions expressed are not necessarily those of The Journal staff.

By Danny Melvin

This is in regard to the rising tide of anti-American sentiment that has found its way into many corners of the Western world. I was searching through Usenet on the text-based Chebucto Community Net when I saw an article under the hfx.general newsgroup which bothered me a bit. The subject line of the article was "anti-Americanism" and it was written by "noone," a woman from a rural town in the southern U.S. who married a man from Halifax, had two children and then moved here because he wanted to come back "home." She said that since they moved here, they have all been subject to anti-American taunts and stereotyping, even the children, by teachers as well as other students.

This made my temperature rise, but it requires some explaining.

Growing up in the 1980's, I developed distaste early on for American foreign policy, Ronald Reagan, and their apparently holy mission of ridding the world of communism. I have to say here that I was never a communist, although at worst I may have been a sympathizer, but I was, and am, just proud to be Canadian and entertained thoughts that Americans wanted to take over. At the time, though, I considered myself one of very few people who felt that way, so most times I kept such feelings to myself. But my feelings changed, as did almost everyone else's for a

little while, with the terrorist attacks on September 11<sup>th</sup>, 2001. I still maintained my reservations about the Americans, but I was definitely on their side then and most people were pro-American out of respect.

The Americans were searching for Osama bin Laden, and they invaded Afghanistan to find him, and few objected. Since then, however, popular sentiment has turned against the Americans, particularly because of their defiance with the United Nations and other international organizations and countries' wishes, especially when they invaded Iraq and ousted Saddam Hussein under the pretext of finding stockpiles of "weapons of mass destruction."

As of this writing, no "WMD" have been found and it's quite possible that Hussein did not have them, and many people at home and abroad are understandably upset by the way the Americans handled the war and dealt with other countries who disagreed with them. But my understanding reached its limit when I read that post under the hfx.general newsgroup. To disagree, even be offended by the off-putting unilateral tactics of the American government is one thing, but to condemn the American people as a whole is unfair and just plain dumb. Putting down children just because they were born American is

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policies would, at best, also provide the CPC with only a minority government. Unless willing to tone down the severity of his rhetoric, Harper's party may be forced to work in co-operation with the Bloc Quebecois in Parliament, something he has admonished publicly that he will never do.

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the United States would be sent back to the United States to make their refugee claim regardless of their situation, and where that might mean being forced into a detention centre.

Refugees must present their case before a tribunal, which previously consisted of two judges. If the decision was split, the refugee was given a positive decision (meaning they can apply for permanent residency). However, recent budget and political moves have decreased the number of judges in these tribunals to one. The position of judge is also a political appointment, leading to judgments coming from individuals unfamiliar with the problems these refugees face and not understanding of the possible situations refugees have faced. The possibility of appealing the decision does not currently exist, but is slated to appear sometime this summer. If there is a negative decision, the refugee may appeal through a Humanitarian and Compassionate application -

However, with the sponsorship inquiries promising to take up a significant amount of time, running an election campaign at this moment would prove difficult. If Martin is savvy, he will realize that such a delay would provide him with the extra time, energy and chutzpah he will need to develop a comprehensive

game plan and strengthen his image within the Liberal party's Chretienite ranks while reinstating the faith lost by Canadians all over the country in the accountability of one of the nation's longest-standing parties as well as the sanctity of the political system as a whole.

which is based on how integrated they are into Canadian society, and how their removal may affect the people in Canada they have developed relationships with.

Preventing refugees from arriving in Canada is part of the difficulty faced by those attempting to flee. Airlines that bring refugees are fined; all documentation is checked at airports rigorously; and, immigration control officers are posted overseas. The difficulties faced by refugees often forces them to turn to smugglers and illegal means of getting to Canada.

Integrating into Canadian life is a more painful process than many people realize. Many face racial discrimination, or are disadvantaged by poor English skills. Others struggle to find their place in this complex society. Even sponsored refugees, which make up almost 30% of accepted refugees in Canada, have difficulty finding their way. Arrival in Canada is not easy. It is a one-way trip to a place you had never planned on going. A new home where

you may not know anyone, and it is a place with new and strange customs. The food is different; the weather is different; the houses are different. Life is different.

Trying to learn all the Canadian customs and ways of life would be a difficult task on its own, but many refugees must also find a job or return to school. Here they face discrimination, and generally are unable to find jobs they are trained to do. Doctors from various countries are not allowed to practice here, despite an acute shortage and a willingness to work. These refugees, if they arrived on their own often work to try and bring their families to Canada to study and to

The issues surrounding refugee issues in Canada and around the world are complex and multifaceted. If you would like more information about these issues, and find a chance to get involved, check out SMU's first celebration of Refugee Rights Day, Friday, April 2<sup>nd</sup>, from 4:00pm-7:00pm in Sobey 255. For more information, email paendrak@musician.org.

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# The E-spot

by Cindy Cook - Employment Centre staff

This particular article is for those fortunate enough to have secured a permanent, full-time job after graduation. For everyone else, a few words of encouragement: *you can do it* and go get 'em big guy.

Now, to those of you who are about to start your career, let me first say, congratulations. You have already been successful in a number of ways. You did not miss an opportunity by neglecting the Employment Centre in the first semester - kudos. You put together a killer resume and cover letter, landed yourself an interview, and nailed it. However, now that it is nearing the end of the final semester and you will soon begin your management trainee/junior officer/entry level/sales/promotions/etc. position - are you ready to fit in?

Some tips:

1. Realize that you are the new kid. Don't show up on your first day as Superhero who is going to solve all the company's problems in one sitting; take time to watch and learn. 2. Ask questions instead of making assumptions (you've heard the expression). Effective problem solving

requires asking questions, analysing the information you have gathered, and using that information to arrive at a solution -

*you want to be seen as a problem solver not a problem creator.* 3. Respect your company's culture; notice dress, language, typical conversation, and actions. Notice what behaviours are encouraged and what behaviours are discouraged. Who are the decision makers? Is it a competitive environment? Or is it a team atmosphere? Keep your ear to the wall but do not participate in gossip. 4. Identify a company mentor. A mentor can be very valuable in your efforts to climb the ladder. Ask for an organizational chart (shows the company hierarchy; who's on top and who's on bottom) and carefully choose someone who may find value in being a mentor. 5. Smile. 6. Organize your work and remain neat - but not to the point where it is all you are doing. 7. Start reading the newspaper and watching the news (if you are not already). It goes a long way to be informed of current events - especially those that may

affect your industry/company (but please, don't show up and spew your "current event" knowledge all over the place. Relax, it will come up in conversation and you will generally feel more confident just knowing that you are well-versed and ready to contribute). 8. Look for opportunities to improve your skills and broaden your horizons. Volunteer to 'chair' the company fundraiser as an example. Your extra efforts won't go unnoticed and you will have an opportunity to interact with people who are not in your direct path everyday. 9. Take this opportunity to prove yourself as a dedicated employee. Work hard, *be reliable*, don't whine, and don't be a clock watcher. 10. Lastly, realize that no job is perfect but every task, every situation, and every dynamic is building your skills. Take pride and do well with the undesirable tasks as well as the fun ones.

Now good luck, you career person you.

This weeks selected questions:

Q. I am in a pickle. I was hired back in November for a trainee position, with a large company. I am supposed to start right after graduation this year. I recently saw a posting in the Employment

Centre for another "recent grad" position with a much better company. I applied for kicks and now I have an interview. What if I am offered another job?

-Confused

A. The first thing to remember here is that you are now entering the world of professional behaviour. Throughout this process, it is important to remain professional, honest and considerate. Now, my first question for you is: did you sign a contract with job number one? There may be legal implications for walking away if another opportunity presents itself. Check this out. Regardless, it can't hurt to go to the interview for job number two. At the very least, it is a skill building experience and you may find out during the interview that job two is

not what it appears to be on the surface. On the flip side, if job two is great, you want it, and you have not signed a contract, then you are faced with having to let job one down easy. Call them as far in advance to your start date as you can. Tell them that for personal reasons, you are not able to join them in May and thank them graciously for the opportunity. The trick here is not to burn the bridge. Having said this, don't be surprised if their response is less than warm. Some companies may consider this to be normal business practice and take it well, where others may not. If the latter happens to you, take a deep breath, listen, and remain calm. After hanging up the phone, you can say whatever you want.

Direct questions to: ccook@smu.ca

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Satan

abhorrent. There is just no good reason for that.

The American government may have been wrong about Iraq, or maybe not, but we need to keep things in perspective. As recent events in Madrid indicate, al-Qaeda terrorism is still a serious

threat, and we all need to be on the same side. What I would advise to everyone on this side of the equation is a little calmness, humility, and to not be so quick to take offence. We can and should be able to disagree, but terrorism is unquestionably an evil that must be vanquished, whatever it takes.

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# Arts & Entertainment

## Battle of the Bands

by Suzanne Van Maurik

Friday was the night. The bands were all pumped, the volume was turned up to full blast, and with a flick of a switch the stage lit up like a Christmas tree. The battle of the bands had begun.

The only thing missing: a huge, grooving audience. When I walked into the building at seven, there was hardly anyone there. The joint soon filled up though, as the evening went on. First up was Untitled, with Mike Price, John Parkinson, Chris Brown, Nick McInnes, and Peirre Porter. These guys had a good sound going on. The lead singer's raspy voice made a nice contrast with the mellow tunes and lyrics. It was a great opening for this gig.

Next up, Nasty Kanasta, whose lead singer told me that the band had only been

together for a couple of weeks, and not too long before that the band welcomed some new members. The performance was not bad, considering the circumstances. The band Pants really was pants though. The band is made up entirely from SMU students, and the guys looked a bit intimidated in the spotlight. Not that surprising perhaps, as the guys later revealed that they had never actually played in front of an audience before. Guess you just need to get the experience at some point, so it was a gutsy move to do it in

front of a panel of judges.

Speaking of the judges, this year the chosen ones were



Jennifer Warford, Jeff Warford, and Kaz. Choosing the winner must have been a really difficult task this year, since there were quite a few bands who really put themselves out there. Sound of Silence came in third, a punk rock band whose lead singer must have nearly busted a gut belting out his lyrics. Troy Fullerton, Sean Ryan, Neil McWilliam, and Ricky Dickens gave a

performance so loud and intense it left my ears ringing.

These boys were riding it hard. Billy's Flick, who played last, came in second place. This funk-rock band consists of Andrew Macleod, James Ryan, Mike Ryan, Keagan Campbell, and SMU student Bruce Gillis. The second place was well deserved, as

this band matched their funky choice of music with some spiffy suits as well. Good move.

The winners however really heated things up. *Adam's Ire*, with Patrick McLelland doing vocals, Dan Gillis on the guitar, Josh Kogon on base, and Mark Huizink on the drums rocked the audience right out of their seats. The band itself was

pretty modest about their achievements though. "We literally walked in there expecting to come in dead last. We said guys we know we're not really prepared, but lets just give 'er and have a good time!" Josh said. I guess it's safe to say that these guys had a blast, judging by their performance. This was their first real gig together too. The Mackoids were a whole different story. One wonders if this was the first time they had ever played together. The band even brought in their own entourage of groupies, who obstructed the view for the rest of the audience. These guys were really into their music however, so much so that they played far beyond their original time slot. But it's all about having a good time in the end right? This was definitely a night that was not to be missed. The bands were great, the music was loud, and I think I have permanent damage to my ears!

## Electronica's evolution

From rags to riches

by Bill Hughes

Halifax has formally been a haven for "candy" raves that take place in warehouse-style venues, where finding a washroom or a drop of running water is near impossible. The performers at these types of events generally bordered on "cheesy" and although the local indie music scene is strong, few promoters were able to attract anything beyond the unidirectional "talent" found on the floundering local electronic scene.

After the shining star of the late nineties rave scene had all but faded away, the few actual fans that enjoyed the music beyond its "big orange pants" dress code and its drug culture remained with little or no music to enjoy.

That is until as of late, when the scene has erupted, and by doing so has discarded its "warehouse candy rave" image of years past, and carved out its niche in the more sophisticated Euro electronic genre. The evolution has helped put Halifax on the electronic global radar, and has been responsible for some of the world's finest DJs gracing local turntables.

Long gone are the days of the strictly warehouse or field venues, as Euro DJs demand a certain environment to please their audience. This change has boosted the

scene's reputation, and that reputation has seen its rising stock translate into success.

Now the Halifax scene is equipped with numerous venues that have hosted a world class DJ, including Reflections Cabaret, The Attic, The Velvet Olive, Club Red (formally Club 2412), and even The Dome. These venues have hosted some of the world's top DJs including Dave Ralph, John Aquaviva, and several top 100 DJs (a fan voted web based list compiled by "DJ Mag"). Of those noteworthy artists, included are Max Graham, Bad Boy Bill, Mark Farina, and two DJs in the world's Top Ten, Deep Dish (10) and Sasha (4).

The most recent top DJ to hit metro was Holland's Ferry Corsten (www.ferrycorsten.org), who is currently the world's number six DJ and the spinster responsible for last year's biggest electro club hits "Punk" and "Rock Your Body Rock." Corsten began the North American portion of his tour in Halifax and continued through the country to hit clubs such as Montreal's Aria and Toronto's Government. He took to the tables at Reflection's Cabaret on the promotional tour for his new artist album "Right of Way." Electro fans hope that Corsten's appearance is only a prelude to a summer full of top quality music.

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# "Threat" in Town

by Richard Woodbury

On Saturday, April 3<sup>rd</sup>, an invasion of sorts is set to take place. This is not a hostile

they dub "bomb beat music". Bomb beat music is a combination of styles

I recently spoke with Tameem Barakat, vocalist/MC/trumpeter/percussionist for the group. The group was passing through Woodstock, Ontario and on their way to Kingston, Ontario for a show.

Threat is one of those bands that in order to be truly appreciated, they need to be witnessed in a live setting. They are an example of a band who is able to take

their complex studio sound and pull it off in a live setting.

Barakat describes their live shows as being "like a big pot of soup. You get everything in the pot." Some trademarks of their live show are the

freestyle raps, funky jams, and lots of onstage chemistry.

When Threat was starting out, the band was willing "to do anything to play downtown". The band would play whatever style of music was needed to play at certain clubs. It was from those experiences that the band developed their style of bomb beat music, which was at one time dubbed "new school funk".

"Bomb beat's our style. It's got that connotation of politicism, and it's also got edge".



The Threat sound combines written rhymes and freestyles that strikes a balance between political commentary and comic book fury. "The best lyrics sound like a comic book. They're visual. Comic book fury is the perfect mix of art and script."

Threat From Outer Space will be appearing at The Attic on Saturday, April 3<sup>rd</sup>.



invasion by any means, but rather, it is a welcome visit by a fresh, original music group, Threat From Outer Space.

Based out of Vancouver, Threat is currently in the midst of their third national tour that will see them criss-crossing the country playing over 40 dates in less than two months.

The group showcases a unique brand of music which

including hip hop, jazz, house, drums n' bass, plus many more. The band uses live instruments which blend with samplers to create a cutting edge sound.

This tour is in continuing support of their 2003 release, *Bomb Beat Music Since 1997*. BBMS 1997 is a mixture of studio cuts and live performances from their 2003 tours.

## Town hall meeting to discuss class cancellation and closure

The President's Task Force on Class Cancellation and Closure will be hosting a town hall meeting on Tuesday, April 6th from 12:00 to 2:00 in the McNally Theatre. All students, faculty, and staff are invited to attend.

The meeting has been scheduled to provide the Saint Mary's community with an opportunity to discuss past experiences with class cancellations and closures and provide input about current practices and recommendations for the future.

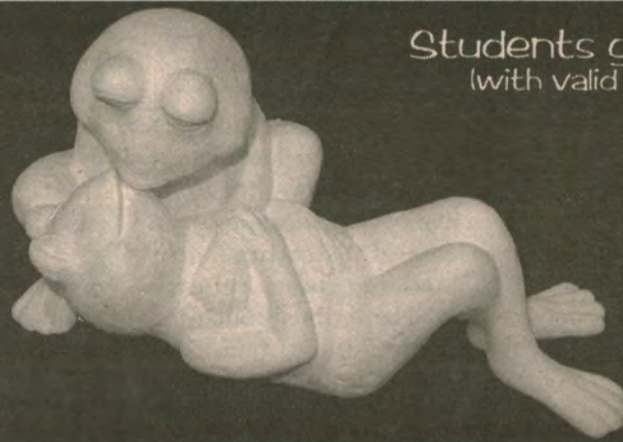
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# Features

## The skinny on fat?

The new low carb craze

by Michelle Cameirao

With the stress of final exams slowly creeping upon us, last minute partying, followed by late night studying have become the common rituals of today's highly functional university student. Unfortunately, it is not uncommon to put our nutrition and health on the back burner during these times of fluctuating stress and anxiety, (and sorry, draught does not count as a nutritional supplement).

As irrelevant as our health, (and often our appearance), may be at the moment, we somehow cannot disregard the unsettling notion that summer and bathing suit season is just around the corner. With so many health plans, diet regiments and exercise rituals to choose from, it is not unusual to be confused as to which plan will guarantee the most efficient results.

The newest addition to the endless list of diets and nutrition plans has been the carbohydrate-reduced diet. From "Dr. Atkins" to "The South Beach Diet" to "The Zone", our options are endless. However, are carbohydrate-reduced diets really worth the high price and starvation?

The *Dr. Atkins New Diet Revolution* has been the founding father of the anti-carb movement. Essentially, Atkins promotes a four phase eating plan, combined with a strict vitamin, mineral and exercise plan. Each phase of the 'nutritional plan' is supposed to decrease your body weight, increase your metabolism and establish a personal weight maintenance. Phase One, known as the *Induction Phase*, only allows

you to have twenty carbs per day; roughly the equivalent of a glass of skim milk. Phases two to four allow you to reintroduce a minimal amount of carbohydrates into your daily diet, however this 'reintroduction' cannot exceed more than thirty to forty carbohydrates per day.

With nearly one half of your daily caloric intake reduced, from where are you receiving your omitted calories? The Atkins diet suggests that you replace your carbohydrate caloric intake with protein and animal fats. The one area where this diet is not restrictive is the amount of fat and protein you can take in. Previously blacklisted food items such as eggs and bacon are now being endorsed by the Atkins plan. The diet suggests that this change in caloric intake will essentially lower your blood sugar levels and force your metabolism to effectively burn fat.

As attractive as these low carb diets may seem to be, the reality is that they are often extremely tedious and difficult to maintain; especially for the hectic and multitasked university student. To be successful on a low-carb diet, such as the Atkins program, you must effectively cut out all breads, pastas, fruits and especially alcohol, essentially the most inexpensive food items found in the grocery aisles today.

Even less appealing is the price of starting and maintaining these anti-carb diets. The Atkins books for example retails at \$35.00 dollars, not including the expected increase in your weekly grocery bill. The information guides, food supplement products and anti-carb recipe books will

evidently follow the purchase of these low carb "miracle" books. Physical weight loss and a decrease in body fat percentage is never guaranteed with any diet, however this new "anti-carb" movement will guarantee the consumer a significant weight loss in their wallet.

A more effective method of weight loss and nutrition is to develop a personal balance of healthy nutrition and exercise. I know, exercise seems as far back on the burner as nutrition these days, however scheduling in a minimum of 3 exercise days per week can effectively reduce your stress and exam anxiety.

Completely reducing your carbohydrate intake to a mere 20 grams per day is neither a stable nor an effective way of maintaining a healthy lifestyle. Instead of virtually depriving yourself of carbs, choose grain products that are whole wheat and rich in fiber. Fruits and vegetables should never be a 'blacklisted' item, so feel free to indulge in these, they will boost your energy and provide your body with essential nutrients.

If you are still apprehensive about incorporating carbs into your daily diet, try to eat breads and grains in the morning and afternoon to insure that you are effectively burning the body's stored energy. And say goodbye to "exceeding" amounts of draught; the average bottle of beer has 146 calories and 13.5 grams of carbs.

The key to consistent healthy nutrition is to allow yourself to indulge once in a while. Whether your indulgences may be late night ice cream or a fabulous Saturday night downtown (followed by Pizza Corner), allow yourself to be treated at least once a week. Giving in

## Condoms, genital warts and HPV

by Jane Collins

According to a Canadian study, one in five women between 15 and 24 has HPV (Human Papillomavirus). 45% of college students are HPV positive. HPV is a viral sexually transmitted infection that is the leading cause of cervical cancer. HPV causes genital warts for which there is no cure.

Ninety per cent of all cases exhibit no symptoms of the virus, but the carrier still carries the virus and is capable of passing it on. Although a new partner may have negative tests for HIV, Hepatitis A, B, C, syphilis, gonorrhoea and chlamydia, that does not cover HPV. The virus is passed on by many people who never suspect that they have the virus.

How do you get HPV or genital warts?

It is most commonly spread by direct skin to skin contact during vaginal, anal, or oral sex with someone who has the virus. Warts generally appear within three weeks to a year after sexual relations with an infected person. But in some cases warts may never appear. What do they look like?

Genital warts are growths or lumps. They may be raised, flat, single or multiple HPV can live in the skin without causing any visible changes.

How would you know?

Warts are usually detected during a physical exam in

men or a pelvic exam in women. An abnormal PAP smear may be the first sign that HPV is present. In some cases a person will never know if they carry the virus, simply because they may never develop genital warts. Warts rarely cause pain or bleeding, but may cause itching or irritation.

If a woman has an abnormal PAP, a colposcopy may be done—a diluted acetic acid solution is used which causes any warts to turn white. The PAP smear detects the changes in the cells of the cervix before it becomes cancer. The changes can then be treated before they become cancer.

Condoms do not protect against genital warts. Condoms do reduce the risk of AIDS and other sexually transmitted infections if properly used. In the USA, the FDA is condensing a warning label on condom packages advising that condoms do not protect against HPV. Genital warts are

Treated at the Student Health Services—there are treatment options ranging from freezing with liquid nitrogen to cream therapy.

If you think you have been exposed to HPV, if your partner tells you that he or she has HPV or genital warts, or if you notice any unusual growths, bumps or skin changes on or near your penis, anus, or vagina you should see the doctor.

You can reduce the risk of getting HPV or genital warts by practicing safe sex, knowing your partner's sexual history and using a condom properly. The only way to avoid getting HPV or genital warts is sexual abstinence.

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# Mental health awareness week

## Mental health advocates welcome swift response from Paul Martin

The Canadian Mental Health Association (CMHA) welcomed the news that mental health information will no longer be required by the Liberal Party of Canada from potential candidates. CMHA has received assurances from the Prime Minister that a question about mental illness will be removed from a form that is required for every person seeking a nomination to run as a Liberal candidate.

"There is no justification for asking private health information," said Penny Marrett, General Director of CMHA. "CMHA is pleased that the Prime Minister has recognized this and is taking steps to have the question removed."

The issue came to light when it was revealed that any individual wishing to be nominated as a Liberal candidate must complete a form which asks a number of questions including if the individual had received treatment for a mental illness, in a section which also asks if the individual has been accused of sexual harassment, expelled from university or dismissed from a job. The form cautions that full details are required, and that the information may be disclosed at any time at the discretion of campaign chairs.

"The response from the Prime Minister's Office has been swift and reassuring," commented Marrett. "It seems that there is an understanding on the part of the Liberal Party of Canada that a question such as this only reinforces the stigma and discrimination associated with mental illness. We would like to offer our assistance in any way we can to ensure that something like this doesn't happen again."

## Research confirms need for education on symptoms and treatment of anxiety and depression

Two-thirds of Canadians have experienced depression and anxiety personally, or have a relationship with someone who has, and one in three believe people would think less of them if it were known they suffered from these conditions. The prevalence of depression and anxiety and the continuing stigma attached to these conditions are key findings in a new survey conducted by the Canadian Mental Health Association (CMHA) and Wyeth Pharmaceuticals.

"The cumulative data from A Report on Mental Illness in Canada released in October of last year and the results of this survey confirm the need for continued education about depression and anxiety. The sense of shame, discrimination and social isolation around mental illness presents a barrier to people seeking the help they need," says Karen McGrath, National President, Canadian Mental Health Association. "There should be no more shame around depression and anxiety than there is about having arthritis or diabetes."

Depression and anxiety are real, common and treatable medical illnesses that currently affect almost 3.4 million Canadians from all walks of life, yet more than two-thirds of people do not seek appropriate help and treatment for these conditions.

According to the survey conducted by Leger Marketing in December 2002 and January 2003, anxiety and depression have a severe impact on quality of life. Eighty-six per cent of the people surveyed believe that depression and anxiety have a strong impact on one's relationships with family and friends, and 78 per cent responded that it strongly impacts a person's success at performing their job.

While most survey respondents had some experience with anxiety and depression, few were aware of new advances in treatment. Sixty-five per cent of Canadians are unaware of new advances in treatment options that are more effective, safe and tolerable than those used in the past. The majority believe that treatment can only help people cope, but will not enable them to be virtually symptom-free. Only 12 per cent of people understand that it is possible to achieve complete remission from symptoms of depression and anxiety.

"Full remission from symptoms is possible," says Dr. Kennedy, "and my hope is that people who suffer from symptoms of anxiety and depression will take the initiative to get the information they need. Research indicates that seeking treatment early offers the best chance for people to live virtually symptom-free and to enjoy a full, rich life."

People who are concerned that they may be suffering from symptoms of anxiety and depression should see their physicians.

### Events this week at SMU

Friday, April 2nd, the Canadian Mental Health Association is delivering a workshop on the myths of mental health from 1:00pm-2:30pm in the McNally Theatre. All students are welcome.

### 10 Tips for Mental Health

1. Build Confidence - identify your abilities and weaknesses together, accept them build on them and do the best with what you have.
2. Eat right, Keep fit - a balanced diet, exercise and rest can help you to reduce stress and enjoy life.
3. Make Time for Family and Friends - these relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.
4. Give and Accept Support - friends and family relationships thrive when they are "put to the test".
5. Create a Meaningful Budget - financial problems cause stress. Over-spending on our "wants" instead of our "needs" is often the culprit.
6. Volunteer - being involved in community gives a sense of purpose and satisfaction that paid work cannot.
7. Manage Stress - we all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will maintain our mental health.
8. Find Strength in Numbers - sharing a problem with others have had similar experiences may help you find a solution and will make you feel less isolated.
9. Identify and Deal with Moods - we all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.
10. Learn to Be at Peace with Yourself - get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself.



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April 9 : 8am - 3pm  
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From all the staff at Aramark **HAPPY EASTER**

# Sports

## Precious medals AUS sweeps nationals

by Bill Hughes

The 2004 CIS University Cup hockey championship opened last Thursday at the Aitken Centre in Fredericton and featured the largest Atlantic conference contingent ever. Dalhousie, St. FX, and UNB all qualified for the championships.

Not only did they show up, but the three clubs continued to lay claim to the AUHC's reputation as the best conference in the nation.

The weekend opened with St. FX and Dal going to battle for the ninth time this season. The second seeded X-Men had won all of the two club's previous meetings of the year and the fifth ranked Dal club had the unfortunate task of facing them one last time. The trend continued as the X-Men downed the Tigers 5-0 and all but dashed their provincial rival's gold medal hopes.

There is little or no room for error in the two division, six team, brief round robin weekend tournament. The host Varsity Reds chalked up a second Atlantic triumph in their opening game as they sent the sell out crowd home happy with a 5-2 victory over the Quebec champion Ottawa Gee-Gees.

The AUHC continued its success as all three clubs won their second and final round robin games, and by doing so kept their medal hopes alive. The X-Men dominated the York Yeomen and eliminated the Ontario Champs with a 4-0 win. The victory clinched the X-Men first place in Pool 'B' and moved them into Sunday's championship game.

The Dalhousie Tigers rebounded from their opening day loss to X and knocked off York 4-2. Then for the first time all season, the Tigers got a little help from St. FX, as their aforementioned victory

over those same Yeomen clinched the Tigers a berth in the Bronze medal game.

UNB would join St. FX in the championship after having won a dramatic 6-5 overtime victory over the previously undefeated Alberta Golden Bears (31-0-2). The Varsity Reds expunged a 4-2 deficit to take a 5-4 lead into the dying minutes, before U of A tied the game with only forty-one seconds to play. The game was then pushed to sudden-death overtime where UNB hero Jesse Ferguson



potted the winner and sent a jubilant crowd into a frenzy by relegating a deflated U of A club into the bronze medal game.

The St. FX versus UNB final guaranteed that the AUHC would come up with its eighth national title, but the Atlantic Conference's best interest was certainly not on either team's mind. Both schools wanted to bring home the banner to their respective campus and would do just fine to walk over the other's back to do so. The game marked the first time that UNB had faced an Atlantic club since Dalhousie eliminated them from the AUHC playoffs in the semi-finals on February 28th. The nearly one month lay-off seemed to rejuvenate a Varsity Reds team that used that time to rest and fine tune their game in preparation for hosting the country's six finest programs. Familiarity breeds contempt, and if the previous

two regular season meetings between X and the Reds were any indication, the game would be both physical and very close as the past two ended in 4-4 ties.

The home ice Varsity Reds came out of the gate quickly, as they opened up a 2-0 lead just past the midway point in the first period of the championship game and threatened to put the game out of reach. A resilient St. FX team responded with some spirited play by taking control defensively and chipped away at the Reds lead before tying the game at two, only twenty-seven seconds into the third. The X-Men continued to pepper the Reds outstanding goalie Reg Bourcier with multiple shots (totalling forty by game's end) as they dominated down the stretch, but Bourcier was up to the task in protecting the Reds fort.

With the game remaining tied through regulation, the teams played a ten-minute sudden-death overtime. Neither team was able to score, although both teams had ample opportunity, including a couple of empty net chances.

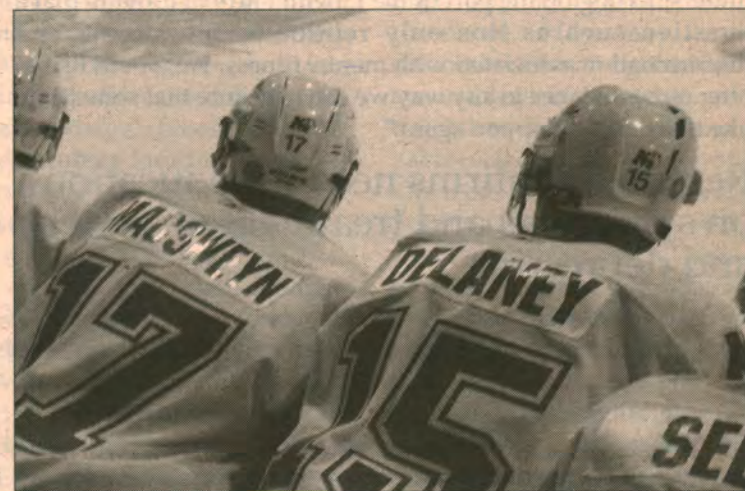
With the drama building, it wasn't until half way through the second overtime frame that first-year forward Blake Robson returned from serving a two-minute penalty for high sticking and took a pass on the left wing and went in two on one, kept the puck and beat Bourcier on the glove side for the thrilling gold medal goal. The X bench emptied as the players began to celebrate the school's first University Cup hockey championship.

The AUHC completed their first ever medal sweep as the Dal Tigers took the bronze in a 4-1 win over the Alberta Golden Bears. The Tigers handed the Bears only their second loss of the season (both against AUHC competition) on the strength of a hat trick from CIS MVP Chris Stanley and a 41 save performance

## Delaney among seniors honored

The Saint Mary's Hockey Huskies announced the recipients of their annual Awards of Excellence this past week. The awards mixed a little bit of the old in with the new as both graduating captain Keith Delaney and second year winger Kurt MacSweyn had their names engraved multiple times. The pair were named as the inaugural recipients of the Larry Uteck MVP Award. Delaney also walked away from the evening as the club's leading scorer after finishing in the top five in AUHC

best mix of offensive production and sportsmanship to his trophy case, while two seniors, Bill Manley and Clark Udle were named co-recipients of the coveted Father David Memorial Award, given to the player(s) who best exemplifies leadership and commitment to the Huskies Hockey program. The pair were also given their game jersey's as a reward for providing five strong years of service to the program. Derek Martin picked up the Al McRae Memorial Award as the team's



scoring with nine goals and 34 points. MacSweyn added the Bob Dauphine Memorial Award for the player with the

from Goaltender Jean-Francois Perras.

The Atlantic team's results were well received by a sold out tournament crowd that saw over thirty-seven hundred fans purchase ticket packages to pack the Aitken Centre for all the weekend's games.

best defenceman. Five members of the training and support staff including Dave Pawson were named as volunteers of the year, while Jeff McKercher and Nick Foley were given the Unsung Hero Award. First year netminder, Cory Roberts rounded out the ceremony by capturing the rookie of the year.

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# From the cheap seats

with Steve and Rich

A report released earlier this year placed SMU tenth nationally when it comes to the average amount of money provided publicly per student athlete. SMU's total of \$225,600 works out to an average of \$851.34 for each of its 265 student athletes. Add to this the sixty-dollar per credit deferred maintenance fee set to kick in next September and we have a unique situation. This week we asked our experts, "Is SMU spending too much money on its student athletes?"

Rich: No question. This \$60 fee or "jock tax" just implemented is going way too far. The university exists to educate people first and foremost, unfortunately this is being overlooked at Saint Mary's.

Steve: \$60 per credit per student is ridiculous. For

a National Basketball Championship in 1999, back to back Vanier Cups, a bronze this year for the field hockey team. Who can forget about the remarkable run of the men's soccer program in the last five years? Students should expect only medals due to this increased funding at the very least.

Rich: I can understand athletics being a way to get the SMU name out there and possibly draw more students. From an advertising perspective it works, should the fee result in improved results.

Steve: But the success is already there and should more students enroll, will current students be given some sort of "tax break" on the fee? Definitely not. What gets me is the relative ease at which this fee was passed, this effects each and every student, and do they care? Sure the department has big plans for resurfacing the turf, renovating Husky Stadium, and building a new ice rink but who should bear the brunt of the cost? Cheers to those of you graduating who will have nothing to do with this.

Currently all six of Canada's NHL's squads occupy a playoff spot. This could mean that for the first time ever all Canadian clubs will be in the playoffs at the same time. Playoffs equal extra cash. This brings us to the next question, "Should NHL franchises in Canada be given tax breaks or subsidized by the federal government?"

Steve: There is a pool of money devoted to sport in this

country headed by the Minister of Sport. We all know the trouble amateur athletes have with getting green from the feds, so where is this money going? We should be helping our franchises stay afloat, Calgary and Edmonton struggle to operate each year barely reaching pre-season ticket expectations. Without cooperation of their provincial government they may cease to exist.

Rich: Hockey is a part of Canadiana. Kids grow up wanting to be the next



Gretzky. There are far more people out playing hockey than canoeing. To a degree government subsidies keep the economy in these cities going. Each club generates a certain amount of jobs and their fans, win or lose, spend money within the city. If your team wins you're happy and you drink with pride; while at the same time should your team lose, you drink your sorrows away. Either way you're spending cash.

Steve: With the American Dollar the way it is, we need to even the playing field. Besides Toronto, who is trying to buy a championship these days, Canadian clubs fail to be

# Halifax welcomes the world

by Bill Hughes

The Women's World Hockey Championships kicked off on Tuesday at the Dartmouth Sportsplex and the Halifax Metro Centre. The nine teams will play a round robin in the three groups to determine the seedings for the cross over portion of the tournament. Canada played China in their opening game on Tuesday and will conclude the round robin portion tomorrow night against Germany. The qualifying cross-over round starts on Saturday.



able to offer the big money to the big name free agent and instead have to rely on grit and heart to win games. This



philosophy works to a certain degree but doesn't ever result

in a championship.

Rich: Hockey must be a part of Canada. The nation has felt pride from coast to coast only on three separate occasions. The first when Paul Henderson scored 'the goal' in 1972 to down the Soviets, then in 1980, when Terry Fox began his Marathon of Hope, and most recently in 2002 when we reclaimed gold at the Olympics in Men's Hockey.

Steve: Even though they should get some money federally, it probably won't happen until considerable steps are taken to subsidize our Olympic athletes. It shouldn't take long with the Vancouver Olympics on the horizon.



what? Is it going to improve our team's results regionally and nationally? Before this fee was even a thought, SMU won

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