

A STEAM TRAIN OF AWESOMENESS.

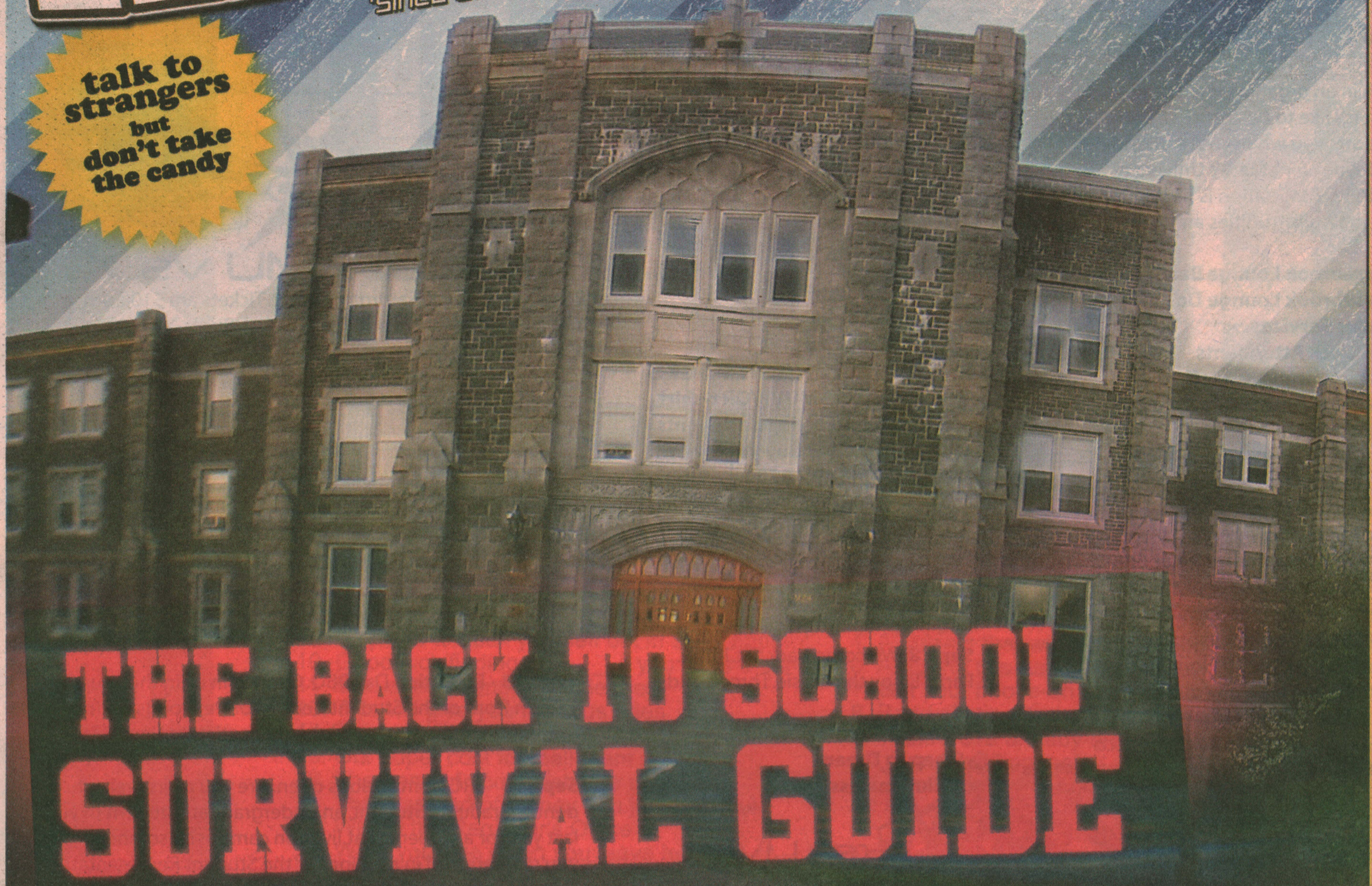
THE JOURNAL

SINCE '35 ... WOOT WOOOO

PICK ONE UP EVERY WEDNESDAY

FREE

talk to
strangers
but
don't take
the candy



Saint Mary's University, Hx, NS . AUG 30th 2006 VOL 72. ISSUE 01 ★ since 1935 ★

THE BACK TO SCHOOL SURVIVAL GUIDE

THE JOURNAL KR3W
ON MONDAY NIGHTS WE MAKE
NEWSPAPERS.
YOU CAN TOO.
5TH FLOOR STUDENT CENTRE.

GET OFF THE ELEVATOR TURN RIGHT. GO TO THE END OF THE HALL.

QUESTIONS —
THE JOURNAL AT GMAIL.COM

SO I HAD A FEW NEW IDEAS FOR THE JOURNAL OVER THE SUMMER.. AND THEY'RE ABOUT TO TAKE OFF .. SOME OF THE NEW STUFF YOU SHOULD BE ON THE LOOK OUT FOR ARE:

- THE SCIENCE & TECH SECTION
- BLIND DATES
- DOUBLE DARES
- FILL IN THE BLANKS
- MALICE IN WONDERLAND
- TV GEEK
- STYLE SECTION
- AND WAY MORE ...

WANT TO GET PAID TO WORK AT THE JOURNAL?

JOURNAL EMPLOYMENT OPPORTUNITIES

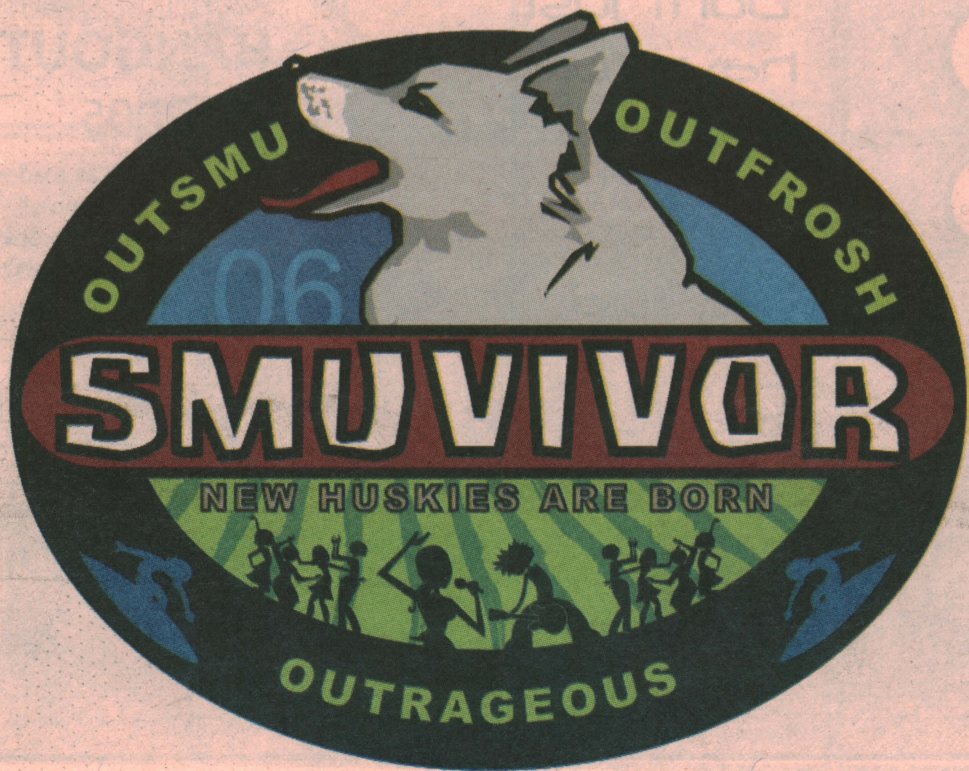
- Editor-in-Chief
- Sectional Editors:
- News Editor
- Business Editor
- A&E Editor
- "features" (Sci/Tech) Editor
- Sports Editor

- We also need:
- Art Director
 - Business Manager
 - Ad Manager

Distribution Manager

*Deadline for above jobs is
Friday September 15th.*

For more info & job descriptions please contact
Leah Bilodeau // 496-8707 vpfinance@smusa.ca



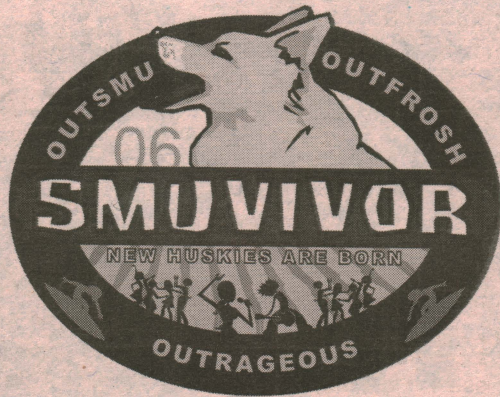


We're Hiring!

Work in an organization that knows what it's like to be a student and supports you while you're attending SMU. The Saint Mary's University Students' Association is hiring. Current job opportunities are:

- Gorsebrook Lounge Bar Staff
- Gorsebrook Lounge Door Staff
- Liquor Services
- Info Desk Attendants
- Communications Staff
- Accounts Receivable Accounts Payable (ARAP) Clerk

Applications and job descriptions are available at www.smusa.ca. Deadline to apply to the ARAP Clerk position is **September 14 at 5:00 PM**. The deadline to apply to all other positions is **September 12 at 5:00 PM**. Submit your application to Pamela Feltmate, 5th Floor Student Centre. If you have any questions, please contact Jeff Lohnes, VP Internal SMUSA, at vpinternal@smusa.ca or 496-8709.



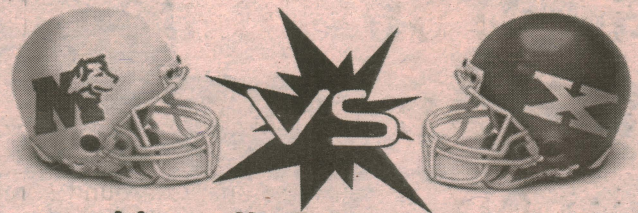
SMUVIVOR FROSH PACKS

\$90 gives you SMUVIVOR t-shirt, laundry bag, tickets to all events, and much more! Buy yours now. Call 496-8700

Sept. 8: Welcome back. Sit. Relax. Party. Enjoy the music. Three bands:

- The Fed Pennies
- Sleep to Dream
- Nicknameless

Free LIVE Entertainment at the Gorsebrook



Football: SMU vs. X

Road trip to St. FX. Saturday, Sept. 9. Tickets are \$10 each and includes bus fare and game ticket. Buses leave SMUSA at 11:00 AM.



Comin' up soon...

Sept. 13 - Education Day BBQ. Come join us in the courtyard, in front of the Student Centre, for free food and free information on the state of higher education in Nova Scotia.

Sept. 18 - SRC Nominations open. Are you a First year student, a Graduate Student, an undergraduate student in your last year, or a student that lives on campus? If so, and if you're interested in running for the Student Representative Council, come see Pamela Feltmate on the 5th floor of the Student Centre. Nominations are open from Sept. 18 to Sept. 22 at 5pm/

Mon

Come check out your favorite show on the big screen

Tue

Trivia Night with nightly prizes

Wed

Open Mic Night with cash prizes for SMU students

Thu

Wing Night from 6pm - 9 pm; weekly promotions; DJ Lindelle until close

Fri

Live entertainment and special events every week

Sat & Sun

Open for football games, bookings, private parties, and special events

the **Gorsebrook**
since 1974
lounge

Open Mic host search starts September 6.

Don't just have fun...
Lead the fun!

Call Jeff Lohnes at 496-8707

The Coast THE COAST
BEST of Halifax 2005

BEST STUDENT HANGOUT 2005

2006 Best of Halifax readers' survey is online now!!
Vote for The Gorsebrook Lounge at www.thecoast.ca



JOURNAL KR3W

A little welcome to SMU from some of the Journal Krew

Miss Biz

Hey You! Yeah you - the one reading this article - stop everything and write down this e-mail address: Jacqueline.Howatt@smu.ca. The reason being - you like reading, right? You like writing? Oh I know! You wish you had something really special to add to your growing resume, like, "Saint Mary's University Journal Columnist"? Well then it's a good thing you wrote down that e-mail address because it's mine, and I can definitely hook you up in all the right ways. Like I always say, by contributing to this paper (either by writing, or even picking up a copy every week), you are adding value to The Journal by making it popular, which means the intrinsic value of your degree is increased because you are adding value to a major component of Saint Mary's University. Think about it.

Well, I'm sure by now many of you SMU (and Journal) newbies are wondering, "Who is this person and why is she telling me what to do the very minute I step onto campus?!" Let me introduce myself. My name is Jacqueline Howatt, but they usually call me Jackie (or if you're a member of The Journal Krew - "Jax" will suffice). I hope that you all get involved with at least one thing while you are at SMU. You wont regret it.

So until the new staff is chosen, I will continue to be your Business Editor. I really encourage anyone to e-mail me if you are interested at all in writing sporadically for the Business section, or if you'd like to set up your own weekly column. Last year I suggested several potential column ideas, which included: stock market predictions and updates, mergers, profiling

entrepreneurs around campus/ Halifax, your adventures in starting your own business (a weekly blog), interviewing business professors around campus, your opinions on local businesses (services, product quality, and competition), interviews or reviews on local business leaders. I am also looking for a Rocker-Feller this year - someone who can answer various business related questions and concerns, from students, on a local and international level.

In my own column, MissBiz, I tend to write about business issues that spark my interest, or I research topics that are suggested to me. I comment about current business issues, but I really like to talk about alternative or less mainstream topics. Again, e-mail me if you would like to find out more detailed information on a business issue and I will do my best to write an article about it.

If you'd like to be added to The Journal message boards, e-mail The Journal to become a member at thejournal@gmail.com. Here, you can see what new and exciting things we have lined up for this year, receive updates about The Journal, express your opinions, and network with other Journal members and readers.

With all that said, I am very excited about The Journal this year - so stay tuned!

The G Spot

Got a question about sex? Trying to find new ways to spice up a relationship? Watched some porn and thought "wtf"? Bored and looking for some kicks by attempting to gross out the Journal krew? Write

to thejournal.gspot@gmail.com to have all your pressing questions answered. No question is too lame or nasty.

SCI/TECH

So we've been talking about it all summer - A science and technology section is needed to represent the science side of our studentbody (and anybody interested in fun gadgets.) It will cover:
-research being done at SMU and elsewhere
-big science news (like pluto being demoted)
-tech advances (new gadgets like ipods, phones, etc...)
-a rockefeller type q&a column and more...

TV Geek

Hi, my name is Ressa and I'm a tv-aholic. After years of reading Entertainment Weekly, well, weekly; watching movies and tv on DVD when I'm not watching tv on tv; surfing and editing www.tv.com; or ranting about my latest obsession on my LiveJournal; I've decided to admit it and reach a larger audience. So now when you're riding the bus home from school or waiting for your Prof to arrive or your food in the Gorse, you've got something to read to recommend what to watch so you don't have to spend endless hours flicking.

My very first pick of the week: Veronica Mars It may look like an O.C. rip-off: rich Californian neighborhood populated by wealthy parents of high school in-crowders, but Veronica isn't some whiner obsessed with winning the perfect boyfriend and newest shoes. In the first season she's determined to solve the brutal murder of her best friend Lilly Kane. Over the season Veronica pieces together the secrets of the wealthy Kane family and Lilly's death, risking her friends, reputation and her life.

Always the multi-tasker, Veronica helps her over-workes Private Eye father with mysteries of the week from credit card fraud to dog-napping. The second season's over-reaching mystery involves a bus Veronica was supposed to be on crashing into the Pacific Ocean. Smart, sassy, fearless and able to slip a double entendre about car rims and a "rim-job" past the censors; she's a hero in the tradition of Buffy Sum-

Malice in Wonderland

maliceinhfx@gmail.com

Dear Frosh,

- a) Excessive drinking is not cool. In fact, it's quite disordered. How about using some intelligence when you reach drinking age (if you haven't already)? Be responsible! Don't be a tool.
- 2) Though SMU is called Robie Street High it is, in fact, a University. Leave your high school attitude at home, and grow up.
- III) You may have gotten away with skipping essays and assignments at High School, but you won't at University. They will dock your mark.
- d) Meet new people and don't be a bitch to others. You may need them in the long run.
- 5) If you're going to fail a class, and know it, drop it. Failed classes look worse than dropped classes on your transcript. And W's (dropped classes) won't count towards your GPA.
- VI) Join something. They always say that university is more enjoyable if you get out there and join a society or group. There has to be some truth to that. SMU has a bunch of societies. Find one.
- g) Time management skills are important. Don't let yourself burn out.

-Malice

Questions, comments, ideas, suggestions. What pisses you off? Email me at maliceinhfx@gmail.com

mers or Sydney Bristow.

The first two seasons are available on DVD now and season 3 will be airing on Sun TV this fall for you lucky people with satellite dishes.

- Tv Geek out, Ressa Peters.

STYLE WHUT

"Everyone knows that first week at SMU is more like a fashion show than getting to know where your classes are, or what's expected of you workload-wise, especially the first year newbies, so just for fun The Journal will be featuring some examples what to wear and not to wear when you go to class each day! Don't worry, we'll hide the faces of the guilty, and we mean no harm if you get caught on the hit list!"

TIRED OF ER WAITS?



The Family Focus
medical clinics

New location!

Atlantic Superstore
3601 Joseph Howe Drive, Halifax

Now Open!
443-2038

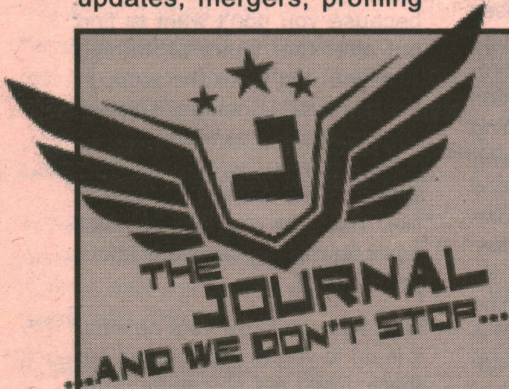
3 GP's accepting new patients
and walk-in clinic evenings & Saturdays

Other locations:
Spring Garden Road 420-2038
Lower Sackville 869-2038
Dartmouth 462-2038

Walk in or call.
Same day appointments.

www.thefamilyfocus.ca

thejournal@gmail.com
496-8203



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Kate Ross

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Kate Ross

**Chris, 2 Step-
anies and a
Jil**

**- You guys
rock, thanks
for all your
help. seriously.**

Contributors: wanna see your name here?? then contribute. send stuff to :: thejournal@gmail.com
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the fine print:

The Journal is the student news paper of Saint Mary's University. The paper is published each Wednesday by The Journal Publishing Society, and funded in part by the student body.

All students are welcome to submit pieces of work for publication in The Journal. These submissions should be received no later than 12:00pm Monday at The Journal offices or email addresses. We prefer electronic submissions. When in doubt send submissions to thejournal@gmail.com.

All pieces are subject to The Journal guidelines for submission, ((available on request)). The opinions expressed in The Journal are those of the authors and not necessarily of The Journal or Saint Mary's University. Letters to the Editor are not edited, and are printed as recieved.

GET A JOB

Will you remember September 29, 2006?

There are some dates that will remain in your mind many years from now and you will remember where you were and what you were doing. How about September 29th, 2006? Will that date resonate many years from now for you? It could, if you decide today to make September 29th, 2006 a day to remember.

You could make September 29, 2006 a day to which you might refer as the day you wowed about 160 people in at little as 6 hours, when you learned how to give James Bond a run for his money in charming people at cocktail parties and the like, and, as the day when you gained bragging rights because so many people wanted you. You might also be able to smile when you remember that September 29, 2006 was the day that for very little effort you won \$500.00. 'Nuff teasing you say....okay here's the deal

Hop on a free bus service from campus (details on the web

site), www.halifaxcareer-fair.ns.ca on September 29, 2006 and travel to the Halifax Career Fair, at the Dartmouth Sportplex where, at this sold out event, you can meet employers whose sole purpose is to recruit you. There are opportunities also for COOP work term placements and internships.

Yes - There will be real career/Coop and internship opportunities

No - You do not need to be graduating to attend. (Career exploration never hurts, regardless of your year of study or your Faculty affiliation) Who will be there? (See employer list under, 2006 Exhibitors, at www.halifaxcareerfair.ns.ca)

What - The employers are looking for students from all disciplines for careers as: Accountants, Chemists, Engineers, Financial Analysts, Policy Officers, Geologists, Computer Analysts, Information Officers, Marketers, Hu-

man Resource professionals and so on, and, across all sectors from Government, (municipal, provincial and federal) through, Manufacturing, Financial, Social Services, among others.

What do you bring?

--Bring some resumes-but most employers will ask for you to apply on line

--Bring your student ID - We will not let you in without it!

--SMU, alumni are welcome but you must bring your student ID- We don't care that its outdated, we just care that you bring it

How should you dress?

--Dress for the event, treat it as if you were going to an interview. Don't panic if you can't dress up- but employers always comment that they appreciate that students do dress so well for the event.

What should you do before the event?

-- Research the companies before you attend. - You will be able to link to the employer websites from

the Halifax Career fair website www.halifaxcareerfair.ns.ca Employers are always impressed if you approach them and indicate you have conducted some initial research.

-- If the firm is looking solely for students in one occupation- don't be put off if they indicate the need is for a particular career- ask them who they suggest you could communicate with, in order to explore if there are opportunities other than the main recruit focus on the day of the fair.

-- Attend a pre- event workshop on September 22, 2006 . Check with the student employment center for details (4th floor SUB) or check the website www.smu.ca/sec

-- Check out the information about the How Not To Be A Cocktail Weenie session and sign up for it as soon as possible

Anything else?

Don't forget to complete your evaluation form at the fair. You could win \$500.00

-- Tell your SMU, Dal and

Mount friends about the event and as long as (they show ID present or past) we'll welcome them.

-- Gather business cards from each booth you visit and mark on the back of each card any important points or follow up tips/plans

-- Have a follow up plan that includes sending an e mail or a short follow up thank you note to employers. (Details about this technique available through the Student Employment Center, 4th floor SUB)

-- Resume and cover letter critiques, tips about interviews including informational interviews, available at the Student Employment Center.

-- Look at the Student Employment Center web site often, www.smu.ca/sec

particularly if you are a recent graduate or will be graduating soon, as both employers who will attend the career fair, and, some who will not attend but who still want to recruit you-for notices about opportunities including deadlines.

LOOKING FOR A JOB and /or EMPLOYMENT TIPS
Check out the Student Employment Center web site

www.smu.ca/sec

Get a Job

BY JOHANNA KRISTOLAITIS

Q. I want to build experience during my post-secondary years, but it can be hard to find summer jobs that are related to my field. This summer, there were definitely more postings for general labour jobs, which is what I got. How can I improve my chances of a job in my field for next summer? What else can I do get related experience?

A. Your dilemma is a common one. Firstly, in order to improve your chances of finding summer employment in your industry, seek out mentors and associations in your field and develop a broad network of contacts. Meeting people can be the best way to meet your career needs, as everyone you know can be an ear to the ground for employment opportunities. Many employers do not advertise available positions because they have a stack of potential candidates already on file, or because a friend in the industry has recommended someone. Your chances of being recommended increase each time you discuss your employment search with a new or existing contact. Don't wait until the end of the school year to search for summer work. Research which companies in your field offer summer positions, and apply in January. When the end of term is approaching, call these companies to enquire about the status of summer positions, which also reminds them that your resume is in the stack in their filing cabinet.

Secondly, gaining experience is important for more than your resume. Often, degrees, diplomas, and certificates are not enough to point out your career path. You may find yourself eligible for a number of positions in the field or less suited to your chosen industry than anticipated. Experience is the best way to figure out your ideal work environment, as well as give your resume a boost. If you're serious about gaining experience while in school, consider programs with cooperative education or field training components. If this requires transferring schools, you can likely get credit for courses already completed. According to Gord Mushey, Co-operative Education Coordinator for the Faculty of Agriculture and Food Sciences at University of Manitoba, the benefits may be worth it.

"In addition to gaining that elusive experience that employers want you to have and making networking contacts, students can often find a mentor who can assist them in taking specific courses throughout their education," said Mushey.

Cooperative education programs are offered across the country, in conjunction with both degrees and diplomas. Each institution has their own process for accessing and completing the co-op component of post-secondary studies. Though most do, not all institutions offer course credit for the co-op placements, which range from four-months long to a year and a half; however, stu-

dents are paid for their work. Field placements, on the other hand, are unpaid work experiences designed to prepare students for employment in their field. These experiential learning opportunities vary in length and are incorporated into programs such as Child and Youth Worker, Law Clerk, Library Technician, Nursing, and Education, among others.

Campus career centres will also know of opportunities for you to gain experience. These can involve volunteering on campus or in the community, or employment on campus through work study programs. Professors and program advisors are another resource, as many of them worked in their fields before teaching and

often maintain contacts in their industries.

Community Service Learning programs also present glimpses into various fields of work, though often on a smaller scale. According to the Canadian Association for Community Service-Learning website, there are currently over twenty post-secondary institutions in seven provinces that offer Community Service-Learning options. Lorna Corsine, coordinator for the Community-Service Learning program at Nipissing University in North Bay, Ontario, suggests approaching professors or university administrators about bringing in experiential learning options, if your school does not offer them, or about expanding such options

where they are limited.

"It is important for students to look for opportunities in co-op, placements, and volunteer work, because you don't want to find out after four years of training that you don't like the work in that field," said Corsine. "It comes down to getting as many experiences as you can so you know what you like and what you don't like. That way you have a better basis for making decisions about your future."

Now that you know your options, it is up to you to put yourself out there. Don't get so caught up in day-to-day life that you're left with nothing but general labour jobs next summer. The experience is out there; go get it.

SMUSA EMPLOYMENT OPPORTUNITIES

Info Desk Attendants
Gorsebrook Bar/Door Staff
Communications Staff
Liquor Services Staff

Deadline for above jobs is Tuesday September 12th.

Accounts Receivable/Accounts Payable Clerk

Deadline for above job is Thursday September 15th.

Check out

www.smusa.ca/careers.asp

for full job descriptions and application forms.

JOURNAL EMPLOYMENT OPPORTUNITIES

Editor-in-Chief

Sectional Editors: News + Business +
A&E + Sci/Tech + Sports

We also need:

Art Director
Business Manager
Ad Manager

Distribution Manager

Deadline for above jobs is
Friday September 15th.

For more info & job descriptions
please contact Leah Bilodeau
496-8707 vpfinance@smusa.ca

Johanna Kristolaitis is a writer with the DiversityCanada Foundation.
Visit DiversityCanada.com for more career tips and job postings.

THE INSIDER'S GUIDE

If you live in Rice or Loyola Residence, talk to strangers on the elevator, especially if you see them often.

The Dockside Centre stage begins its lunch hour at 11am, and ends at 1.30pm. Dinner begins at 4pm and finishes at 6pm. Go early for fresh, warm food.

If you're having trouble researching at the Library or on NovaNet, you can set an appointment with a librarian to help you develop ways to find stuff.

You can't buy certain things at the To-Go with your meal card. It sucks, but it's true.

The To-Go peeps aren't always at the cash register. Sometimes they may be sitting at one of the tables just outside the door. Look for someone in a uniform to ring you up.

When calling for a cab from SMU, describe your location as on of the following: a) Loyola Bank Machine Entrance, b) Loyola Gorsebrook Entrance (the one near to the Res. Desk), c) Rice/Vanier Residence

When you want a hamburger with fries, go to the Gorsebrook Lounge - it's much better than the cafe, although they are both run by Aramark

Into fitness? Take an active living class at The Tower. The prices are amazing in comparison with those of any other gym.

The Sobey building has the best restrooms. The classiest restrooms, however, are found in the McNally Theater Auditorium.

Be friendly to the cafeteria staff. They are very nice people, and will remember those who smile and have kind words. There will come a day when you need their assistance!

Figure out the "off nights" to do laundry. These will be during midterms, when people go home for the weekend (and carry their laundry), early hours of the morning, etc.

If you meet someone taking their clothes out of a washer or dryer, use the same machines! That way, you won't get stuck with a washer that doesn't go on the rinse cycle, or a dryer that requires \$2.00 to completely dry

your clothes. (Most people will tell you if you are using a bum machine.)

It doesn't really cost \$1.00 to dry if you are doing a full load. It will take about \$1.50, especially for jeans and towels.

When the fire alarms goes off, even if it is stage one, prepare to evacuate (i.e. put on clothes that you would not mind going outside in) so that you are not fumbling around on a stage 2.

Int'l students: Grab your passport, cell phone, and bank cards! You never know when it is a real fire!

You can get \$10 rolls of quarters from the SMUSA information desk. Get a whole bunch at the beginning of the year for your laundry.

There is a Catholic church on campus (The Church of the Canadian Martyrs). There is a university service, held on Sunday evenings at 7pm. (It is only an hour long!)

Items in the vending machines are overpriced. Purchase sweets and drinks and keep stocked to avoid spending double the \$\$\$\$. If you're looking for fun candy hit up the Freak Lunch Box of Rock Candy downtown.

If you go out on the field, note that you will not be able to get back in through the door near the mailboxes, stairs to the cafeteria and entrance to Vanier Residence unless a kind passer-by stops to let you in. (Not a good risk to take at 1am)

Let the P-Drive become your best friend and study buddy. It is your best 24 hour link to course material.

If you are enrolled in a class with multiple sections, keep in mind that while you may not be able to switch sections, most Profs will allow you to sit in on their classes (in case your prof's teaching style does not suit your learning style) as long as you are registered for the course.

If you've got a major overload of exams in a particular week, see your Profs. Most are reasonable enough to reschedule examinations. (Also see Academic Calendar for regulations regarding the number of examinations a student can have in one week.)

Attempt all assignments a.s.a.p., and see your prof if you are having difficulty. Communicate with your prof as much as possible. Showing interest in the class, and your performance, may yield very good results. (Some profs may give you the 1% you need to bump your grade up from a B+ to an A-)

The food at the Gorsebrook is much better and has prices that are comparable to Dockside (but only go when you have time to wait!). You can use "meal cards" for food, but not drinks there.

Make sure to have some extra toilet paper or something in your room at all times.

Sometimes the overpass/pedway/"whatever it's called" that connects Loyola to McNally closes earlier than it is supposed to. If that happens you might be able to get into McNally through the computer lab door.

If the fire alarm goes off in Loyola, you can turn the deafening scream off in your room for awhile by pressing the little buttons on the speaker. It's not hard to find the source of the scream - look up at the corner of the rooms beside the door.

When at football games, DO NOT SIT on the maroon concrete slab... Unless you want to slide down the hill (by Vanier) every time the Huskies score. The slab is Pit Crew territory, and we love to have new recruits, but be warned: sit there and slide! Some societies actually have offices you can visit! Check the 5th floor of the Student Centre, the hall to the right.

**GO HUSKIES
WATCH
THE WALLS
FOR
FOOTBALL
ROAD TRIPS
GO HUSKIES**

SMU Women's Centre Room 526, Student Union Building 496-8722

First and foremost, The Women's Centre is here for YOU. It is a place where anyone from any walk of life; female, male or transgendered is welcome. We advocate women's rights on campus through various means and avenues, and offer a variety of resources that are here to help you, and encourage you to take advantage of these opportunities! We offer emergency referrals with regards to counseling, sexual harassment and assault, family and children's resources, substance abuse, housing, pregnancy/reproductive services, abortion information and referrals, and more. We supply FREE condoms, pads, tampons and will be opening a "free store" this year where women can exchange clothing, take what they need and leave what they don't! We also have a library, with a collection of wonderful female-friendly books and films, as well as magazine subscriptions that are here for YOU to use! And there are so many ways that you can get involved! The centre will be hosting monthly workshops, from yoga to self-defence, and you are invited to join us! We are also working on a zine that will be published monthly, and want to hear what you have to say!

Some projects that the centre will either be organizing, or involved with, are:

- **Take Back the Night**
- **The Vagina Monologues**
- **International Women's Day**
- **Titz 'n Glitz**
- **Radical Cheerleading**
- **Run for the Cure**
- **Think Pink Thursday**
- **December 6th Memorial**
- **Stitch 'n Bitch**
- **The Atlantic Waves Conference**
(www.atlanticwavesconference.ca)

We also hold a t-shirt design contest and a writing competition for a chance to win some fabulously feminist prizes! We are having an open house in September and you are all invited to stop in and see for yourself what a femtastic space we have right here on campus. We also have a blog and an email list to keep you up to date on all the latest news, so feel free to contact us at: halifeminist@yahoo.ca,

or check out our blog at smuwomenscentre.blogspot.com.

There's something for everyone - stop by and see for yourself!

ACE

Ace (Advancing Canadian Entrepreneurship) is a national non-for-profit organization whose goal is to teach students the important principals and values of entrepreneurship and market economies. By teaching these valuable lessons, Ace is 'igniting young Canadians to create brighter futures for themselves and their communities' (www.acecanada.ca).

In 2000, Ace Canada joined with SIFE (Students in Free Enterprise), which has turned our society into part of a global non-for-profit organization, with over 1,800 student teams in more than 40 countries. ACE offers many opportunities for its students, including employment opportunities, trips and competitions, bursaries and other awards.

ACE SMU has done great things for the community, and we strive to continue this trend throughout another great year. I am honored to lead the team as President for the 2006/2007 school year. During the 2005/2006 year where I served as Co-President of the society, I received an ACE Founder's Bursary for student leadership and involvement, proof that it is possible for a member of a smaller team to be recognized throughout the country. The biggest accomplishment for our team last year was the ACE Innovation Award we received at the National Exposition, held in Toronto during this past May. Our team leaped over half of the countries ACE teams in the national standings, giving our team and school a great national reputation. This year we are looking to expand on last years projects, and create new ideas with many new faces.

If you're interested in a great experience, come visit us at the Society Expo.

O-WEEK

SMUVIVORS Ready?

Please allow me to be the first to welcome you to Saint Mary's University and one of the best decisions of your lives! Let me introduce myself, my name is Mike Keating and I am tremendously honoured to be this year's Orientation Coordinator. Orientation week captures all the excitement of Saint Mary's and of those who make it, delivering a perspective of this campus that is unsurpassed by any other university.

I would like to encourage each and every one of you to participate in anything and everything, meet new friends, and to take advantage of all the opportunities available to you at Saint Mary's. See below for a week jammed full of good times and great opportunities!

Sunday, September 3rd 9:00am-5:00pm

Orientation Central

Visit the O'Donnell Hennessey Student Center to pick up your Orientation Packs, and to answer any questions you have pertaining to the upcoming events.

8:00pm-1:00am - Casino Night and Dry Pub

Gamble the night away in the Student Center! With 'SMU bucks' learn to play casino games, win prizes and meet new people. Since the theme is SMUVIVOR, you are all more than welcome to come dressed for the occasion. As the games continue, come check out your very own Gorsebrook Lounge featuring a great live band!

Monday September 4th

12:00pm-4:00pm

Turfburn SMUVIVOR

A staple of Saint Mary's Orientation Weeks, Turfburn is where you will gather on the football field and be introduced to your frosh leaders. You will be split into teams, and participate in a slew of awesome cheers and mini-games. Turfburn is to the extreme, so bring on your games faces. Also, this is where the infamous group pictures will be taken, so wear those SMUVIVOR tee's inside your Orientation packs.

4:00pm-5:30pm

BBQ

Free food outside the Student Center, enough said.

9:00pm-1:00am

Movie Night

Join us at the Tower for two great movies back to back. Bring your pjs and a sleeping bag; we'll bring the big screen and the popcorn. This is a great event to kick back and relax from all the moving.

Tuesday September 5th

11:00am-12:30pm

Extreme FYI

University is not only about succeeding academically, but growing as a person, and finding ways to participate in the university community. Therefore, I am pleased to invite you to be a part of the Student Services Success Program, Extreme, F.Y.I. (First Year Information).

11:00am-3:00pm

Scavenger Hunt BBQ

Head to the Student Union Building for some food that is sure to prepare you for an outstanding Scavenger Hunt! XM Radio will also be on site giving away some great prizes!

12:30pm-3:30pm

Scavenger Hunt

Get to know your new city! Explore Halifax with your team and out play the field to win great prizes in this scavenger hunt. Bring your cameras to capture some clues as evidence. Remember to sign up for this event at Turfburn, only 25 teams will be participating!

4:30pm-6:30pm

President's Dinner

Join your fellow students for a delicious dinner and meet the President of the University.

9:30pm-11:00pm

Damien the Hypnotist

Come out to the McNally Main Theater Auditorium to see Damien in action! You've never seen a hypnotist quite like this guy, so check it out for what promises to be a unique and hilarious experience. Doors open @ 9pm.

Wednesday September 6th FIRST DAY OF CLASSES

1:00pm-1:00am

Day long Open Mic

Stop by the Gorsebrook Lounge; our campus pub; to see your fellow students perform.

6:30pm-9:30pm

Glow Pro Wacky Olympics

Located near the student center, we'll be suiting up like sumo's wrestlers, along with many more wacky activities.

Thursday September 7th

11:30am-2:30pm

Society Expo

Learn what SMU has to offer you! Our great student societies will be set up around the student center to show you what they're all about. This is a great way to get involved, and have a blast. Check out

all the great societies from Accounting to Young Liberals Society.

9:00pm-1:00am Cuff the Duke, Uncut and Pilate Big Ticket Concert!

We're holding this one in the Tower. Come out and party hardy at SMU with three great live band and hundreds of new friends!

Friday September 8th

12:00pm-2:00pm

Sex with SMU

Saint Mary's University Students' Association presents Sue Johanson to give a lecture on safe sex. If you haven't seen the sex educator, get out to this event, she'll answer all your questions... and I do mean ALL.

3:00pm-5:00pm

Liver Foundation Fundraiser

We'll be hitting Sobey's Queen St. Halifax for a good cause, and pulling two vans behind us! The vehicles will battle it out, being pulled by students and staff to raise money for a great cause.

9:00pm-1:00am

Jungle Fever Dance Party
Rock late into the night at the Tower with this O-Week bash! No better way to top off a great Orientation Week than to party with your new friends.

Saturday September 9th ROAD TRIP TO ST. F. X. TO KICKOFF THE FOOTBALL SEASON

Pack your bag for the day and head down to Antigonish to cheer on our Saint Mary's Huskies as they take on (and destroy) the X-Men in the first game of the season. Make sure to sign up for this event early, spaces are limited.

Get yer Crunk On

**Bring cash.
Only spend cash.**

It might sound dumb but if you know you don't want to spend more than 50 bucks tonight get \$50 in cash earlier in the day. Then spend it at the bar. Buy drinks one at a time. You'll be a little tipsy so the visual of I used to have five \$10 bills now I only have one left and some change means no matter how drunk you are you'll realize you're almost out of money. Leaving your credit card with the bar tender and running a tab is a bad idea, it's just way too easy to lose count of how much you are spending.

**Don't bring a lot of extra
stuff with you.**

Don't bring your whole wallet if all you need is cash and ID. It's way too easy to lose all your stuff, everyone is bumping into each other, it's dark.. Remember it's a pain in the ass to call around when your hung-over canceling credit cards, and ordering new whatever cards, and all those prepaid gift card things that seem to pile up in your wallet will be gone for good.

Make sure you have keys.

Even if you're going out with your roommates. This will just make things easier later on.. you or your friend hooks up, doesn't feel well, meets up with other people and you go in different directions, whatever. If you both have keys that's one less thing to worry about.

**DON'T BE CRAZY
Punk-in-Drublic.**

DRUNK IN PUBLIC

The Halifax Police are cracking down on the whole drunk in public business.. If you seem out of control, overly drunk, rowdy, etc, you will spend the night in the tank. Of course you'll have a story to tell but umm ya, if that happens and you want to share your story email the whole deal to thejournal@gmail.com.

YOU'VE BEEN WARNED.

the

Questions: contact Jeff Lohnes / vpinternal@smusa.ca

SOCIETY EXPO

FREE STUFF

Thu, SEPT 7th outside the Student Centre from 11:00am-2:30pm ... RAIN DATE is Thu SEPT. 14th.
Tonnes of societies, ways to get involved and some free stuff too.

The 'Fieds

Reintroducing the wicked fun, fabulous 'Fieds!

That's right, the 'Fieds are back by popular demand! Communicate with your friends or strangers. See a hot guy/gal that you like but too shy to talk to them? Post a comment here. Someone piss you off but you couldn't think of the perfect thing to say to them? Tell them off here. This is your outlet for communication- so USE it!

'Fieds Etiquette

1. No positive identifications will be printed, ie: no first & last names together, no residence room numbers, & no student numbers.
2. No names & student numbers will be released under any circumstances whatsoever.
3. 'Fieds may be submitted electronically at thejournal.fieds@gmail.com, or even dropped off on the 5th floor of the Student Center, or by calling 496-8203.

Cottreau,
Girlfriend, I cannot believe you got engaged! Congrats you crazy girl & remember, hand to yourself till the wedding day.
PaperGirl

Cottreau,
Okay, you got what?! You need to call your sister!
KA0S

Freshmen,
Pls be cool this year...
Mature Student

Hot #10 Bus Dude,
I love you and your Yankees cap. I want you to have my babies.
Tom

Out of towners,
Welcome to Hellifax!!!
Helligonian

M.K.,
Thx for trying but it's 6am and I still don't have it I have a bad feeling about you getting your stuff in on before it's too late.
the e-i-c

Oh summer,
Where have you gone? Will

you ever come back to me?
Summer lamenter

Josh,
Remember how much Eng Lit sucked last year? I hope we can get together for some more sucking this year.
Sucking Rocks

Metalfest,
Why did you suck this year?
Malice in Wonderland

Profs,
Dont hate me becoze my speling sux.
Peterdude

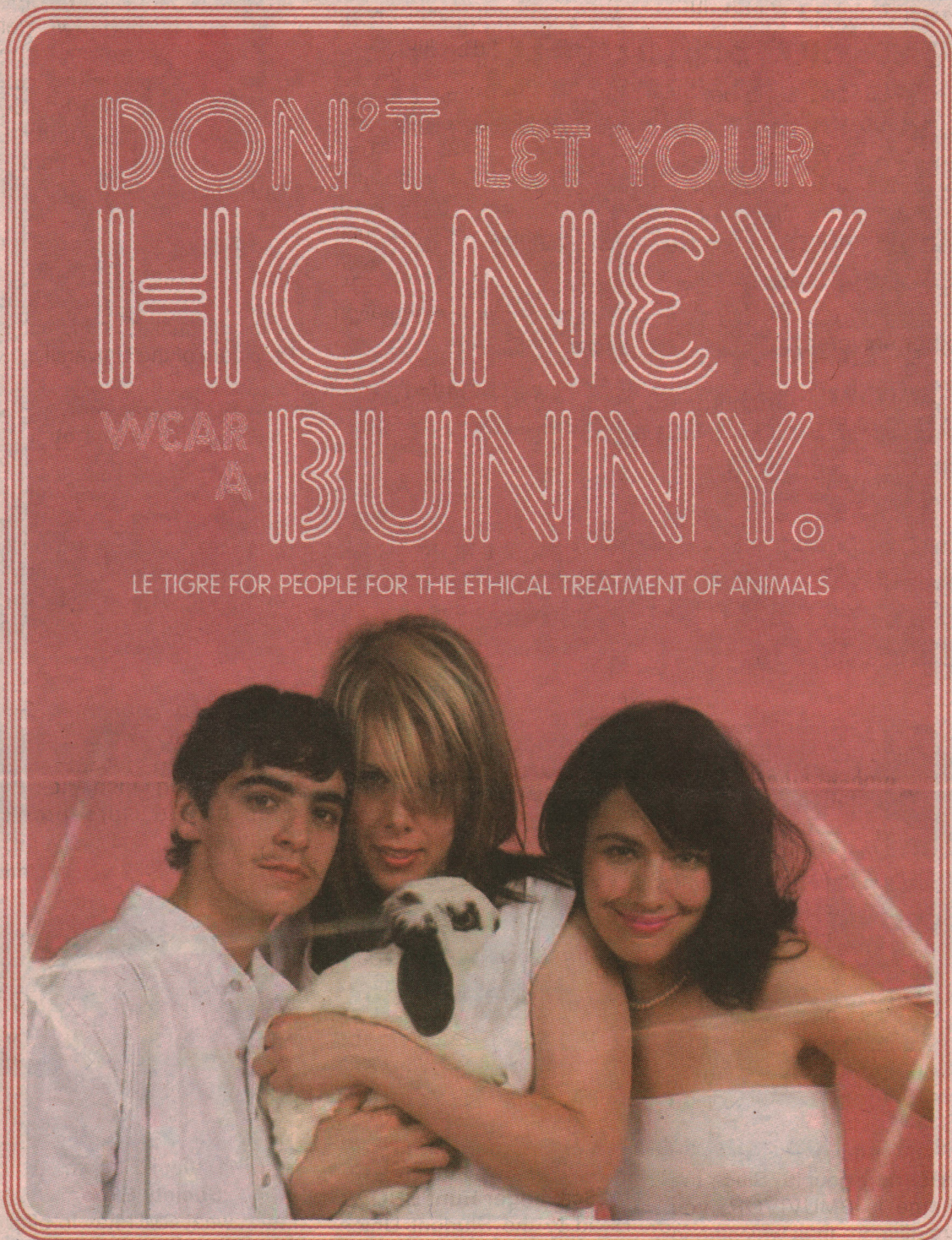
Movie Lovers,
So the trailer for Little Miss Sunshine sucks, but it's the funniest movie ever. I thought I laughed alot during Clerks 2, but this one was way way funnier. Go see it at the Oxford ASAP. Then spread the word.
LMS

dirty owen,
thanks for trying. poutine's on me. and all the beer you can drink!
Special K

buy books on 'bex'
'bex'

Save cash and help other students\$

www.smusa.ca/bex



Rabbits and other animals killed for their fur are beaten and often skinned alive. Don't wear fur.

For free stickers and more information, visit peta2.com.

people always say they want a campus radio station...
i can't make that happen, but, we can have
journal podcasts right now. want to help?
want to listen? want to be a host, have your own show already.
send all questions and comments to
thejournal@gmail.com

COMING SOON

Mon, Sep 4 :
Dinosaur Jr | Marquee (\$35/\$40)

Tue, Sep 19 :
Nashville Pussy | The Attic

Sat, Sep 22 :
ATMOSPHERE with Mac Lethal, Psalm One are upstairs (\$17/\$20) and Meligrove Band and assorted rock acts will be downstairs (\$7)

Kanye West / The Rollnig Stones / Alice Cooper / Sloan


Sep 15 : 9pm
Multipurpose Centre, Hfx Forum "Metric"
All Ages, with a licensed area- Doors open at 8pm \$25/\$30

Sat, Sep 16 :
ALL-AGES – Dropkick Murphys, The Comeback Kid, Clit 45 | McInnes Room (DAL).
8pm, \$25/\$30

Sep 23 :
Sarah Harmer | Cohn – 32.50/37.50

Sat, Oct 7 :
ALL-AGES – Moneen, Boys Night Out, the Junction | Marquee Club. Matinee 2pm \$15/20 // 19+ Moneen, Boys Night Out, the Junction | Marquee Club. Matinee 2pm \$15/20

Oct 17-21 :
Halifax Pop Explosion All Ages & mostly 19+ shows.

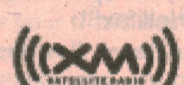
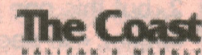
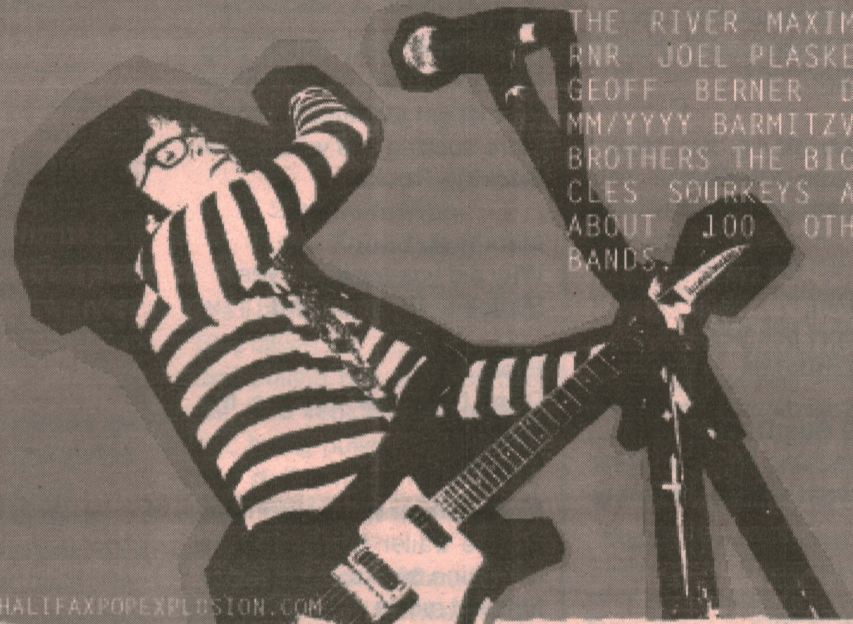
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OCT
17-21
2006

THE HALIFAX POP EXPLOSION '06

THE HALIFAX
POP EXPLOSION
MUSIC, ART AND
MEDIA FESTIVAL

FEATURING MUSIC
FROM RAISING THE
FAWN DUCHESS SAYS
GREAT LAKE SWIM-
MERS WE ARE WOLVES
CADENCE WEAPON
PONY UP JON-RAE &
THE RIVER MAXIMUM
RNR JOEL PLASKETT
GEOFF BERNER DD/
MM/YYYY BARMITZVAH
BROTHERS THE BICY-
CLES SOURKEYS AND
ABOUT 100 OTHER
BANDS.



16TH ATLANTIC
FRINGE FESTIVAL
AUGUST 31 TO SEPTEMBER 10, 2006 - HALIFAX, NOVA SCOTIA

VOLUNTEER OPPORTUNITIES

ATLANTIC FILM FESTIVAL

As a volunteer with the Atlantic Film Festival Association, you will have the opportunity to experience one of the most exciting festival environments in Canada! The AFFA has now grown to five events held throughout the year including ViewFinders: International Film Festival for Youth, alFresco filmFesto, the Atlantic Film Festival, Strategic Partners and Inspired. Volunteering with any one of these events will allow you to gain hands-on experience, be part of a dynamic team and contribute to a growing community event. Whether you're interested in meeting great people, learning about the film business, giving back to your community, or watching a fantastic collection of films and videos, you've come to the right place!

halifax pop explosion

The Halifax Pop Explosion has never been able to happen without the support of the hundreds of people who are a part of and enjoy the music community on the east coast. We need:

- *stage managers
- *house (venue) managers
- *drivers with their own car
- *snipers (people who poster and drop off handbills and program guides throughout Atlantic Canada)
- *for that matter, people with cars. We always need people with cars.
- *envelope stuffers

Volunteers get hob nob with the music scene's self styled elite, hang out and work very very hard for nothing more than a nifty tee-shirt or some free tickets! If this sounds like your bag of tea, give us an email!

Make sure you include:
your first and last name
phone number
what town or city in Atlantic Canada you live in
what your interest in volunteering is (see above list)
your age

Contact us via email at [info \(at\) halifaxpopexplosion.com](mailto:info@halifaxpopexplosion.com)

YOU CAN CHANGE THE WORLD

You can make human rights a reality.

Be a part of Amnesty International's global network of nearly two million supporters. Be part of one of the most trusted human rights movements.

Make your voice heard.

Join Amnesty International.

We're changing the world.

Amnesty International is looking for student volunteers to start a human rights club on campus. It's fun and easy to get involved. Act now.

E-mail Alison Etter.
amnestysmu@yahoo.ca



amnesty international
JUSTICE | EQUALITY | FREEDOM

CAMPUS LIFE

BE PART OF IT.

If you live on campus get off campus sometimes, there's always stuff going on around the city, and it's just weird to never leave campus. really. Use that UPASS they gave you, get a bike, whatever... venture into the city and check out the action.

Don't only talk to people on your floor, meet as many people as you can. They might not look like your friends in highschool, that doesn't mean they not cool.

If you live off campus don't run off campus as fast as you can after class. Hang out at the Gorsebrook, hit the gym, join societies, get involved. That's the stuff that makes school fun.

Societies are just about having a good time and meeting people, don't let the names fool you, sure the Commerce society probably has mostly commerce majors as members but anyone can join .. they do stuff like have parties and go skying diving it's not like they sit around discussing markeing and accounting techniques all day..

Start your own society if you want. They might even give you office space! Go talk to Jeff Lohnes, SMUSA VP Internal, if you want to find out how.

Meet at least one person in each class. Get their contact info, it's good in case you need some info about a class you missed or something but it's also a great way to meet people.

If there's someone you want to talk to in your class don't be shy, people drop classes like mad in univer- sity, SMU's not huge but you may never see them again. So... pounce while you have the oppertunity.

So, to conclude - school is about having fun - make sure you don't forget.

VOLUNTEER

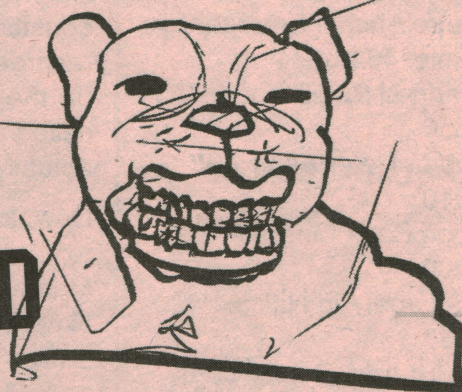
Volunteering is a great way to get in- volved ... to find volunteer opportunities go visit the "SMUSA Volunteer Rep" (you can find them on the 5th floor of the student centre....

If you're on the 5th floor looking for them **drop by the Journal Office...**we're always looking for more help!

we need proofreaders. interested?

thejournal@gmail.com

LOST AND FOUND



IF YOU LOSE SOMETHING DROP BY THE SECURITY DESK IN MCNALLY TO SEE IF THEY'VE FOUND IT.

If the vending ma- chins steal your coins go tell some- one at one of the info desks and they'll give you the money back.

If you plan on bik- ing around Hali- fax make sure you wear your helmet. It's the law. Saying you're from out of town isn't an excuse - you'll get a fine no matter how friendly you are to the cop.

want a ride h ome from school? live downtown ? check out the husky patrol feature in next week's issue to find out all about this rad smusa service.

They also have a SAFE WALK program. same deal - more deets next week.

CAN YOU HANG

We've come up with a list of student rites of passage to embark upon before graduat- ing from your student bubble and entering the 'real' world. We invite you to TAKE THE CHALLENGE and see how many tasks you can (or have) accomplish(ed) before com- pleting your degrees.

1. Get five minutes of fame in the Journal; do a double dare, write an article, get your photo on, review something, go on a blind date be naked on the cover, whatever...
2. Go for "one drink" at the Gorsebrook at lunch, and end up skipping the whole after- noon of classes.
3. Our football team is like really good, go to a football game. It's free to go to all var- sity home games, so you really have no excuse. If you're feel- ing adventurous, or yer jsut clumsy listen to em all cheer as you slide down the hill on yer belly and get covered in mud.
4. Keep it random ... umm ya know, catch and release, "get it on", with someone whose name you don't know.
5. Winterfest. Dodge. Ball.
6. Plagiarise in an essay and get away with it.
7. Taste test every kind of beer they have at Maxwell's Plum.
8. Fall asleep in class. Extra points for snoring and drooling.

9. Taste Halifax. Try a donair. Eat a peanutbutter covered hamburger at Darrell's - they're good it sounds weird, but they're good. Stuff your face fulla poutine.
10. Sleep with a your Prof or TA to get a better grade than you deserve. Or at least try and then be embarrassingly shot down.
11. Achieve an A in at least one class.
12. Get naked or drunk or both in the library.
13. Take advantage of the Tower; it's free, it's on campus, and they just redid the place over the summer to make it even cooler.
14. Make the most of the Hali- fax Casino - double or nothing on that student loan!
15. Attempt to consume a large poutine and a large donair int eh same sitting in their entirety, it'll cure your hango- ver.. Cora's is also a Sunday favourite if you're more into the fruit and waffle sloution.
16. Walk of shame. 'Nuff said.
17. Get friendly with the pizza delivery guy, he'll be at your door a couple times a week - might as well make a new friend.
18. Take an elective at another school. Film history, photogra- phy, music appreciation...
19. Give a wide eyed new stu-

- dent a "tour of the campus"
20. Get off campus. There is a big city surrounding robie high get out there and enjoy it.
21. Flash the Harbour Hopper. Ribbit Ribbit this mother---
22. Join at least one society.
23. Attend a frat party.
24. Check out wing Night. It might take forever to get a table and then even longer to be served... Gorsebrook wings are delicious.
25. One word. Palace.
26. Sleep ALL day.
27. Forget you have an in class exam - show up super late. Ace it. Show the Prof who's boss.
28. Try out something you heard about in the GSpot.
29. Yell WOOO when you cross the street.
30. visit the finest drunk tank in town.
31. Run for a Cure.
32. Go to SMUSA's Charter Day
33. Send a 'fied.

ON YOUR MARK. GET SET. GO
PLAY SAFE.

LOCAS

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Where students party & play pool!



- Rock & Roll Tunes**
- Dartboard**
- Board Games**
- 6 Pool Tables**
- Snooker Table**
- Great Space**
- Arizona Room**

You're going to love this place!

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new members and guests welcome

What are you lookin for?

Banks:

-Bank of Montreal 5435 Spring Garden Rd.
-CIBC 5527 Spring Garden Rd
-Credit Union 5670 Spring Garden Rd
-Royal Bank 5466 Spring Garden Rd
-Scotia Bank 5656 Spring Garden Rd
-TD Trust 5415 Spring Garden Rd

Coffee Shops:

-Blowers Street Paper Chase 5228 Blowers St
-Daily Grind 5686 Spring Garden
-Donut Machine 5986 Spring Garden Rd
-Just Us 1678 Barrington St
-Mud Room Café 1541 Barrington
-Perks (24 hours) 1781 Upper Water Street
-Second Cup 5425 Spring Garden
-Steve-O-Reno's 1536 Brunswick St
-Tim Hortons 5970 Spring Garden. 5639 Spring Garden, 1646 Barrington St, 5077 George St.
-Timothy's 5475 Spring Garden Rd, 1791 Barrington St and 1869 Upper Water St
-Trident 1256 Hollis St
-Uncommon Grounds 1030 South Park, 1801 Hollis and corner of Sackville and Argyle

Groceries:

-Atlantic Superstore 1075 Barrington
-Sobeys 1120 Queen St.
-Don's Asian Grocery 6083 South St
-Pete's Frootique 151 Dresden Row

Used/Vintage Clothing, etc:

-Allie's 1359 Barrington St
-Junk and Foibles 1533 Barrington St.
-Lost and Found 2383 Agricola St
-Salvation Army 5280 Green St.

Video Stores:

-Video Difference 6086 Quinpool Rd
-Niko Video Machine Queen Street Quinpool Road
-Gigantic Video 1030 South Park
-Supervideo 1300 Queen St
-Video Difference 6086 Quinpool Rd

Who ya gonna call?

The journal 496-8203
Environment Canada
Weather: 426-9090
Animal control: 468-9219
Non-emergency police line: 490-5020
Crime Stoppers: 422-8477

NS Labour Standards: 424-4311
Poison Control line: 428-8161
Metro Animal Emergency Clinic: 468-0674
Planned Parenthood: 455-9656
Mayor Peter Kelly: 490-4010
Food Bank Metro: 457-1900
NS Legal Aid Halifax: 420-6583
NS Human Rights Commission: 424-4111
Public works & Transportation: 490-6203
HRM Commission's emergency: 490-4810
Landlord/tenant rules: 424-5200

halifacts

We have...

We have the most bars per capita in Canada - There are nearly 200 bars and restaurants in Downtown Halifax.

We have the warmest average year round temperature in Canada - we're on the ocean, that regulates the temp meaning it's never super cold in the winter, or crazy hot in the summer. Nova Scotia has 7,600 kilometres of easy access coastline and the highest recorded tides in the world (in the Bay of Fundy.) It's called a "tidal bore" but it's actually kinda cool.

Downtown Halifax is home to Canada's oldest Farm Market at Alexander Keith's Nova Scotia Brewery, 1496 Lower Water Street.

Neptune Theatre at 1593 Argyle Street is the largest theatre in Halifax. Recent shows include: Chicago, Cats, and The Diary of Anne Frank.

You should re-cycle

DO IT DOWNTOWN AT :

Youth L.I.V.E. Recycling
947 Mitchell St., 490-7370

The Bin Doctor Recycling Centre
2651 Clifton Street (near North and Robie Streets),
462-7468

Tanner's Transfer
6393 Bayne Street
454-4888

Nova Scotia has one of the highest return rates for beverage containers in North America. As of January 2006, Nova Scotians have recycled over two billion beverage containers, keeping these containers out of the landfill and converting them into new valuable products, like new aluminum cans, plastic sheeting, carpet and clothing.

How it all works

Consumers pay a 10-cent deposit on each liquor or non-liquor beverage container purchased and collect a 5-cent refund for each container returned to an ENVIRO-Depot™. In the case of liquor containers over 500 ml, a 20-cent deposit is paid and a 10-cent refund is received.

Enviro-Depots also accept leftover latex and alkyd household paint. Some Enviro-Depots also collect scrap metal, lead-acid batteries, cardboard and other recyclable materials. Contact your nearest ENVIRO-DEPOT™ for details click here.

**THIS IS PRINTED
ON RE-CYCLED PAPER**

BACK HOME THEY CALL ME KILLER..

New school year. New school. New start if you want to get chessey - but seriously no one cares who you were in high school. if you want to re-invent yourself do it. Now is the perfect time. Make up a nickname. Drop all your old pre-cocieved notions about people. do things you've never done before. make up a new nickname if you want. tell people you won a jet ski rodeo one time. why wouldn't they believe you. become the coolest kid you've ever heard of. No one needs to know that scar above your eye is from poking yourself in the eye brushing your teeth. i'm not really saying be fake. i'm saying turn into what you want to be. i'm saying talk the talk & walk the walk, maybe you always wanted to fit in with the _____ kids.. well... now's your chance.

p.s. everyone thinks Journal writers are pretty cool... submissions have to be in by noon monday - drop by the office of email 'em to thejournal@gmail.com.

(We like pre-typed submissions better.)

how do you feel about blind dates?

here's the idea...

let us know if you'd be into going on a "journal blind date" we will screen the wannabes and hook up people that seem fun. then everyone else can read all about it.

can you hang?

holla back ... wanna know more
thejournal@gmail.com

WANTED

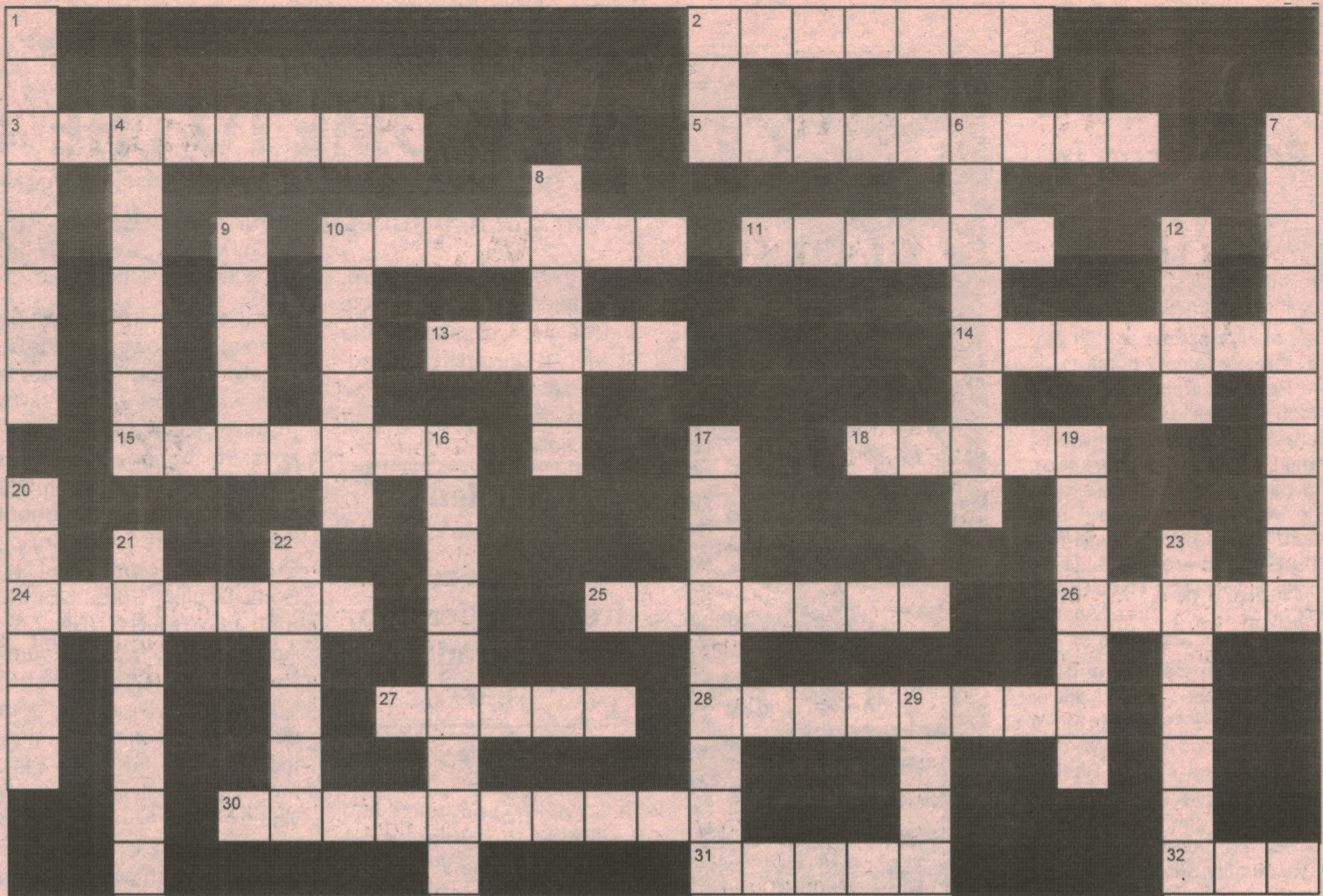
THE JOURNAL ALWAYS WANTS WRITERS
CALL 496-8203, DROP BY THE OFFICE ON THE 5TH FLOOR OF THE STUDENT CENTRE OR EMAIL YOUR STUFF TO THE SECTIONAL EDITORS - CONTACT INFO CAN BE FOUND IN THE STAFF BOX OR SEND IT TO THEJOURNAL@GMAIL.COM

SPREAD THE WORD.

VACANCY
THE JOURNAL

it's all fun & games

until someone loses an eye. use dull pencils. play safe.



Across

- 2. The coolest paper you'll read all year
- 3. Get caught at this & you're toast
- 5. The place to deck yourself out in SMU apparel
- 10. Good luck finding _____ if you have a car
- 11. One of the campus residences
- 13. This will give you free bus rides
- 14. The _____ building is being renovated.
- 15. Our super cool football team
- 18. The bane of your existence until April
- 24. The crapload of money you just paid out
- 25. Where the Registrar's Office is
- 26. What you'll be when you leave here (hopefully)
- 27. Our student organization
- 28. Monday Frosh Week event
- 30. Where to go for spring break deals (2 words)
- 31. Work out at The _____
- 32. Sex with _____ with Sue Johanson

Down

- 1. SMU cafeteria
- 2. What you need to earn some \$\$\$
- 4. A subject that will teach you good grammar
- 6. Article in this paper- & a happy place (2 words)
- 7. Get your booze-on here
- 8. Band playing at the big ticket, orientation week
- 9. Tests we're already dreading
- 10. Handy writing tool
- 12. Handy for taking notes on
- 16. Month that classes start (duh)
- 17. Tuesday night Frosh Week entertainment
- 19. you!
- 20. The Husky _____ will keep you safe
- 21. Organize all your notes in these
- 22. Local "fine-dining" cuisine
- 23. Saint Mary's _____
- 29. SMUdents live on a steady diet of _____

*** THE O - WEEK BINGO BOARD ***

someone puking	pink crocs	the gorgeous 2 time smusa prez zach morris-churchill	a member of a varsity team	pontiac sunfire	someone biting their nails
husky football practice	apple laptop	a parking ticket	someone reading the Journal	someone asking for digits.	the mascot
someone dancing	someone talking about the rolling stones concert	someone refers to you as 'frosh'.. <small>here froshy froshy froshy</small>	someone sending text messages like whut	short shorts	someone asleep on campus
a kid trying to carry a huge pile of books	a really big donair	someone talking about how much they hate crocs	ed hardy clothing	'tribal' lower back tattoo	green crocs

NHL Pre-season in HFX

Halifax is hosting 3 great match-ups this September.

First of all, September 19th Sidney Crosby returns home to pit the Pittsburgh Penguins against Wade Redden and the Ottawa Senators. The worst vs the best during last years regular season, this game promises to be a great one, with the next Great One's return home. Tickets range from \$76-\$91 and are available by phone, online, at the Metro Centre box office or any Ticket Atlantic outlet (Atlantic Superstores).

Then September 23 and 24 there's a great package set of games being hosted at the Metro Centre; first off the New York Islanders take on the Boston Bruins on Saturday. This should be a decent game for any true hockey fan, but the main even is on Sunday, when the Ottawa Senators are back in town to take on their ultimate rivals (and the divide that tears families apart), the Toronto Maple Leafs! For anyone who doesn't know hockey, it just doesn't get any better than this! Last season the Leafs were outscored 41-19 in 8 games, so don't be surprised if this one is a blowout! Tickets for the package range from \$107-137 and can be bought by phone, online, at the Metro Centre box office or any Ticket Atlantic outlet (Atlantic Superstores).

All games are at the Halifax Metro Centre located in the heart of downtown Halifax. Puck drops at 7pm!

**SMU STUDENTS GET
INTO HOME GAMES FREE**

WELCOME TO THE JUNGLE TOWER

They got fun 'n' games ... Watch it bring you to your shun n,n,n,n,,n,n,,n,n,n,,n,n,,n,n knees, knees. The best way to fight the freshmen 15.

The Tower Fitness Centre, 920 Tower Road, is available and easily accessible to the St. Mary's University community it offers fitness classes, access to machinery, and health services.

As a student of Saint. Mary's University you receive free membership for the academic year.

This entitles you to towel service, two day passes, discounts on active living programs and the Tower Pro Shop items, and access to the steam and sauna room, changing rooms, cardio & weight rooms, indoor and outdoor tracks, basketball courts, squash courts and much more.

The Cardio Room contains cardio machines, light weights, stretching area, spinning bikes, multi-unit cable machines, and individual strength circuit machines. The weight room has barbells, dumbbells and squat racks. Both rooms are accessible to Tower members, but the Cardio Room is closed to students Monday - Thursday between 5pm and 7pm during

the academic school year.

The group fitness classes offered at The Tower provide an excellent option for students who would like to reach, or maintain, a level of physical fitness with the support of others in a fun, friendly environment. Classes offered throughout the year include Cardio Sculpt, Pump & Lo, Heart & Muscle, Body Sculpt, Gutts-n-Butts, Step Jam, B.A.S.E. (Balance, Agility, Strength, and Endurance), Step Circuit, Yoga, Yoga-Lates, Spin 45, Spin 60, and kickboxing. To view the schedule for these (and more) active living classes, visit The Tower and pick up a brochure (which also gives details on each class and the cost) or go to <http://www.smu.ca/athletics/tower/programs-01.html>.

If you need assistance with setting up an exercise program, feel free to consult with the staff at The Tower, which includes six personal trainers. Robert, Thomas, Rene, Sandra, Peter, and Sarah are all be more than happy to work with you, and put together a routine for you to follow to achieve your goals. Simply call 420-5556 to make an appointment with any of the aforementioned people to

get started on a new personal fitness program. One session will cost \$33 while six sessions will cost \$192. You may also choose to have your body fat assessed at this time at a low cost of \$5 for Tower members. Also within the tower is the Physioclinic which is open from 7am to 8pm offering massage therapy, nutritional counseling, home care, acupuncture, and much more. To make an appointment, call 420-5061. (PS Tia at the Physioclinic is awesome)

For the athletes and aspiring athletes there are varsity and intramural teams. At varsity level, for men, sports include basketball, football, hockey and soccer. For women, varsity teams include basketball, field hockey, hockey, soccer, volleyball, and rugby. There are also co-ed cross country and track & field teams. As for intramurals, during the fall semester, sports include coed broomball, co-ed competition soccer, coed flag football, co-ed ultimate frisbee, men and women's volleyball, co-ed softball, golf tournament, badminton league, ice hockey and many more. Please note that varsity team members are not eligible to play their respective sports in intramurals. Forms for intramural teams may be collected from the Intramural Office located on the second floor of The Tower. To inquire about joining any of the varsity or intramural teams, visit The Tower and the staff at the front desk would be more than happy to assist you, or direct you to someone more capable of doing so.

The Tower is conveniently located on SMU's campus, and the staff are ready and willing to assist you. Be sure to visit The Tower after getting your SMU ID to fill out the form and sign the waiver so that you can begin making use of this free service. Also, remember to take your ID with you every time you go to The Tower as it also serves as your access card. Remember that your mental health is linked to your physical health which is therefore a contributing factor to your academic success. Sports, fitness, energy for life - all available to you, at The Tower!

THE TOWER GOT A SUMMER MAKE OVER - STAY TUNED NEXT WEEK FOR A FULL UPDATE ON THE NEW LOOK AND SPACE

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

~John Fitzgerald Kennedy

*** THE JOURNAL KR3W *
ON MONDAY NIGHTS WE
MAKE NEWSPAPERS.**

**YOU CAN TOO.
5TH FLOOR STUDENT
CENTRE.**

**GET OFF THE ELEVATOR TURN RIGHT. GO TO THE
END OF THE HALL. COME IN.**

**QUESTIONS — RSVP
THE JOURNAL AT GMAIL.COM**