

ATRIUM CONSTRUCTION PROGRESSES
PG 5

ARE SMU STUDENTS PROUD OF THEIR
SPORTS TEAMS?
PG 15

Visit The Journal Online at:
www.smujournal.ca



THE JOURNAL

Est. 1935 · Vol. 74 · No. 15 · January 21, 2009

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



Photo Credits: Laura Macintosh, Nick Simard, and Nicole Fu
Cover Design: Nicole Fu

thesmujournal@gmail.com

smusa NEWS

Events



Winter Ball, a Formal Evening
Thursday, January 29th 10pm - 1am
Students' Centre Cafeteria \$5 SMU
Students \$7 non SMU students. *

Dodgeball Tournament
Friday, January 30th 1pm - 4:30pm
Tower Gymnasium \$20 Team Fee

SMUmazing Race
Saturday, January 31st 12pm - 5pm
Meet At Sobey 260 \$20 Team Fee

Valentine's Day Bingo
Tuesday, February 3rd 8pm - 10pm
Students' Centre Cafeteria. Admission
1 non-perishable food item per person. **

* Non SMU students attending the dance must be signed in by a SMU student at the entrance of the dance. All SMU students must have their student IDs and can only sign in one person each.
** Non-perishable food items will be donated to Feed Nova Scotia

Attention Potential Grads Graduation Pictures

About iMage will be on campus
Feb 4-5 & March 4-5 in the Loyola
Private Dining Room (PDR)



Call 429-1977 to book an Appointment
to guarantee your grad photo in the yearbook
About iMage Photography Co.



The Most Reliable Cartridge Refiller
100% Satisfaction Guarantee

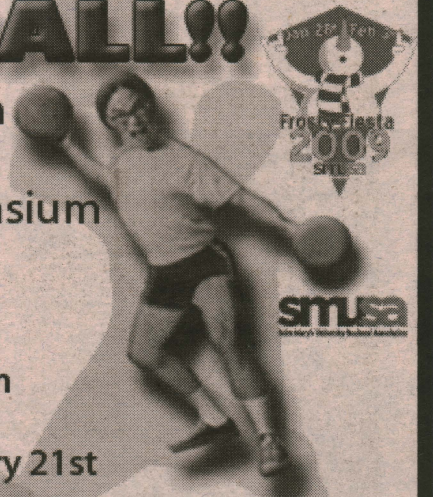
Compatible With Each Major Brand
Including Epson, HP, Lexmark, Cannon
And Dell

DODGEBALL!!

Friday, January 30th
1:00pm - 4:30pm
in the Tower Gymnasium

FREE VITAMIN WATER
for Participants

6 SMU students per team
\$20 sign up fee
Sign up deadline: January 21st



Winter Ball
A FORMAL EVENT

STUDENTS' CENTRE CAFETERIA
JANUARY 30TH
10:00 PM TO 1:00 AM
\$5 SMU STUDENTS
\$7 NON-SMU STUDENTS

Valentine's Day
BINGO
Tuesday, February 3rd
8pm - 10pm
Students' Centre Cafeteria

Admission 1 non-perishable
food item per person

Register By January 23rd At The Info Desk
Teams Of 4 (minimum 3 SMU students) \$20.00 Per Team

breakawaytours
Presents

THE SMUMAZING RACE

SATURDAY JAN. 31st 12:00PM - 5:00PM

Grand Prize: \$1000 Travel Voucher



ELECTIONS 2009

Nomination Deadline
January 23rd

HAPPY HOUR
Monday To Friday 4:30 - 6pm
Wednesday and Thursday 9 - 10:30pm
3.00\$ DRAFT

WEDNESDAY
JANUARY 21st
OPEN MIC NIGHT

THURSDAY
JANUARY 22nd
WING NIGHT
6PM

FRIDAY
JANUARY 23rd
FREEDOM FRIDAYS

SATURDAY
JANUARY 24th
OPEN FOR BOOKINGS

SUNDAY
JANUARY 25th
OPEN FOR BOOKINGS

MONDAY
JANUARY 26th
WORLD SPORTS LOUNGE

TUESDAY
JANUARY 27th
THUNDERMUG TUESDAY
\$6.75

the **Gorsebrook**
since 1974
lounge

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

www.smujournal.ca



PERSPECTIVES

Letters To the Editor

THE JOURNAL
SUITE 517, STUDENT CENTRE
SAINT MARY'S UNIVERSITY
HALIFAX, NOVA SCOTIA
B3H 3C3
902.496.8201

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

NEWS EDITOR
JEFF COSACK
NEWS.SMU@GMAIL.COM

SPORTS EDITOR
JASON MACDONALD
SPORTS.SMU@GMAIL.COM

BUSINESS EDITOR
NICK SIMARD
BUSINESS.SMU@GMAIL.COM

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

FEATURES EDITOR
KIMBERLEY DARES
FEATURES.SMUJOURNAL@GMAIL.COM

ART DIRECTOR
MARION SOLIS
DESIGNS.SMU@GMAIL.COM

AD-MANAGER
KOREY MCINNIS
ADVERTISEMENTS.SMU@GMAIL.COM
902.209.0590

DISTRIBUTION MANAGER
BRIEFANY ANDERSEN &
CHRIS HUNTER

WEBSITE MANAGER
ELIE KHOURY

THANKS TO ALL CONTRIBUTORS

THE JOURNAL IS THE STUDENT
NEWSPAPER OF SAINT MARY'S
UNIVERSITY. THE PAPER IS PUBLISHED
EACH WEDNESDAY BY THE JOURNAL
PUBLISHING SOCIETY, AND
FUNDED IN PART BY THE STUDENT
BODY.

ALL STUDENTS ARE WELCOME TO
SUBMIT PIECES OF WORK FOR
PUBLICATION IN THE JOURNAL. THESE
SUBMISSIONS SHOULD BE
RECEIVED NO LATER THAN NOON ON
SUNDAY THROUGH THE PROVIDED
EMAIL ADDRESSES. SUBMIT
ARTICLES TO THESMUJOURNAL@GMAIL.
COM OR AT WWW.SMUJOURNAL.
CA. LETTERS TO THE EDITOR MAY
BE NO MORE THAN 400 WORDS. ALL
SUBMISSIONS MAY BE SUBJECT TO
EDITING.

IF YOU WOULD LIKE TO PROOF-
READ, VISIT THE OFFICE ON
MONDAY MORNINGS. ALL PIECES
ARE SUBJECT TO THE JOURNAL
GUIDELINES FOR SUBMISSION. (AVAIL-
ABLE ON REQUEST). THE OPINIONS
EXPRESSED IN THE JOURNAL ARE
THOSE OF THE AUTHORS AND NOT
NECESSARILY OF THE JOURNAL OR
SAINT MARY'S UNIVERSITY.

REMINDER

Societies Get Free
Advertisements In
The Journal

What a great way to get people to actually show
up for your event.

Submit to: thesmujournal@gmail.com

[CORRECTIONS POLICY]

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

**Teach English
Overseas**



**TESOL/TESL Teacher Training
Certification Courses**

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

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

TEXTLATIONSHIPS: TOO FAR?

LAURA MACINTOSH
Editor-in-Chief



In a world where technology is everywhere (how many of your professors still accept hand-written papers?), is there any wonder why it has invaded our love lives? With online dating sites you can find your mate online; and with IM and cell phones you can have an entire relationship without ever meeting your significant other. How significant is that really?

Intellectual discussion, purposeful communication, emotion and physical interaction; 4 things that help build strong relationships. These are also 4 things you can't get off a screen.

It's hard to say something that sounds intelligent when you're typing it out on T9. It'll take you much longer than verbally saying it and soon enough, u replaces you and punctuation is too much effort to put in. How intellectual does the following look: "ur 2 cute hun c u l8r" (an actual message I've received from someone I was seeing). Kind of makes you want to take an "emo" moment doesn't it?

Back and forth discussion, whether in messenger or text is beyond complicated. If you ask a question, don't get an answer and carry on to another topic; the other person will often answer your original statement in the middle of a completely different conversation (at least what you're depicting as a different conversation). Far too many times this creates

havoc, misunderstandings that lead to fights over stupid miscommunications that would have been avoided in a real-world setting.

Emotion. Do I really need to touch on this one? Emotions make all the meaning in what we say, and how we are received. Take the following: "Thanks a lot". When you get this text message out of the blue (again a real life story...), what

do you think? Do you ask what the heck your partner was thanking you for? Well that may make you look stupid... and what if they're being sarcastic and they're actually mad at you?! Ok, time to think back, real hard now; what did I do... good or bad... am I in trouble or is my partner sincerely happy with something I did?! Oh gawd, the stress! Now if this was in person, first off it wouldn't be out of the blue... and second, you could judge the emotion by body language, tone of voice, etc. The emotion texting and messaging lacks, is what helps us make sense of the situation. Without it you'll find yourself in trouble when you were actually joking around (take "oh you're such a drama queen" for instance) and taken completely out of context far too many times.

Last but not least... physical interaction. We all know the expression "hug it out". Well that's an important part of any relationship, one that just doesn't work the same when you read "**hugs**". Many studies show that the physical act of touching, smelling, feeling our partners makes us like them more. So where does that leave the texting relationship?

Probably disgruntled at your mate because of the above noted problems you're experiencing...

HAPPY NEW YEAR!

EDWARD C RYAN
Student

The New Year has finally begun. This is the time of year when people can have a fresh start, where we can wash away the sins of the past and look forward to a bright new future, a better future. Or, we can piss it all away as seems to be the case with the only country in the world that displays symptoms of short person syndrome; Israel. As most of you probably know,



on December 27th Israel commenced an airstrike on Palestine killing just under 300 Palestinians, and injuring almost 1000 more. This was then followed by a week of airstrikes, a ground invasion, a short truce (then violated by rocket fire from Hamas), and then another attack on the suburbs of Gaza City. As of January 11th it is reported that 879 Palestinians have been killed with over 3,000 injured (many of them children and other civilians), to Israel's 13 dead and 119 injured. As the days go by I'm sure the number of Palestinian casualties shall greatly increase. I think that it's high past time that we all give Israel the international "Fuck You!" and condemn their barbaric actions (you too America).
Seriously Israel! Don't you think

that your actions are a little bit excessive? And not that good kind of excessive either, the one that warms the soul at night like obesity, alcoholism, or a night cheating on your wife with hookers in Vegas. No, this is that bad kind of excessive behaviour; the systematic destruction of an entire state of people kind. Israel's actions these past few weeks have disgusted many individuals, though that is not to say there aren't two sides to every story. Hamas has also committed its own fair share of atrocities; but seriously, Israel, I think we all get the point. We get it; you're pissed off, but for Christ's sake man cut this shit out. An attack on the Gaza strip of this magnitude is completely uncalled for. And yeah, we all know that the UN are a bunch of pussies and the whole world is scared shitless of the U.S., but you can't hide behind the faults of others forever. You have to take responsibility for your own actions and admit you fucked up, because the whole "We cannot stop bombing them because they are shooting rockets at us" excuse is wearing thin. You've killed 879 people in a matter of weeks and they've killed 13. Maybe they're still shooting rockets at you because you're bombing their city, their homes, their children and their schools- you seriously don't expect them to retaliate? Please, Israel, I beg you to please cease your assault on Gaza. Why don't we just start the New Year fresh?



MELANNIE BURKE
Contributor

My name is Melannie Burke, I have never thought to write for The Journal before, so please forgive me if I make a mistake as I write this piece. I look like any other upper level English major you may have met before, concerned mostly with my upcoming graduation and hoping I have taken all the courses I need to go on, praying that I don't need a summer course to finish after all. However, looks are deceiving - I am not what I seem. I decided to write this, and perhaps further articles because I noticed that there was a story that is not being told and needs to be. While there are a multitude of questions that need to be asked and addressed with regards to this issue, let me start with what I believe to be one of the most important questions - What do you think of when you picture a fellow student who is described as disabled? I suspect that if you are like most ordinary people, when you picture disability, it is only a physical disability that you see. Perhaps you think of a fellow student in a wheelchair, maybe a blind student who uses a cane to get around or perhaps even a deaf student who attends one of your classes with an interpreter signing for them so they can understand what is being said. When we see these students around campus, we understand how brave they must be to overcome the challenges they face to pursue their dreams. We, as students try to extend them a little extra courtesy, kindness and compassion, because we know if university is difficult for us, it is probably even more challenging for them. Saint Mary's is special though; we have the Atlantic Centre and other resources that are meant to help all of these students and we are commended for it.

The second question is this: What if you don't fit into that group? Disabilities come in many forms and not all of them are seen. They are what I term the "invisible" disabilities, because the person before you looks and seems the same as you are, therefore most of us unconsciously conclude that they will act the same as we do, such is not always the case. These invisible disabilities, that do not often come to mind when we think of the word disabled, can include dyslexia, autism, epilepsy and many others. The saddest thing is that the people who possess these invisible disabilities are often directed to correct their problems independently and outside of the classroom. Many hide these disabilities if they can, and do not subject themselves to the scrutiny of their professors and fellow students, for fear of the result. Too often, most have been exposed to hate and prejudice because of their disability.

MARK MERCER
Cranky Professor

Nick Simard is right that the recent Gorsebrook Lounge poster is stupid and obnoxious ("There's no business like 'you-know' business," January 14, p. 10). Let's hope that the people responsible for it learn from Simard's critique and do better next time.

But why did Simard draw attention in his article to our university's Policy on the Prevention and Resolution of Harassment and Discrimination? That policy is an absolute mess. It conflates actual harassment and discrimination with all sorts of other behaviours, some objectionable, some not. It's a policy that invites frivolous, vexatious, and ideologically-

In this society, as accepting as we think we are, students with invisible disabilities are taught to hide them if they can and function like their "normal counterparts". Or they are informed they have no place in this world, particularly the job market. I understand that I cannot speak for all of those with the myriad of invisible disabilities; all I can do is write from personal experience and hope that what I write resonates with most of what my fellow students experience daily, both good and bad. Here I unmask myself - I suffer from epilepsy quite severely and have been since I was six years old. Most days, I never have a seizure and no one would know. Other times, like this past summer, I will have 3-4 a week and not be able to work. And infrequently, but on occasion, it can get very bad indeed. It so happens that at the end of November it got bad. I went into a condition called Status Epilepticus; a state where seizures come so frequently and close together that your brain is oxygen deprived and some brain cells die, I had over a hundred seizures and it took doctors four days to get the seizures under control. Needless to say, when I was released at the beginning of December, I spent my Christmas vacation sitting on the couch, watching Much Music videos. Trying to get healthy was my primary concern. I wondered whether I should return to university. I did because I am as stubborn as a mule and I believed I could do it. I am not quite the same as before, but am still doing fairly well with everything. In fact, I was back at my temporary job at the bookstore on January 5th. For many students I was the girl who did your book refunds for these past two weeks. I went back to classes too, trying to maintain a full course load. I realize that's not going to happen now and I'm dropping down to three, a more reasonable work load. It has not been easy coming back, and there have been a lot of challenges but I know it is what I want. I am still taking it day by day and that's a good way to approach recovery. Graduation will have to be postponed until January next year, but it's not the end of the world. I'm still here, doing what I love, and that is what counts. While from my own experience, I've felt rather alone in my journey and I hope to change that. I'm reaching out to those who can help, in the hope that together we can realize the dream that I have for myself. If you wonder why I decided to share this experience, it is as I stated before, you cannot only judge someone by how they look. They too might face great challenges they need to overcome. We all have to listen to each other to understand one and others stories. I want to thank you for reading mine.

motivated complaints. I hope that Simard's article doesn't encourage anyone to bring a complaint against the Gorsebrook on the grounds that the presence of the poster harassed him or discriminated against him. The university might well take such a complaint seriously and attempt further to erode freedom of expression on our campus.

When confronted with an obnoxious poster, we ought not complain to any authority. We ought to do what Simard, for the most part, did. We ought to explain what's wrong with the poster and why it shouldn't be displayed. We ought not summon an authority to dictate what can and can't be displayed on campus.

YOU'RE SO VAIN; YOU PROBABLY THINK THIS SONG IS ABOUT YOU, DON'T YOU, DON'T YOU?

KAY JEFFREY
Writer

Well, he had me several months ago, when I was still quite naive.

Some people believe that things like dancing, singing, writing, and calculus are hard things to do. I can do all that – what I can't do, is see my ex-boyfriend every single day. Especially when he is seeing more than one girl, and being ridiculously moody whenever I'm around. He prefers to make everyone around him awkward, for the sake of making me feel that he is oh so obviously, still mad about a relationship he ruined. I have never been so infuriated by one guy.

This is me, independent, choosing not to be walked all over. Therefore, he can take his fake smiles, petty waves, all the girls he is playing (here and back at home, yeah I know about that too), all the pictures on the internet, random drunken feel-ups and shove it up his ass.

There is no reason why any girl

should have to endure constant annoyance of a boy who didn't deserve to be acknowledged in the first place. There are congratulations in order though, because he's the first guy to successfully pull off playing me and using me for his own personal amusement.

Head-games won't just ruin a relationship, they will ruin a friendship, and they will dig deeper into you to the point of no return. The point of no return is when you realize, truly, that you could never be with someone again because of the games they put you through. It turned me completely off to any relationship what so ever. In fact, I have trouble trusting any guy because of how lied to he made me feel. I've learned a lot about what people can do to you when you are vulnerable and care about them. Well, you won, hands down, and I don't believe the good overcomes the bad in people anymore, or that everything can eventually be put back together. The winner takes it all.

Letter To the Editor

JANET BAKER
Crankier Professor

In September of 2008 my office became uninhabitable because of the construction noise and dust and swinging beams that passed by my window at frighteningly close range. Another office was found for me and I spent the first term there. Returning to my office two weeks ago, I was startled to discover a bluish haze and a tarry smell there ahead of me. Loo-

king from my office window, I could see – and hear! – the bubbling of tar in a pot perhaps 15 feet directly below. Had I had a long stick, I could have stirred the pot, like a witch from Macbeth. The fumes from this project made the office uninhabitable yet again, and students were unable to meet me there. Why, oh why, could this work not be done when students and teachers are away from campus? The December break would have been one such time.

HEARD AROUND SMU (WE'RE LISTENING!)

Here's a few great conversations overheard on campus that just make you want to... well I'll let you decide!

Automated voice in SUB elevators:

First floor... going up
Student: "Is that for the deaf students? I BET that's for the deaf students!"

-Yes... just like sign language is for the blind... and s-m-r-t is for you!

Student talking to friend in clinic: "Can you get pregnant on your period?"

-For the love of spawning... practice abstinence!

Lesbian's take on gay porn: "I don't like one dick... what makes you think I want to see two?!"

-Touché!

SMU Weather Hotline: "There are no weather or emergency cancellations to report at this time"

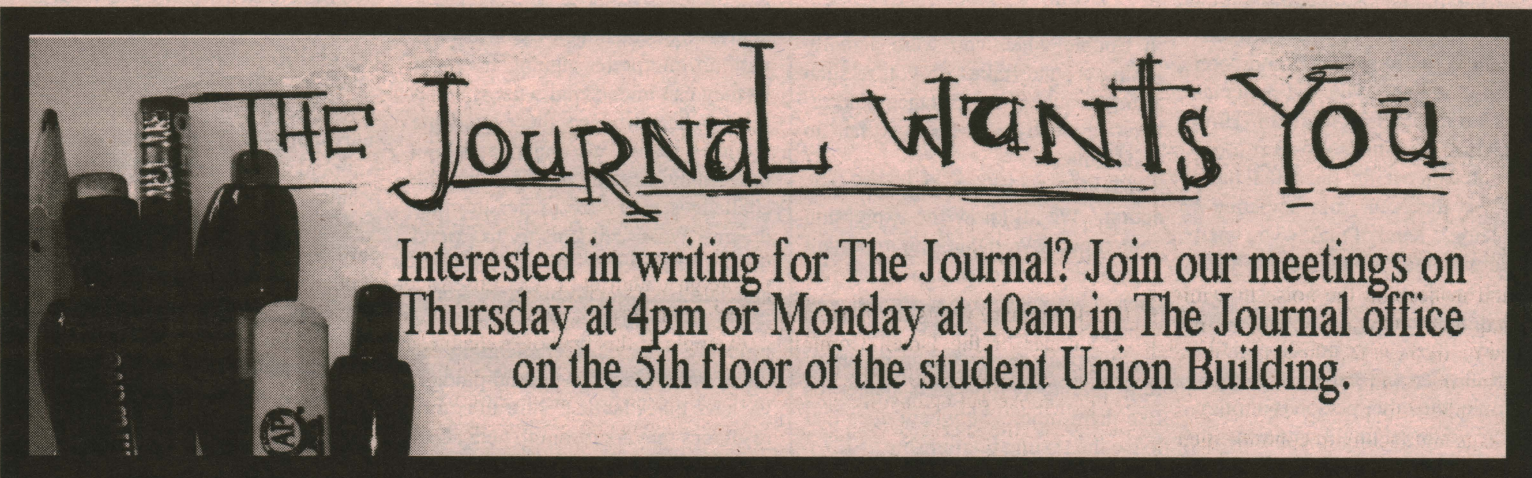
-Clearly you don't bus/walk to campus.

Bartender at the Gorsebrook: "First drink of the day I pour... and it's a shot of tequila!"

-Yes... what of it? Read the previous quote!

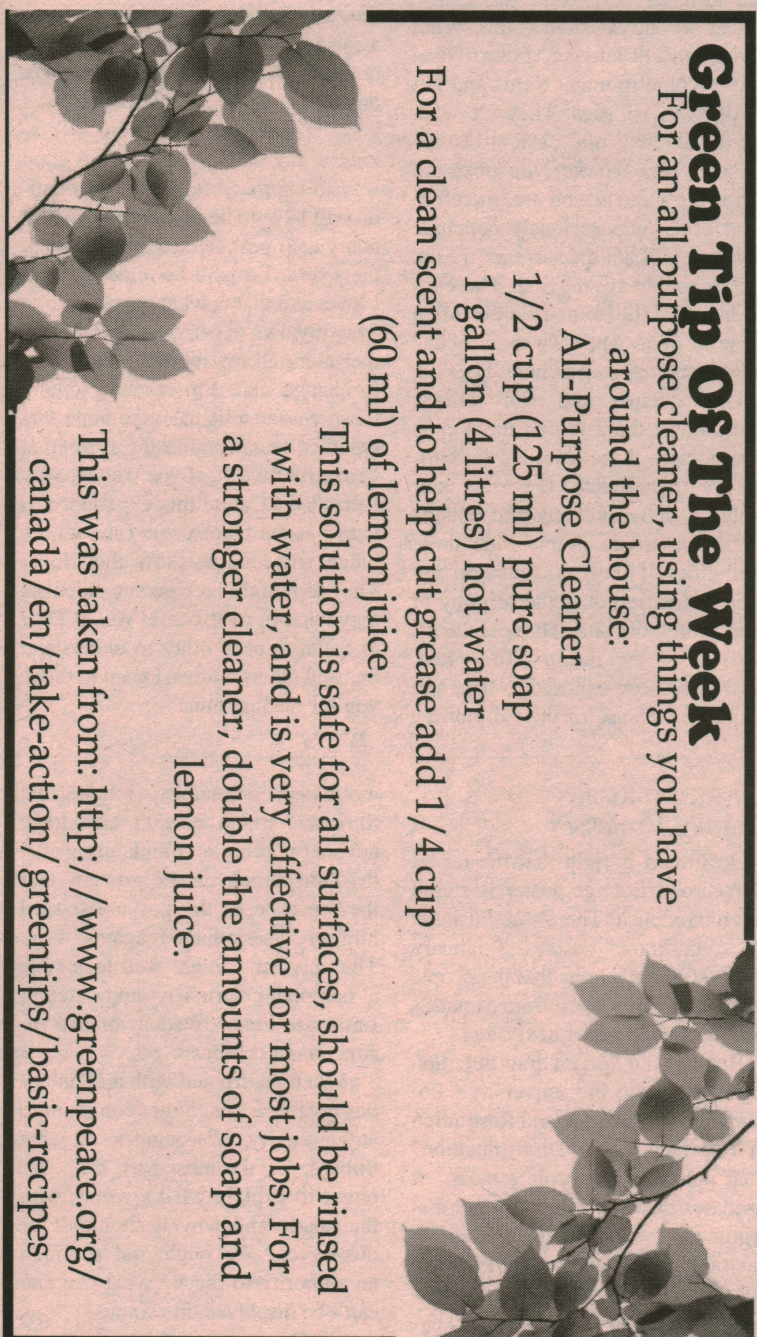
Reminders!
Societies Get Free Advertisements in
The Journal

Submit to: thesmjournal@gmail.com



THE JOURNAL wants YOU

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



Green Tip Of The Week

For an all purpose cleaner, using things you have around the house:

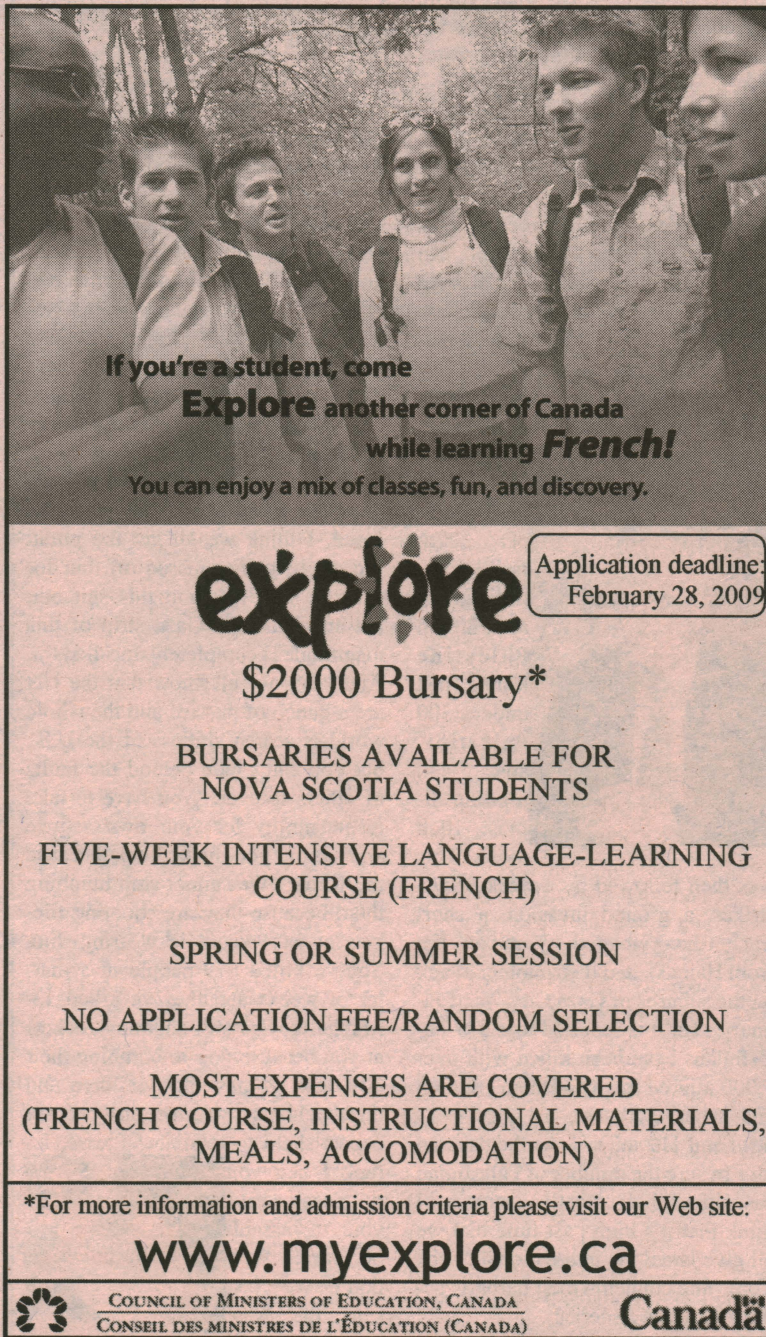
All-Purpose Cleaner

1/2 cup (125 ml) pure soap
1 gallon (4 litres) hot water

For a clean scent and to help cut grease add 1/4 cup (60 ml) of lemon juice.

This solution is safe for all surfaces, should be rinsed with water, and is very effective for most jobs. For a stronger cleaner, double the amounts of soap and lemon juice.

This was taken from: <http://www.greenpeace.org/canada/en/take-action/greentips/basic-recipes>



If you're a student, come **Explore** another corner of Canada while learning **French!**

You can enjoy a mix of classes, fun, and discovery.

explore Application deadline: February 28, 2009

\$2000 Bursary*

BURSARIES AVAILABLE FOR NOVA SCOTIA STUDENTS

FIVE-WEEK INTENSIVE LANGUAGE-LEARNING COURSE (FRENCH)

SPRING OR SUMMER SESSION

NO APPLICATION FEE/RANDOM SELECTION

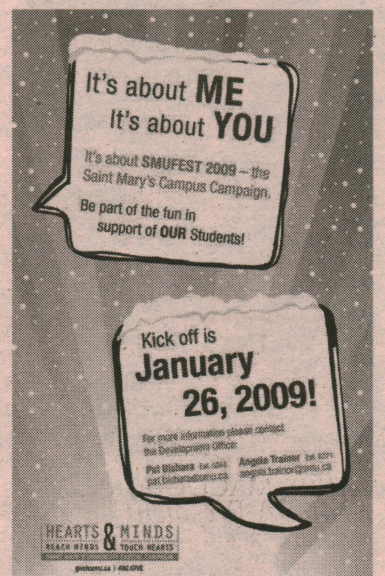
MOST EXPENSES ARE COVERED (FRENCH COURSE, INSTRUCTIONAL MATERIALS, MEALS, ACCOMODATION)

*For more information and admission criteria please visit our Web site:

www.myexplore.ca

COUNCIL OF MINISTERS OF EDUCATION, CANADA
CONSEIL DES MINISTRES DE L'ÉDUCATION (CANADA)

Canada



It's about **ME**
It's about **YOU**

It's about SMUFEST 2009 – the Saint Mary's Campus Campaign.

Be part of the fun in support of **OUR** Students!

Kick off is **January 26, 2009!**

For more information please contact the Development Office:
Pat Bishara 646.4241 pat.bishara@smu.ca
Angela Trainor 646.4271 angela.trainor@smu.ca

HEARTS & MINDS
READ FIRST TOUCH HEARTS
www.smjournal.ca

SMUFEST 2009, Saint Mary's Campus Campaign - Join the fun Jan 26th – Feb 5th

It's about me, it's about you! Got a case of the winter blues? The cure is SMUFEST 2009 – the Saint Mary's Campus Campaign. We have joined with SMUSA and their winter carnival to provide two weeks of fun events with something for everyone on campus to take part in.

The Campus Campaign is about making our campus, the place we work, better for everyone – especially our students. SMUFEST is to show appreciation to staff, faculty and students for the support they have given to the Hearts and Minds Capital Campaign.

Saint Mary's students have shown exceptional leadership, having successfully raised over \$300,000 to create the SMUSA Opportunity Bursary. Thank you to all our students for your incredible support.

Staff and Faculty have raised an impressive \$ 353,000 to date and our goal is to raise another \$ 147,000 to reach the Staff/Faculty goal of \$500,000.

To date the overall Hearts and Minds Campaign has raised over \$ 37 million, reaching 92 % of our overall goal. With your help we will reach the \$ 40 million mark!

Check out the calendar of events at givetosmu.ca or contact Pat Bishara, pat.bishara@smu.ca, 420.5063 or Angela Trainor, angela.trainor@smu.ca, 496.8271 for further details.

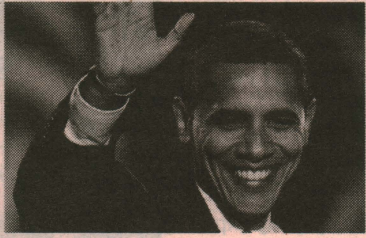
SMUFEST 2009 – It's all about helping Saint Mary's students!

www.smjournal.ca



NEWS

Newsfeed



After kicking off inauguration week on Sunday to the performances of several world famous musicians and celebrating Martin Luther King day on Monday, Barack Obama officially became the 44th president of the United States of America on Wednesday. The swearing in (which was done on the same bible Abraham Lincoln used), was not without controversy, Rick Warren, the anti-Gay evangelic preacher and head of the Saddleback church, was chosen to give the opening prayer, which angered the homosexual community. This controversy ultimately paled when compared to the millions of people all over the world watching the inauguration and putting their hopes for the next 4 years and beyond into a man who has been deemed by them as extraordinary.

ATRIUM CONSTRUCTION PROGRESSES

CHRIS MACDOUGALL
SMUSA President

Students, Staff, and Faculty alike have all been subject to the occasional headache, the daily walks, and the many other reminders of the advancement of infrastructure at Saint Mary's. Over the summer months construction on the Atrium gained steam and painted a bleak picture of what was to come. Luckily for us the hard work of the construction team and the university staff designated to the project ensured that the majority of the heavy and loud work would be completed by September. This resulted in less noise and interruptions during the academic year.

As a student, I would be lying if I didn't tell you that on occasion I find the new path to the library frustrating and every once and a while the noise too much to handle while studying. However, in consideration of the overall picture and the amount of actual work that has been done I consider the problems I have noticed to be quite minimal.

Of course in recognition of the overall noise concern, there are going to be certain spaces on campus that are affected more so than others. The Burke building and the Science building have been subject to the majority of the noise due to their proximity to the project. Unfortunately this has negatively affected classes, professor and staff offices and at certain times of the year as well as certain stages in construction there is very little that can be done.

As the student representative on the Atrium Steering Committee I have brought these concerns to the table and I have witnessed through quick response the commitment to make the project as academically friendly as possible. The construction team, facilities management, and the library have done a terrific job in providing accessibility to those who require

it and in keeping the noise to a minimal level. Obviously, before my mention of these problems they were already on the minds of the committee membership, placing the ability of students and faculty to continue their day to day activities at the top of their priorities.

In the big picture the Atrium is only the second of three large construction projects that have been in the works for the past few years. The first of these was of course the renewal of the Science Building which was completed last fall and lastly the highly anticipated Homburg Health and Wellness Centre including the Dauphinee Arena which is expected to break ground this April. These projects will transform campus and create much needed student space that will contribute to the overall health and well being of students at Saint Mary's while also increasing the academic capacity of the University. The Atrium is planned to have a phased opening beginning with the global commons space on the first floor in the fall of 2009. This will prove to be one of the most student friendly environments on campus and will accommodate technological, academic, and social needs of the Saint Mary's community.

I believe that these projects are an ongoing example of the commitment that Saint Mary's has made to create a welcoming environment for students.

I believe that these projects are an ongoing example of the commitment that Saint Mary's has made to create a welcoming environment for students. They will be sure to provide opportunities between class to relax, space to come together and work, and more comfortable study space in general so that students can feel more at home while on campus.

If students have any concerns about the projects or would like to learn more I would love to hear from them. The best way to reach me is through email at president@smusa.ca or by phone at 496-8701.

Best of luck in the second semester,

HAPPENING @ SMU

JEFF CUSACK
News Editor

January 25: International Development Week kicks off January 25th and ends on February 7th. "International Development Week (IDW) is an annual tradition that provides an opportunity for students and the wider community to learn more about issues pertaining to international development both within Canada and abroad. It provides an occasion to showcase international opportunities, and cultures, as well as activities that encourage discussion and sharing of ideas on issues that are of great concern. IDW is organized by a committee of staff and students and consists of a variety of activities including International Night, lectures, presentations, an international fair, films etc. This year's theme Youth Can Make a Difference, celebrates the contributions of youth around the globe. Given opportunities, youth are taking the lead in finding solutions to global problems. For a complete list of events, please visit: <http://internationalcentre.smu.ca/int-week.html>"

(Source: SMU.ca).

January 26: The honourable Ken MacAskill will be giving a lecture on the future of Scotland. The lecture, entitled Scottish Identity in a Global World, is free and will be held in Sobey room 415 beginning at 12:15.

Saint Mary's has signed a deal with Britech to commercialize a suite of software products developed by Saint Mary's University. The software stems from a project using GPS which had previously been conducted at Saint Mary's, and could bring up to \$725,000 in royalties to the University.

Saint Mary's is among the Halifax universities which have failed to increase its enrolment by the 500 per year outlined in the Economic Scorecard Report which is produced by the Halifax Chamber of Commerce. Enrolment at Dalhousie, the Atlantic School of Theology, and NSCAD, has all risen slightly, as has enrolment at NSCC. Enrolment at all other schools has decreased, with a

decrease overall when considering the enrolment of all schools put together. Chamber president Valerie Payn has said that given the rising numbers of local students seeking education outside of the province, the high tuition at Halifax universities may be a factor. 2009 is supposed to be the peak year for enrolment at Canadian universities, which is then expected to decline until 2026.

The Young Liberals society of Saint Mary's was formed last week. Under the guidance of the pre-existing Dalhousie society, an executive was formed under the system of "Roberts Rules" and planning began immediately. With the formation of the society the Liberals become the only political presence on campus, and are planning to begin recruitment initiatives sometime in the future. As a political society the society does not qualify for funding from SMUSA.

JEFF HALPER SPEAKS ABOUT THE ISRAELI ATTACKS IN GAZA

JEFF CUSACK
News Editor

Israeli human rights activist and co-founder of the Israeli Committee against House Demolitions, Jeff Halper, spoke out against the Israeli occupation of Gaza at Dalhousie last Tuesday. The talk, hosted by Canadians, Jews and Arabs for a Just Peace, disproved any claims that Halifax had an apathetic population, as there was such demand to see Halper's speech that the audience was forced to sit in the aisles and on the stage. Before the lecture began the presenter explained that Mr. Halper was an American Jew and anthropologist who had immigrated to Israel 35 years ago.

Mr. Halper, who calls the current Israel-Palestine situation 'apartheid', focused mainly on the history and nature of the conflict, and provided valuable context not given by media. Among his revelations was the role of the economy in the struggle. Halper explained how Israel used to use Palestinian migrants as workers, but began to blockade Palestine as soon as they were able to import cheaper labour. As further evidence of the Israeli depression of the Palestinian economy, Halper gave examples of times when the Israeli military destroyed Palestinian olive groves, or put up blockades within the West Bank to curb intra-national trading. In Gaza specifically, trade with other regions outside of Gaza was practically non-existent, as Israel was blocking Gaza's borders and had formed a blockade stopping access to its ports.

Human rights abuses were also a hot topic in Halper's speech. He claimed that large amounts of waste was being dumped or run through the West Bank, including raw untreated sewage, chemicals, and possibly nuclear materials. Halper also asserted that his organization has found strong evidence that Israel uses conflicts with Palestine as opportunities to test new weapons. There are strong economic opportunities for Israel in the weapons market, he explained,

because Israeli security companies sell much of their technology to foreign countries. LAX, Los Angeles' main airport, was given as an example of this type of exchange, as their security is now managed by an Israeli security firm which employs Israeli developed security technologies such as nanotechnology used for quick identification.

On the Gaza conflict directly, Halper accused the Israeli government of using fragmentary bombs in the conflict which indiscriminately killed civilians and broke existing weapons treaties, although Israel has not ratified these treaties. The demolition of houses was another strategy which Halper claimed was essential to the Israeli strategy, and he estimated that between five and ten thousand houses had been demolished in the conflict at the time of his speech. Halper also said that he wasn't trying to give Hamas a free ride, but said that his job was to point out the things which Israel was doing wrong, and that the number of dead due to the conflict, hundreds of Palestinians and 13 Israelis, let the numbers speak for themselves. The issue of firing rockets from civilian areas was also addressed. When civilians are killed in Gaza, Israel often claims that the deaths were unavoidable because Hamas was fighting from civilian areas in order to use civilians as a shield. This excuse was deemed invalid by Halper, because Gaza is so small, just one fourteenth of the Halifax Regional Municipality, that there are not really any non-civilian areas.

When asked by an audience member whether boycotts were effective, Halper said they could be if targeted at the right institutions. Halper downplayed the importance of boycotting retail companies such as Motorola. Rather, he specifically focused on Israeli universities, which he called complicit in maintaining the current status quo through silence and research into weapons technology. In the past, British universities considered banning any partnerships with Israeli universities, but decided

against this motion when they were faced with a storm of criticism from other universities, including Canadian ones such as York U. Halper wondered why a similar outcry from academics did not come when several universities with no ties to Hamas were destroyed by Israel.

During the question period things began to become heated as people stood up to express their own opinions. Two ex-Israelis stood up separately to express their agreement with Halper, while another audience member disagreed with him and claimed that the current circumstances were the fault of Hamas. When asked about Israeli attitudes towards peace, Halper asserted that the vast majority of Israelis wanted peace, but that the government was the problem. He also claimed that the reason many non-Israeli Jews support Israel seemingly unconditionally is because in the increasingly secular and multicultural western world, Israel, or their idealized version of Israel, is the only thing keeping them together as a community. Halper also slammed Birthright, an organization providing free trips to Israel for non-Israeli Jews, as an indoctrination organization. He said that the organization provides a false vision of Israel, not allowing those in the Birthright program to leave certain areas and providing them with only select and bias pieces of information.

Halper's words were not without controversy. At the end of the presentation an audience member, who identified himself as a Canadian Jew, stood up and angrily accused Halper of attacking Israel and stereotyping both Israeli's and Jews. He claimed that Birthright only restricted the movement of participants because of the threat of suicide bombers, and that Halper was not being neutral. The man then left, and the presentation ended, everyone a little more knowledgeable and a little tenser.

ARTS & ENTERTAINMENT

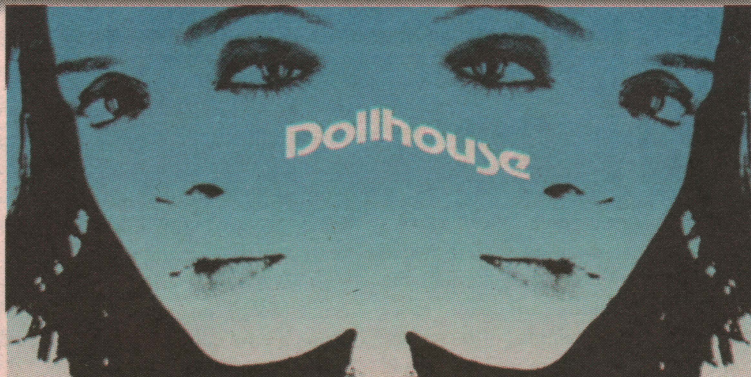
2009 PREVIEW PART 3: TV

RESSA PETERS
Contributor

Dollhouse (starts February 13th on Fox and Global) If you like sci-fi or Joss Whedon, you've probably heard of this. If not here's the scoop: Eliza Dushku is Echo, an "active" or "doll" that can be programmed to be whoever or whatever you want for a day. At the end of that day she is wiped clean and remembers nothing about herself, but what if she did remember? The stakes are high as Fox intends to make a Friday night must-see for sci-fi and strong women, as Dollhouse will air after Terminator: The Sarah Connor Chronicles. It's hard to say how much of the show will be serialized and how much will be stand-alones appealing to a casual viewer, but Whedon found the right balance (and a fearsome cult following) with Buffy, Angel and Firefly. A must-see for geeks.

United States of Tara (starts January 19th on The Movie Network) The most buzzed-about new show on Showtime in America (and The Movie Network here) follows a woman living with Dissociative Identity Disorder (DID) aka multiple personalities. While the premise may seem silly, actual mental health workers consult on the show. Aussie actress Toni Collette (Little Miss Sunshine) is mom-of-two Tara who also has alternate personalities of a 50s housewife, a rebellious teenage girl and a male biker. The script was developed and produced by super-hip Juno writer Diablo Cody. Psych students and Juno fans will probably want to check this one out.

Kings (starts March 15th on NBC) Perhaps proving the adage that there



are no new ideas in Hollywood, Kings adapts the Biblical story of David and Goliath into present day upper class. Think Dirty Sexy Money, but with more war. Deadwood's Ian McShane leads as King Silas Benjamin, Sebastian Stan as Prince Jack and Christopher Egan as David Shepherd should be breakout hunks of the year. Drama fans looking for a new serial and man-candy may want to check this one out.

Lie to Me (starts January 21st on Global and FOX) If you've seen the previews of Tim Roth staring into the camera, you can pretty much guess what this is about. Tim plays Dr. Cal Lightman who, along with his team of researchers and psychologists, use body language and other clues to tell if someone's lying. Sounds a lot like The Closer to me. Psych students and Roth fans may want to see it, but otherwise it looks unremarkable.

As far as returning shows are concerned, we have...

Heroes: Fugitives (starts February 2nd) If you were disappointed in the last season and a half of Heroes, you are not alone. The producers are promising to get their act together. Bryan Fuller, who worked on the first season

and lately has been doing Pushing Daisies (which sadly has been cancelled), is joining the team again. Fugitives promises fewer storylines in an episode and taking new directions for characters, some original characters are rumoured to be quitting/dying. Plus Michael Dorn (Worf from Star Trek TNG) is the president!

Lost (starts Wednesday January 21st) In case you missed last season (pick up the DVDs!) we learned that Jack, Kate, Sayid, Sun, Hurley and Claire's son Aaron got off the island (which possibly moved through time and/or space). Everyone else, plus freighter folk Charlotte, Daniel and Miles, stayed behind in two groups. In the future mainland evil Ben and deceased Locke warn everyone that they ALL have to go back. Season 5 promises the usual new questions, twists and OMGWTF moments. Jin, Claire, Jack's dead Dad and Walt are confirmed to appear, but details are not revealed how. Flashbacks and forwards will be used less than we expect but we will also see the backgrounds of Daniel, Miles, Ben, Frenchwoman Rousseau and Richard (the forever-young dude with the pretty eyes). Oh, and word has it Sawyer spends a lot of time with no shirt on.

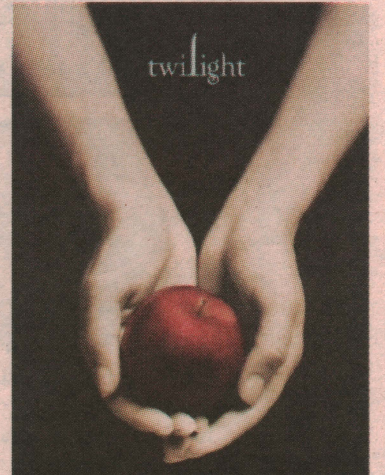
TWILIGHT BY STEPHENIE MEYER

DAWN DAVIS
A&E Editor

I read Twilight about a year ago, and I've seen the series grow in popularity from an impulse buy to a household name. You can find mixed reviews of it all over, from absolute love to resolute hatred and disgust. After reading the whole series, my own feelings about it are mixed, but I can't deny that I did enjoy my experience with what has become known as the 'Twilight Saga'. Now with its own movie and the sequel in production (with a different director) Twilight has achieved its second wind of devoted fans, and has achieved a state of popularity rivalling that of Harry Potter.

Twilight is described most often as a book about vampires, but a more accurate summary would be to call it a romance that happens to include vampires. Compared to other teen romance I've read, this would probably be the best. It's filled with first-love euphoria and is an intoxicating example of the storybook romance of the strong masculine guy and the girl in danger. It doesn't do much to breakdown clichés and stereotypes, but the timeless ideal for these kinds of stories has stayed true, in spite of the fact it's been done before. To say much more would ruin a lot of the book.

Edward Cullen is the fantastical hero of the novel. He's a little dangerous, but at the same time unbearably jealous and protective. He is the main love interest and clearly the most popular, if you decide to ever look him up online. To be completely honest, most girls have imagined a guy like this, achieving a universal feminine ideal of sorts. Meanwhile, Isabella Swan - the protagonist - is also easy to fall in love with because of her realistic character. The book is written in the first-person from her perspective; a style fluid, thoughtful, and stunningly visual. She pays attention to body language and speech pat-



terns, which leaves you with a very vivid sense of characters and events. It is very easy to get absorbed into the book because of her.

Twilight begins slowly, with the string of Edward Cullen hanging in front of you to keep you going. The romance, as stated, is fascinating and adorable, and happens just like love usually happens - fast and passionately. When you reach the peak of the romantic plot, it spirals into a rush of action that falls flat in order to prioritize the romance and stick to the first-person narrative. This, as you will see in my reviews of the other books, is a recurring problem. A little action and violence, I thought, was imperative in a series involving vampires. Clearly not everyone seems to think the same way.

If you're a fan of vampires, this is going to be a series that defines a generation's view of them, and should not be missed simply for that fact. It is a reasonably long book in page size, but the prose is light and it is easy to read through quite quickly. The first book has its benefits as well as its shortcomings compared to the rest of the series, but it can also be read easily on its own. If you're not sure whether you want to get invested in this new must-read series, just start with the first and test the waters. Keep an eye on The Journal for next week, or visit thebookblog.ca to read my reviews on the rest of the series.

Good global citizens start with their community.

NOISE
"KEEP IT DOWN!"
Fines for noise disturbances range from \$445 to \$1250 under the HRM Noise By-Law. Be conscious of your noise levels

Remember: Saint Mary's Is In A Residential Community. Avoid Yelling In The Streets And Loud Music. Keep Noise Contained To Your Place.

Brought to you by the pride in your shared neighbourhood committee www.smu.ca/neighbourhood

THE JOURNAL WANTS YOU

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

ISLAND LAKE Have the summer of your life!

Island Lake Camp is seeking counselors to work at their prestigious coed sleepaway camp in the beautiful Pocono Mountains of Pennsylvania, 2.5 hours from NYC.

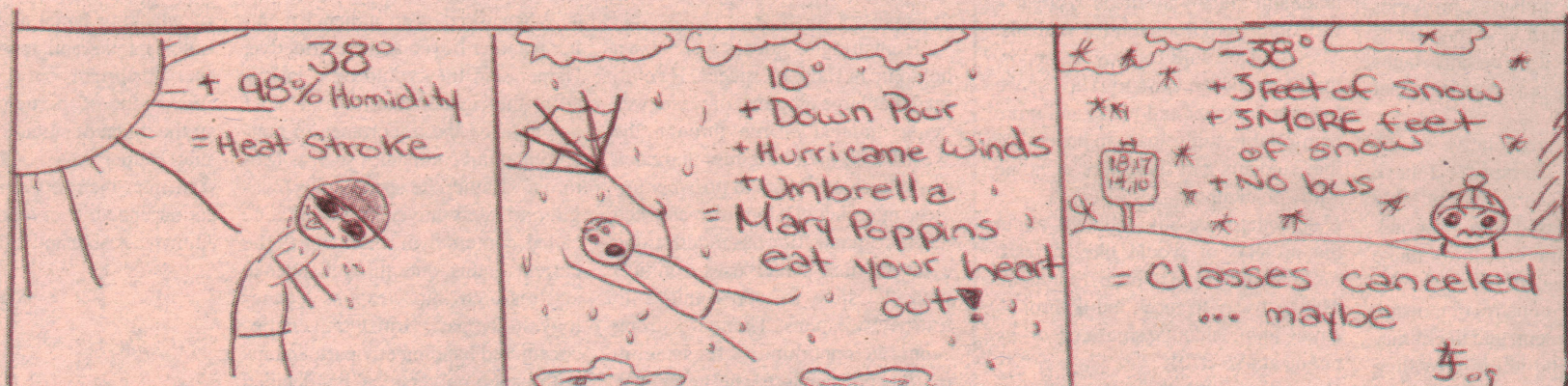
Teach any:

- Team & Individual Sports
- Tennis
- Gymnastics
- Horseback Riding
- Mt. Biking
- Science
- Dance
- Theatre
- Tech Theatre
- Circus
- Magic
- Arts & Crafts
- Pioneering
- Climbing Tower
- Water Sports
- Music
- * Kitchen and maintenance positions also available*

Great salaries, perks, and plenty of free time!

Apply online at www.islandlake.com
On-campus interviews in January

For more information: 1-800-869-6083 or info@islandlake.com



ORGANIZED CHAOS

HARVEY'S 'LAST CHANCE AT LOVE



JEAN BRUNET

Contributor,
sizzlingpopcorn.com
Rating: Butter Popcorn

Harvey Shine, a jingle writer in New York, has one last chance to prove himself to his boss. Leaving for the weekend for his daughter's wedding in London, Harvey promises that he'll be back on Monday. He arrives in London to find out his daughter has decided to have her step-

father give her away instead. Devastated, Harvey leaves before the wedding reception in hopes of catching a plane back to New York, however he arrives a little too late to board. As he explains to his boss that he will not be in on Monday, he is immediately fired. Upset with how everything is turning out badly, Harvey pays a visit to the airport bar to drink away his pain. Harvey begins to talk with Kate, an employee of the

Office of National Statistics in her 40's whose life basically revolves around work, the occasional blind dates and pestering calls from her ageing mother. As the conversation unfolds, they are encouraged by each other. The connection between the two will unexpectedly change their lives.

Alliance Films' Last Chance Harvey features a star-studded cast, including Oscar-winning Dustin Hoffman (Rain Man), Oscar-winning Emma Thompson (Sense and Sensibility), Golden Globe-winning James Brolin (TV show Marcus Welby, M.D.), Golden Globe winner Kathy Baker (TV series Picket Fences) and Golden Globe nominee Eileen Atkins (TV's Masterpiece Theatres: Cranford).

Last Chance Harvey is a film that shows us that you're never too old for a second chance at love nor are you too old to act

in a romantic film. Dustin Hoffman, age 71, is genuine in his role as Harvey Shine. He convinces us that even in your late age, you can still fall in love. The chemistry between Hoffman and Thompson brings light laughs but also the drama of taking risks in life.

Compared to other romantic comedies, Last Chance Harvey shines, as the film is not plagued with melodramatic acting or cheesy dialogue. Although it is a bit predictable, the film is a nice light romantic comedy that will appeal to the middle-age crowd.

Recently, Dustin Hoffman and Emma Thompson were each nominated for a Golden Globe for Best Performance by an Actor/Actress in a Motion Picture - Comedy or Musical, but they were not able to take home the coveted award. Last Chance Harvey is now playing theatres.

100 WORDS

"So?"
"It's done."
"Feel better?"
"No - I don't think this'll get any better."
"You just need some time."
"What if that's not the answer, what if time means nothing and my guilt just swells, stewing there like a pimple on your back you just can't reach to pop; something you're not always aware of but that's still there... feeding off you?"
"Then you live with it."
"You don't understand; how could you?"
"You think you're the only person who has to live with something they regret?"
"How is this gonna end man?"
"Who knows? Maybe it's all a joke."

Think you can write a story in 100 words? No more, no less. Submit your story to arts.smu@gmail.com this week and enter to win free preview movie passes. thanks to www.sizzlingpopcorn.com

Fifth Annual CASID - Atlantic Graduate Studies Conference
Approaches to Development in a Changing World
February 26th - 28th, 2009 - Halifax, Canada

CALL FOR ABSTRACTS

The Canadian Association for Studies in International Development (CASID) and Saint Mary's University International Development Studies Graduate Student Society present a call for abstracts for the conference Approaches to Development in a Changing World.

The Conference Organizing Committee invites submissions for panel discussions and workshop presentations from various academic disciplines and backgrounds with a general interest in international development. Graduate and advanced undergraduate students, faculty, researchers and organizations are encouraged to apply.



International Development Studies Graduate Student Society
Saint Mary's University



SAINT MARY'S UNIVERSITY SINCE 1862

One University. One World. Yours.



CASID/ACEDI

This year's topics* are:

- Conflict and Development
- Climate Change
- Multinational Corporations and Development
- The Role of International Institutions in Development
- The Impact of the Global Financial Crises
- Alternative Approaches to Development

*Other topics may be considered at the discretion of the selection committee.

NEW DEADLINE!

Friday, January 23, 2009

TO APPLY

e-mail:

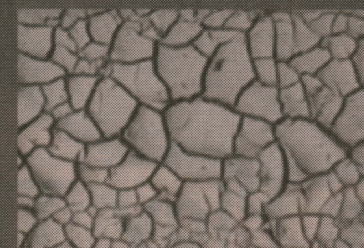
casidatlantic@gmail.com

website:

<http://husky1.smu.ca/~s2474316/page.htm>

Reminder!
Societies Get Free Advertisements in
The Journal

Submit to: thesmujournal@gmail.com



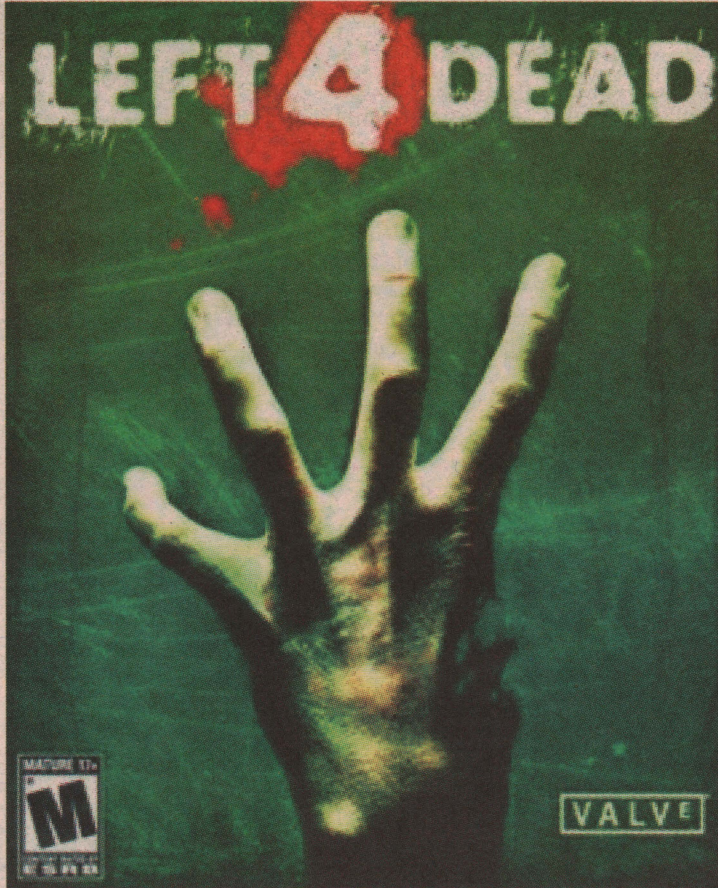
LEFT 4 DEAD

NICK MADORE
Contributor

Made by Valve, makers of the critically-acclaimed Half-Life franchise, stupidly-popular Counter-Strike franchise, and 2007's hits Portal and Team Fortress 2, Left 4 Dead is a zombie-hunter's wet dream. Absent are the classic zombies of yore, shuffling around on a broken ankle, moaning for brains. These zombies (hereafter referred to as "infected") are quite fast, sprinting at you from far distances, loudly crying a shrill scream as they impressively clamber up short walls and other obstacles in order to feast on your innards. You play as one of four survivors (each a likeable personality in their own right), seemingly the only people to have not succumbed to the infection. What happened? How did everyone suddenly become infected? Why are you seemingly immune? If these are the questions you ask yourself while shooting infected, you're looking far too into it. It never explains any of this, because it just doesn't matter.

As mentioned, you play as your choice of one of four survivors. There's Bill, the grizzled war vet; Louis, the hapless office worker; Francis, the tough biker; and Zoey, the college-coded horror film buff. There's no benefit to using any particular survivor; they all play the same way. The dialogue for each of them, and the unavoidable clashing of various personality traits within the group, makes for some quality entertainment.

The object of each campaign chapter, with the exception of the last one, is to reach the safe house at the end of the level, where you can grab med packs, ammo, and better guns. The infected can't get into the safe house, so you can take a breather. Along with your typical infected, there are several, especially dangerous types of "special" infected, just to spice things up and keep you on your toes. There's the Boomer: a big ol' fatty whose purpose is to vomit all over you. Seriously, his vomit attracts hordes of infected, and he blows up when shot, so you'll want to keep your distance. The Smoker will snatch you up with his extending tongue from far away, constricting you so that your teammates need to bail you out. The Hunter is a spry little fellow who can leap onto you and proceed to rip out



Left 4 Dead! Get it?

your insides. The Tank, a huge beast able to throw cars and boulders at you, shows up several times per campaign. Finally, most dangerous of all is the Witch, who doesn't start attacking until you provoke her (such as a certain friend who just WON'T STOP PROVOKING HER. Every damn time!). Each of these infected make certain distinct sounds, so you can get ready for them.

Each chapter is set up like a short horror movie, complete with slight film grain coating your screen (adjustable in the menus). While one of the four campaigns is loading, a fake movie poster is displayed on screen, each with their own cheesy tag lines, my favourite being Dead Air's, wherein the ultimate objective is to make your way to an airplane at an airport: "Their flight just got delayed. Permanently." Each poster features the four survivors, with nametags over them, such as, "Nick as Francis," or if the AI is controlling said character, "Francis as himself". At the end of each campaign, the game's stats scroll up the screen like movie credits, detailing statistics like accuracy, number of headshots, how many infected killed, etc. These are all minor things, but Valve is just so damn good at the little things that it's hard not to talk about them.

There are several ways to play Left 4 Dead. You can play offline, with three AI team mates; you can

play online or split screen with a few friends; or you can play in the online-only "versus mode". This is where teams switch off at the end of each chapter playing as either the special infected, trying to take out the survivors so they don't make it to the safe room at the end of the level, or as the survivors trying to, well, survive. While the game is more fun online with friends (like most other games), the AI is so intelligent that it's still very enjoyable playing solo. AI teammates will heal each other and you when necessary, make headshots, and actually keep up with you without taking the most dangerous, life-threatening route possible. The game features an intuitive AI director that will throw sudden hordes of infected at you without warning if it feels that you're doing too well. They might also drop loads of ammo, pipe bombs, Molotov cocktails, or med packs in rooms ahead if it feels that you're not doing so well.

In terms of how much fun I've had with any single video game last year, Left 4 Dead is my personal Game of the Year for 2009. At the moment, there are only four campaigns to play through, but Valve has promised additional downloadable campaigns in the relatively near future. Similar to Team Fortress 2, the extra maps and major updates will be free on PC, but unfortunately Microsoft makes them charge for 360 DLC.

BITE SIZE ENTERTAINMENT



I Keep Telling You, Gamers are Readers

EA has released information that they will be participating in a joint project toward an MMORPG based on Robert Jordan's "Wheel of Time" series. The twelve-book series came to an abrupt end with the author's death in 2008, to be continued by Brandon Sanderson. Now it can be continued as well by the geek community!



There is at Last a Light at the End of the Tunnel

Fox has finally dropped their law suit against WB for Watchmen. The movie is officially going to release on March 6th after WB agreed to hand 8.5% of their profit to Fox for this, as well as any additional sequels or prequels. Whatever works, guys!



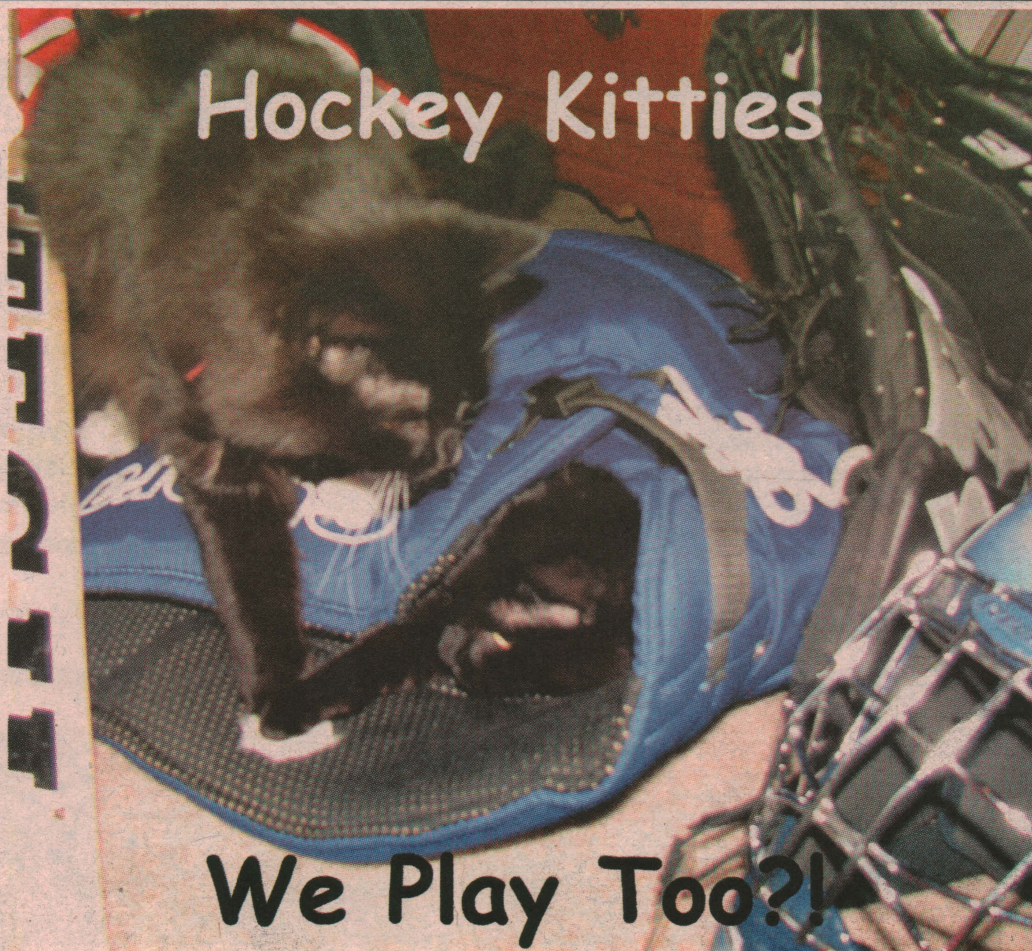
Neo Signs Up for Bebop

Rumours of a Cowboy Bebop movie have been confirmed with Keanu Reeves signing on as the protagonist Spike Spiegel. This Japanese anime becoming a Hollywood blockbuster will be one of the most anticipated, along with Leonardo DiCaprio's portrayal of Akira due in 2009. Other anime classics being remade in America include the upcoming Dragonball film, Ninja Scroll and Ghost in the Shell.



TV Has Finally Returned to its Post-Vacation Vigour

This past week marks the return of House, Fringe and other FOX staples, at last. They certainly took their time this year, keeping about a full month between the holiday finale and the return. Next weekend we'll see the return of Family Guy, but some others don't return until February or March.





THE TRUTH ABOUT FAD DIETS

ANGELA BANKS-EMMERSON
Pd

Have you ever sat down to watch your favorite show and every advertisement is promoting a magic weight loss system or food? I definitely have! When seeing and hearing about this type of weight loss magic we must be strong and remember what makes sense. Of course, any diet that restricts calories will result in weight loss – but this weight loss is very likely to be only temporary. Read any peer reviewed research paper and it will say the same.

Why? These low calorie diets cannot be maintained throughout life. When you starve yourself short term for a “diet”, your body starves. Once you re-introduce regular eating your body stores food as fat – it is a natural instinct because it has been starved. Starving can also lead to binge eating, mood swings and more. Instead, make lifestyle changes that help you lose weight and maintain your weight lifelong. There are many Fad Diets a couple popular ones are the Grapefruit diet and the Atkins diet, both of which claim to be very effective but actually are quite the opposite.

The Grapefruit diet focuses on including grapefruit at each meal, stating that grapefruit is fat burning food. The diet also contains VERY LOW calories. The only good thing about this diet is that Canadians in general do not consume enough vegetables and fruit and this diet includes a fruit at each meal. The downfalls are that variety of fruit is not present, low calories cannot be sustained as a lifestyle change and research does not support the claim that grapefruit burns fat.

The Atkins diet was created by Dr.

Atkins. The basics of the diet are high protein, high fat, and low carbohydrate (the diet focuses on gradually reducing carbohydrates). This ratio works out to be 60% fat, 30% protein and 10% carbohydrates and causes quick weight loss in the beginning. The downfalls are that the diet eliminates fruits, cereals, breads, grains, starches, dairy products, and starchy vegetables. The diet allows cream but not skim milk and sour cream but not yogurt – the opposite of healthy eating. The diet ratio causes symptoms of ketosis which include; nausea, fatigue, muscle weakness, headaches, irritability, dehydration, constipation or diarrhea, and halitosis (bad breath). Since the diet is high in saturated fat (60% fat) it may cause heart disease. Between the diet eliminating milk and alternatives and Ketosis taking calcium from bones – the diet may cause calcium depletion.

There are many other Fad Diet such as; The Biggest Loser, The Zone Diet, South Beach Diet and the Sonoma diet. Always remember to research a diet before possibly putting your body under unnecessary stress. Healthy lifestyle changes are a better choice for long term success! Interested in learning about other Fad Diets? Email dietitian@smu.ca and ask your questions!

<http://dietmotion.com/images/dr-atkins-diet.JPG>

COMPLETELY UPDATED!
The Must-Have **NEW** Edition

DR. ATKINS' NEW DIET REVOLUTION

- Expanded edition with new recipes, diet tips, and research
- Updated information on Atkins' safe, easy, and effective method for losing weight-loss
- Over 250 weeks on the New York Times bestseller list

ROBERT C. ATKINS, M.D.

THE CRANKY PROFESSOR SYLLABI ARE NOT CONTRACTS

MARK MERCER
Columnist

Just as a matter of fact, a course syllabus is not a contract between professor and student. The Academic Calendar tells us that marking schemes must be distributed the first day of class, but even marking schemes, the Calendar says, may be altered at the professor's discretion, though students must be notified in writing of any alteration. The Calendar does not say course syllabi are contracts.

And it's a good thing that a course syllabus is not a contract, for it shouldn't be. Were syllabi contracts, professors would not be free to change their plans for their course in response to contingent happenings or their sense of how the course is going. Since often enough professors need to change their plans in order to serve their students well, professors should be free to change them.

Why distribute a syllabus at all, then, if what's on it can be changed at the professor's whim?

A fairly detailed syllabus expresses the professor's intentions with regard to what material the course will cover and when it will cover it and how the professor will teach it. Knowing these intentions will help a student to understand what is expected of her and help her to feel at home in the course.

A fairly detailed syllabus also imposes a degree of discipline on the professor, preventing him both from getting too picky and slowing things down too much and from getting too spirited and moving things along too quickly. Still, sometimes a professor will find that skipping some material he intended to cover will better serve his overall conception of the course, or that introducing material he didn't intend to cover will. Leaving professors free to respond to their sense of how the course is going makes good pedagogical sense.

The point that course syllabi are not contracts is pretty straightforward, and the reasons why they should not be contracts are fairly easy to grasp. Making that point, then, and presenting those reasons, wouldn't be much worth doing except to combat misconceptions. Unfortunately, more than a few students are labouring under misconceptions here.

Students who think a course syllabus should be a contract between the professor and the student, binding the professor to deliver the course just as she intended to do before getting into it, have a faulty view of education. They think of it as a product. They want to look over the specifications of the product before purchasing it, and then they want what they purchase to conform to those specifications.

But education is not a product. It's more like a process, the process of coming to acquire a set of open-ended abilities and competencies. There's no solidly reliable way for a professor to know prior to engaging with the particular students in the course how to manage that process well. Only by monitoring class discussion, listening to the questions her students ask, observing where they do well and where they struggle on tests and assignments, can they hope to manage it. That, again, is why it is best that no one require the professor to teach according to the syllabus they distribute the first day of class.

I hope I haven't suggested that the student is at fault for mistakenly supposing a syllabus is a contract. Any fault here is primarily that of professors and administrators, for we have long now been tolerating, even encouraging, the idea that education is a product we deliver to students, and, thereby, that students are customers of what we're selling. Sadly, we've long been tolerating and encouraging a great many ideas antithetical to education.

FEATURES

LSAT MCAT GMAT GRE Preparation Seminars

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

OXFORD SEMINARS

1-800-269-6719
416-924-3240

www.oxfordseminars.ca

The Journal wants you!

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

International Night

17th annual

January 31, 2009
Loyola 290
6pm - 1am
\$20 SMU students
\$25 everyone else
\$30 at the door

Great food Performances Dance Party
Cash Bar—Id required
Tickets available @ International Centre

And in the Loyola Colonnade
During the last
3 weeks of January

I REPRESENT

Highlights

- Cultural display
- Calligraphy
- Crafts for sale
- Food sampling
- Cultural Music & Art

A show case of culture and diversity. Come & learn about the cultures represented at SMU

You can also be a part of it by contacting Chanda by email at c_chilanga@yahoo.com before Tuesday January 20th 2009 for more details

Location: LOYOLA CONFERENCE HALL
Contact person: 420 5525
Time: 11am to 2pm
Date: feb 3 2009

UNDER THE KILT

KOREY MACINNIS
Columnist

Since this is meant to be a sobering time of year for us all I figured this issue is a good chance for a reality check. What exactly do we need a reality check for? The condition of Cyberholism, an addiction to the internet.

Many people see communication as a hurdle to getting what they want in life. But when push comes to shove, communicating is the sole thing that really matters—however there's a problem with that—true

communicating for many, is seriously on the ropes. We already know that the library is primarily used for our beloved Facebook, we can admit that right? It makes no difference to me what you do online. But you may want to listen up because, life is too fucking short to be roaming cyberspace—especially if you're still convinced it is getting you anywhere. Like alcohol, locking into your status can have varying effects on different people. A Facebook whore thinks they should be seen only in a photo album, but if you have a high tolerance then you can still manage a real existence—you see a picture of

yourself, you both remember and forget when it had been taken and you move on with life.

You've heard by now that you should never hook up with anyone you know solely off Facebook. If Facebook is the only window you have into someone's life, what you're seeing is not real—you should just go try Lava Life or hang out at the mall for a few hours. Because if you suffer from reality deficiency, then you may notice friends and acquaintances showing up less and less at your door and more and more on your wall. It is a subtle effect that drains your perception until you can't distinguish whether you really know someone or not.

The bottom line is that this is all a game, it is recreation, it can make you take a minute, or a day to reflect on real life...but if you don't watch your ass it can take you away from the real world for good. Best gauge your use carefully and make sure that you aren't buying into an idealization of another person. No one said you can't put your best foot forward—what with some clever profile representin' and all...but if the foot's too far in front of you then you won't have a leg to stand on.

"IF FACEBOOK IS THE ONLY WINDOW YOU HAVE INTO SOMEONE'S LIFE, WHAT YOU'RE SEEING IS NOT REAL"

TO CLOSE OR NOT TO CLOSE?

KIMBERLEY DARES
Features Editor

Chances are if you caught the weather forecast yesterday or had the unfortunate luck of being caught out in the weather, you were hoping for a snow or "storm" day this past Monday. Waking up Monday morning this dream was further encouraged by the news that all public schools were closed and that even Halifax's other universities Dalhousie, the Mount, NSCAD and NSCC were closed until lunch time giving students, faculty and staff a chance to get to campus safely.

Getting from the Darkside to Halifax took at least half an hour longer than usual, bus stops were a mess, and traffic on the bridge was hellish. I've heard similar stories from friends who made the trek from Clayton Park. The 18 was running over an hour late making for a pretty long and wet wait at a bus stop, and after the wait one would have missed their first class anyway. The 7 was unable to travel down parts of Robie Street

further complicating the journey. I can only imagine what the drive must have been like for those who don't have the option of hopping a bus.

Navigating on campus is also a nightmare, from the puddles greeting commuters at the main crosswalk by the bus stop, to the skating rinks that were once parking lots. Commuter paths all over campus are flooded, some more than five inches deep so unless you are one of the lucky few who own rubber boots chances are you had pretty cold and wet tootsies as you sat through your first class (provided it wasn't cancelled).

The decision making process at SMU Monday morning is questionable. With a little over 1,000 SMU-dents living in residence that leaves over 7,000 students, plus faculty and staff who have to brave the elements to make it to or from campus in inclement weather. Only one-eighth of the student population can make it to class in any weather condition, yet it seems the decisions to stay open are made with them in mind.

The worst part of this whole situation (ok, second worst to the wet socks) is that many students found upon arrival on campus the class they had braved the messy weather for was in fact cancelled.

Perhaps the biggest slap to the face of the entire student community is the recorded message that greets callers to the SMU cancellation line. The message is not changed to reflect the weather conditions, nor is there any encouragement to students to put safety first, simply "There are no cancellations to report on the Main Campus... etc." The message never changes which make it concerning when one calls looking for information, it raises the question as to whether the administration is unable to get to campus to change the message. The message should be changed to reflect the situation; if we are expected to make it to campus in a storm then SMU should be able to provide an up to date message.

The following is a statement from Gabe Morrison, Saint Mary's VP Administration, with regards to SMU's storm closure procedures:

Over the last several years, the University has developed protocols around storm closure. These are focused on the safety and security of our students, faculty, staff and visitors to the campus. The protocols were established following wide consultations.

Several channels to communicate have been adopted and are widely

publicized. These include the closure/cancellation hotlines and our web site along with broadcast media in Halifax.

We follow closely Environment Canada and its warnings and these are used to trigger alerts and subsequent decisions to remain opened or to close.

We also monitor public health and safety organizations including police and EMO. We also monitor public transit decisions during storm alerts. We are also cognizant of the fact that

more than 1100 students live on campus and many more in the immediate area.

Decisions to close are also based on our ability to provide a safe campus. It is always the plan to have the University open and classes underway unless there are reasons as guided by the above to close. As with all experiences, we continue to review and reevaluate our practices, based on feedback and outcomes.

Reminder!
Societies Get Free Advertisements in
The Journal

Submit to: thesmujournal@gmail.com

THE JOURNAL WANTS YOU

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

SAINT MARY'S UNIVERSITY SINCE 1802
One University. One World. Yours.

Need \$\$\$ for Study Abroad in 09/10?

Apply for:

- ▶ Homburg International Mobility Awards
- ▶ AVP/SMUSA International Mobility Awards

Application Deadline: March 16, 2009

For eligibility and application, visit www.smu.ca
(International → International Learning → Funding & Awards')

SAINT MARY'S UNIVERSITY SINCE 1802
One University. One World. Yours.

Study Abroad in 09/10!

For programs in 2009/10 academic year

**Application Deadline is
February 13, 2009**

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

For additional information, contact Miyuki Arai
T. 496-8725 E. mobility.international@smu.ca O. The Oaks Building

THE PORNO AFICIONADO



You would be surprised how many women have complained about this same very issue to me. What

you need to realize first off and most importantly is that his love of porn has nothing to do with some sort of insufficiency in your sex life. It doesn't mean that you aren't having enough sex to keep up with him or that he only gets his pleasure from pornography. He just likes to take some personal time to take matters into his own hand.

Pornography taps into sexual fantasies and thoughts of taboo acts that a person realistically doesn't get to experience in a normal, healthy sex

life. Some of these acts are things that your boyfriend might want to try, while I'm sure there are others that he has no interest in making a reality. Many acts performed in pornography are out of the realm of normal and by all means potentially disturbing. Pornography is attractive as it is different. It is variety and it is spicy.

I'm guessing from the fact that you don't understand his enjoyment of this form of motion picture that you yourself don't watch it. You might want to give it a try sometime. Watching porn can be a great form of foreplay. It can also give you both some naughty ideas worth trying yourselves. You can re-enact your favourite scenes all the way up to the happy ending. After you give it a try you might realize that his affection for porn may actually

help your sex life out. Pornography is not the enemy. If you accept it then you will be able to use it as a tool to help maintain your boast-worthy sex life. And if you can't get behind him on this, it can be just another thing he likes that you have no interest in, at all like beer, the Super Bowl, UFC, and fart jokes.

Hot

- KOL
- Storms cancelling school
- Being Book Smart
- Crossfit
- Whiz-easy
- Mickey Rourke
- Oscar buzz
- Two first names
- P-p-pokerface

Not

- OLP
- Storms cancelling weekends
- Text book bundling
- Hot Yoga
- Peeing on someone's lawn
- Marisa Tomei
- Being buzzed for class
- Hyphenated last name
- Gambling addiction

SCIENCE & BUSINESS

WHAT THE EFF ARE PUNDITS AND WHY DO WE TRUST THEM?

A quick Wikipedia search tells me that "a pundit is someone who offers to mass-media his/her opinion or commentary on a particular subject area (most typically political analysis, the social sciences or sport) on which he/she is presumed to be knowledgeable." Nice. It's only an opinion and that person is presumed to be knowledgeable in the field on which they pund (whatever, it's a word now).

Being a bit of a YouTube/American news junkie, I see a lot of these pundits spouting off about a variety of topics, and for the most part there isn't much proof to back up any of what they're saying. Also, even if they're wrong there's a very small chance they'll ever be held accountable. The TV personality who best shows us the error of pundits' ways is Jon Stewart. For a guy who has a comedy show, most of what he says is pretty factual (aside from the blatantly obvious fiction).

Bad Predictions (<http://www.rinkworks.com/said/predictions.shtml>)

"I think there is a world market for maybe five computers." -- *Thomas Watson, chairman of IBM, 1943.*

"With over 50 foreign cars already on sale here, the Japanese auto industry isn't likely to carve out a big slice of the U.S. market." -- *Business Week, August 2, 1968.*

"There will never be a bigger plane built." -- *A Boeing engineer, after the first flight of the 247, a twin engine plane that holds ten people.*

"Stocks have reached what looks like a permanently high plateau." -- *Irving Fisher, Professor of Economics, Yale University, 1929.*

"The bomb will never go off. I speak as an expert in explosives." -- *Admiral William Leahy, U.S. Atomic Bomb Project.*

ral William Leahy, U.S. Atomic Bomb Project.

"Airplanes are interesting toys but of no military value." -- *Marechal Ferdinand Foch, Professor of Strategy, Ecole Supérieure de Guerre.*

Hopefully you realize the point I'm trying to make here. These predictions were made by people who were expected to know what they're talking about. If a chairman, a business magazine, an engineer and a professor of economics made such blunders in their predictions, how are we to trust pundits who are even less qualified in their respective fields? In fact, can anyone truly be trusted to predict anything?

Considering that none of us can actually see into the future, the best we can do is make educated guesses. One could say (and I will) that our current economic crisis is, at least in

NICK SIMARD
Science & Business

part, a result of terrible predictions. That's a simplistic view, I know. My gripe is that TV is saturated with people just giving their opinion instead of intelligent debate and inquiry.

Wanna give it a try? Check out <http://punditwatch.hubdub.com/> to see how well some of the famous pundits do, and then predict the news yourself. Apparently, Pat Buchanan (American writer, political commentator) got 70% of 20 predictions right. That's pretty good compared to Tech Crunch's (group-edited blog about technology start-ups) dismal 13.33%. Ouch.

"If there's one thing I can say about the human race, with 100% certainty, it's that we're terrible at predicting."

— Nick Simard

WHAT'S YOUR BIG IDEA?

WIN CASH
DEVELOP SKILLS
NETWORK

HOW MANY TIMES HAVE YOU SEEN SOMEONE ELSE CASH IN ON AN IDEA YOU'VE HAD?

ENTER THE 2009 "WHAT'S THE BIG IDEA?" BUSINESS COMPETITION FOR YOUR CHANCE TO WIN THOUSANDS OF DOLLARS IN CASH AND PRIZES.

PROUDLY PRESENTED BY THE ACE SOCIETY AND THE SAINT MARY'S UNIVERSITY BUSINESS DEVELOPMENT CENTRE.

PICK UP AN ENTRY PACKAGE AT THE STUDENT ENTREPRENEURSHIP CENTRE

WWW.WHATSTHEBIGIDEA.CA



TECH AT A GLANCE

NORTEL

Nortel, the networking giant that represented Canadian telecom supremacy for more than a century, is now in "bankruptcy protection, laid low by financial struggles and the current recession.



The largest corporate malware outbreak in more than seven years may be affecting organizations that are fully patched, researchers said Friday. Nearly nine million machines worldwide have been infected with the Downadup, or Conficker, worm.



Barack Obama has more than 1 million MySpace "friends" and more than 3.7 million "supporters" on his official Facebook page -- some 700,000 more than when he was elected in November. His campaign also has a database of almost 13 million supporters and their e-mail addresses.



The Vatican--which recently endorsed an iPhone prayer app and gave its blessing to gadget evangelism--is displaying further receptivity to technology with Saturday's announcement that Pope Benedict XVI will get his own YouTube channel.



Janis Krums became an instant celebrity when he Twitter'd a crash photo of the US Airways plane in the Hudson River. "There's a plane in the Hudson. I'm on the ferry going to pick up the people. Crazy."

Photo Credits:
Nortel: www.nortel.com
Worm: www.impawards.com
Obama: www.myspace.com/barackobama
Pope: www.telegraph.co.uk
Twitter: www.telegraph.co.uk

BLACKBERRIES AREN'T JUST FOR BUSINESS PEOPLE

NICK SIMARD
Science & Business

Once upon a time, I was afraid of Blackberries. Well, I wasn't kept awake at night because I feared a spontaneous Blackberry attack. At the time, I worked for a cell phone company (I won't say which one) and my misconception was that they were complicated, that business people would come in wanting to know every detail and that I was better off avoiding them. On the contrary; if for no other reason, it was in my best interest to learn about them because they were the money-makers. Sorry, but it should be obvious that selling a device that costs more up front and on a monthly basis will make the salesperson more money.

Also, our location had a fair amount of customers who were interested in Blackberries. In December of 2007, I took the plunge. I got a Blackberry Pearl (the smallest, most phone-like) and haven't looked back. My reasoning was partially that by getting one, I would be better equipped to sell them. In reality, I definitely was able to talk about them, but the selling didn't always happen. Also, I was in the running for a job that could definitely make use of a Blackberry and I thought (superstitiously) that by having one the job would come to me. I got

that job, and then 2 others (this being one of them) for which the Blackberry is very useful. Allow me, therefore, to demonstrate the benefits of Blackberries for students.

NOTE: This is not intended to slam the iPhone (no built-in copy and paste function?) or any other smartphone. I simply own a Blackberry and am writing what I know. Also, I know these are not all unique to Blackberries.

Emails on the Go

While it is true that receiving emails while mobile can be construed as overconnectedness or unnecessary, it is quite convenient. Students are often away from home (and/or computers) for extended periods of the day and can sometimes miss important (often time-sensitive) emails. It certainly helps if you have a particular reason to want emails on the go, such as work, but even forwarding your SMU email makes your life easier.

Facebook (or MySpace)

I hate to even mention this one, but receiving notifications on my phone honestly (and I mean this) decreases the amount of time spent on the actual website. We don't NEED these right away, but it's just another way to communicate

with people and it's nice to have it at your fingertips. Updating status while out is also useful, to let others know where you are.

The Internet

I have a compulsive need-to-know-now personality, so I'm biased, but it is SO useful to have Google, Wikipedia and Dictionary.com in my pocket. In addition to the Internet as a whole, having these tools means I can get things done while I'm on the bus, sitting in class, or walking home.

Camera

I often take photos of posters I see instead of writing down information. 2MP is adequate for Facebook photos and the like.

Customization

Change themes, make MP3's ringtones, move icons or hide them, define shortcut keys, download applications and much more. Cell phone are limited in the degree to which you can personalize. Blackberries are SO flexible.

GPS/Maps

You don't have to be a driver to make use of this function. If you're new to the city, or just don't know where something is, find your location

and ask for directions - even get Google Maps.

Bluetooth Headphones

I don't bother with an MP3 player. I upload music to a memory card, pop it in my phone and listen via Bluetooth headphones. No cords to get tangled. Phone in pocket and headphones on my...well...head. I can adjust the volume, skip songs and even take a call from them.

Blackberry Messenger

While it's true that you can only chat with other Blackberry users, it's instant and unlimited (after you pay for a package, of course). Imagine if you and your partner (and/or best friends, near or afar) had Blackberries. Goodbye text messages. Especially good for friends in the US, to avoid international text messaging fees.

I shan't bore you anymore, because I think you get the picture. Blackberries have many uses that you may not realize. Look into it, visit a store and see if you can get a good deal. I'm pretty sure that Telus and Bell (Aliant), and maybe Rogers, offer student packages. It's worth considering if it means that you'll receive the email saying class is cancelled, or that something is due, or that you've just won a new car. One can dream.

WILL BODY MODIFICATIONS AFFECT YOUR JOB PROSPECTS?

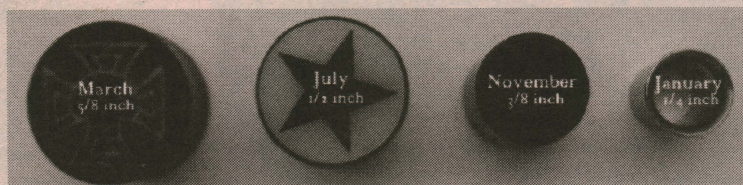
NICK SIMARD
Science & Business

Almost a year ago I read an article in The Chronicle Herald entitled "Does your manager have a mohawk?". The title caught my eye because at the time (and even recently) I had a mohawk-ish kind of hairstyle. While not a body modification per se, it's a visual representation of who a person is. Just as piercings and tattoos (I'll limit it to these two) can create a certain impression to employers, so can hairstyles, make-up and/or attire. Should you change or just keep being who you are? Would you consider it selling out to change your appearance in order to gain employment? Depends how broke you are, maybe.

The article advises to "keep an open mind about that kid with the purple mohawk or the one with the pierced tongue" and points out that "the young person dressed like something out of a punk-rock video could very well be a company's next head of production or marketing". These suggestions came from Giselle Kovary, a managing partner at Toronto-based n-gen People Performance. Consulting can be a lucrative gig, and given the vast generational gap among employees it makes sense for companies to understand what Gen Y wants. It's nice to see that employers are recognizing the differences among their prospective (and current) employees.

Let's get back to the body mods. I'm almost 29 (shocking, I know) and have managed to acquire gainful employment with two nose rings, a lip

ring, a tongue ring and two stretched earlobes. It's definitely possible. I am about to graduate, however, and can't help but wonder how these might affect my career options. Aside from that, I'm beginning to feel like it's time to change. See the included image and how much I have downsized my stretched earlobes in the past year. I don't know how much more they'll shrink, but for anyone who has stretched earlobes and is wondering what the future may hold - there's hope. Unless you've scalped them, in which case I sympathize with the future condition of your earlobes. Everyone's body is different though.



As far as tattoos, I've limited myself to a small one on my inner ankle. I have friends who have undergone laser surgery to remove tattoos, and some who probably wish they could. Unlike Micheal Scofield's miraculous full body tattoo removal in Prison Break (what a crock), reality isn't quite that simple. It is expensive and can take many visits over an extended period of time. Make sure you have some semblance of the future when deciding to get inked. Or, don't. It's your choice I guess. I just think far too few of us truly contemplate our tattoo choices. How will you feel about that

Tweety bird on your behind, or that skull on your forearm, in 10/20/30 years. "Whatever, I like it now and I'm not worried about the future" you might say. Ok. Suit yourself.

Depending on your career plans, you may very well have no problem retaining piercings and/or tattoos. Ultimately, it will be up to you but don't be surprised if you have to conform to some degree. Nova Scotia's job prospects (along with the rest of North America, I suppose) are pretty grim, so is your nose ring really worth missing out on that one job that everyone is applying for? We all judge others to an extent, regardless of the crite-

ria by which we do so. Some judge based on clothing, others by body mods and others still by body type. I would suggest not giving employers any more ammo with which to shoot you down. Phase them back in if possible, but for interviews it's probably best to tone it down (at least a little). Like I said, I've managed pretty well so far but upon graduation I want to land myself a sweet career. If my lip ring means the difference between \$30,000/year and \$50,000/year positions, I think I'll do without the mod.

WHAT YOU NEED TO KNOW ABOUT THE CONFICKER WORM

ADRIAN ANDRE
Contributor

There is a new computer worm out there that Windows users should be aware of; the name of it is Conficker worm. So far more than 3.5 million computers have been affected by this worm. The Conficker worm mostly spreads across networks. If it finds a vulnerable computer, it turns off the automatic backup service, deletes previous restore points, disables some security services, blocks access to a number of security web sites and opens infected machines to receive additional programs from the malware's creator. The worm then tries to spread itself to other computers on the same network. Experts don't know why this worm was created but they know it can receive commands from a central location somewhere in Ukraine. In most cases people who create computer worms are trying to steal your identity by gathering information on a person like their name, address, telephone number, bank ac-

count numbers, credit card numbers and passwords they might use.

The good news is there is a way to prevent and to remove the worm from a computer. The best way to prevent this virus is to run Windows Update and making sure that all the updates have been installed. Some people might not have to worry since their computer may have installed the patch while their computer installs Windows updates automatically.

To run the Windows Update Program:

Click the start button then select all programs.

Click Windows Update

Then on the right hand side select check for updates

If there are updates that need to be installed follow the instructions to install them

You can run. You can hide. But the Conficker Worm can still get you! This is no joke, people. Only once you've gotten such a worm (trojan, virus) do you take them seriously. Take it from someone who's gotten one and get your friggin updates.



<http://techblog.dallasnews.com/worm.jpg>

THINKGEEK.COM - EDITOR'S CHOICE (BONUS VERSION!)

Clarifi iPhone Case with
Macro Lens



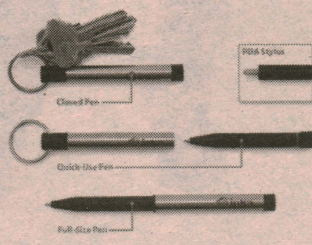
Protect your iPhone and take close-up macro photos to boot. The Clarifi iPhone Case with Macro Lens makes blurry photos of secret documents a thing of the past.
\$24.99

Japanese Chopsticks
Practice Game



Do you know how to use chopsticks? If not, it's time you learn. If you do, it's time you play. Dump all the chicks into the little bowl. Then take turns picking them out.
\$19.99

Inka Pen Travel Pen



It's a keychain, a mini pen, a full pen, a stylus and it's AWESOME! And because it's pressurized, you can write at any angle, at any altitude, even underwater!
\$12.99

iPod Video Goggles



Video goggles that plug directly into your video iPod and project a virtual 24 inch TV directly in front of you! No extra cables, adapters, or bulky power-packs necessary.
\$129.99

The Journal
wants you!

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

IS NSLC'S ANTI-BINGE DRINKING "JONZED" AD EFFECTIVE? HAVE YOU EVEN HEARD OF IT?

NICK SIMARD
Science & Business

From The Chronicle Herald (Dec. 3/08):

"The Nova Scotia Liquor Corp. spent \$250,000 on an Internet ad campaign where one character talks about using a lawn trimmer around his private parts."

How much of that money did Revolve (the ad agency responsible) get, I wonder. Cut to the Jonzed video. I mean it, go watch the video before reading this. Google it.

(music plays as Jonze tries on outfits)
"Argh...too retro. Too metro. Yeah, now that's hetero!"

On January 14, I checked out 3 of the major video sharing sites to see what kind of viewership Jonze had. The results were as follows: YouTube - 814 views. Dailymotion - 40 views. Metacafe - 258 views. Pretty dismal. NSLC spokesperson, Rick Perkins, said last month that approximately 10,000 students had seen it. Have YOU seen it? Well, you have now (hopefully). In fairness, the video is available at www.jonzed.com, so it's likely that's where most of the views came from.

According to Wikipedia, "the Nova Scotia Liquor Corporation (NSLC) controls alcoholic beverages in Nova Scotia, Canada. It is the sole distributor and runs all retail outlets selling alcohol except for four private wine specialty shops and, in rural areas where there is not an NSLC location, 23 private "agency" liquor stores." In other words, pretty much all alcoholic roads lead to the NSLC.

The NSLC's own site claims that it is "the fourth largest business and largest single banner retailer in Nova Scotia" and "generates more than a half billion dollars of revenue a year generating almost \$200 million profit annually." So maybe \$250,000 doesn't cause much of a dent. Revolve's Vice-President, Nelson Angel, says it is raising awareness about the negative social and health consequences resulting from binge drinking among 19 to 24-year-old males.

In fact, I learned that Revolve has landed three awards in the 2008 Applied Arts Interactive Awards - for Public Service / Charity, Integrated Campaign and Online video. Wow. Here's where I chime in. I may as well break it down in pros and cons:

Pros: I think overall the quality of the animation and videography is strong. The acting, while a little over-the-top at times (I'm talking to you, Mark Little...haha), is entertaining enough. With members (and friends of) Picnicface involved, the production is sure to be anything but bland. So from the technical standpoint it's pretty solid. The concept of an animated character in live-action scenarios is also quite cool. That's where it ends though.

Cons: The writing is pretty weak. If Picnicface DID write this, I'm sure it was based on guidelines and not their own original ideas. They're better than that. The video is too long and gets tedious around the middle. The music and club scenes actually make me WANT to drink. The jokes are not very funny and at times are kind of offensive. Is that what gets our attention? Emo Night with rock/alternative-sounding music, attended by people in goth clothing? They can't even perpetuate stereotypes properly. Oh wait, they DO have a character saying that Jonze is troubled, like the group she has brought him to. They, being the black clothing-clad, make-up-wearing folks having an underground meeting. At least Jonze doesn't "sit around talking about how life sucks", which he accuses them of. The credits call them goths.

Overall, while I applaud the NSLC's attempt at being edgy in order to get the attention of its target market, I don't think the ad campaign achieves much. I prefer the don't-drink-and-drive "Lots of Ways" campaign, also by Revolve, which featured Wheelbarrow Willie. The greatest irony of this whole thing is that NSLC's huge profits must come, in significant part, from the binge drinking of the 19 to 24-year-old males of the province (especially Nova Scotia's numerous universities). This would be a great reason to reduce the ad's effectiveness, while giving the impression that it's an important issue.



photo: www.jonzed.com

YOUNGERPRENEUR - MARCUS FRIND OF PLENTYOFFISH.COM

NICK SIMARD
Science & Business

With his headquarters in Vancouver, 30-year-old Markus Frind (graduate of British Columbia Institute of Technology) is sitting on quite the online goldmine. If you've never heard of www.plentyoffish.com you're a LIAR! I know online dating is a touchy subject and you probably don't want to admit using it, but I know many of you have. How do I know? Because I've seen you. In all honesty, I'm familiar with lots of the sites out there. Those days are behind me now, but for some of you they're very much a central part of your dating life. Frind has completely capitalized on our desire to find someone AND he's made his site totally free for users. We like free, don't we? That certainly doesn't mean he makes no money. According to Inc.com:

"Plenty of Fish is on track to book revenue of \$10 million for 2008, with profit margins in excess of 50 percent."

ReadWriteWeb says that "some of his direct competitors - e.g. eHarmony and match.com - are apparently valued in the billions" while Inc.com claims that Plenty of Fish's "traffic is four times that of the dating pioneer



photo: www.onlinezarada.com

Match." That would seem to imply that Frind's online dating empire may also be worth billions. Not bad for something Frind started in 2004 and ran with no employees until 2007. In fact, he only has 3 customer service workers now and all they do is check for spam messages and nude images. Apparently the site pretty much runs itself and he doesn't actually do that much work. How do I get myself the kind of job that requires 1-2 hours of work a day?

Having spent some time on POF myself, I can honestly say (no offense) that the quality of potential matches is not quite as good as some of the pay sites. It's kind of one of those "you get what you pay for" things. But again, we like free and the site is not altogether terrible. Despite the fact that images often end up scrunched or stretched out when in line-ups, lots of people clearly put up with minor annoyances. What Frind does

that most other sites don't advertise for his competition. That's unheard of. He knows for everyone who goes to Lavalife or eHarmony, many will come back and some will also come from those (and other) sites to get the free experience.

If anything sums up Mark Frind and Plenty of Fish (for me at least), it's this quote from Inc.com:

"Rather than try to compete directly with Match, the industry leader, he created a website that cost almost nothing to run and was aimed at the sort of people who wanted to browse a few profiles but weren't ready to take out their credit cards. In doing so, he had found a way to reach a large, underserved market. Even better, he had created a perfect place for paid dating sites to spend their huge advertising budgets." Exactly. It's so simple and yet brilliant. What are YOU waiting for?

In the weeks to come:

Shawn Fanning of Napster
Mark Zuckerberg of Facebook
(Canadian) Christian Lander of Stuff White People Like
Chris MacDonald of www.businessethic.ca/blog
...and more

(feel free to suggest - business.smu-journal@gmail.com)

MY PERSONAL TOP 10 ONLINE DATING ANNOYANCES

NICK SIMARD
Science & Business

Preface: This was written last summer, when I had grown especially frustrated with online dating. While it seems a little hateful, I intend it to be taken lightheartedly.

1. Spelling, grammar, punctuation I know people have different skill sets and it won't even bother everyone, but it drives me ape-shit crazy when I read profiles and I see something like this:

"i want some one to show me that there diffrent then all the others. there's to many guys who....etc, etc"

I hate to be a complete asshole but it makes you look like an idiot. PLEASE use a spell check of SOME kind. Ask a friend. You've got pictures on this site, so it's not like it's some big secret. A couple of mistakes are acceptable but some of the profiles out there are PAINFUL.

2. Easygoing, down-to-earth, fun-loving, love to laugh

Is it possible that 9/10 women ACTUALLY describe themselves with these cliched, tired descriptions? Or is it that they think that's what they're supposed to say? Come up with some different descriptors. Please. Who HATES to laugh and have fun? Argh! Be original! For the love of gawd! Say anything that hasn't been said by millions of women before you!

3. Piss-poor quality of photos

There is no excuse for photos that look like they were taken with a 1995 webcam. Seriously. There are some gawd-awful photos out there. You can buy a 7MP camera for \$100. Why are there so many horrible pics on this site when it would help tremendously to have photos of decent quality?

4. Group photos without specifying who owns the profile

Photos with multiple women in them,

without ever saying which one of them is the one whose profile it is! What are you thinking? First of all, have you asked all these other women for their permission to post their photo on a site without specifying which one of them owns the profile. It could be any one of them. What if they have bf's and those bf's are alerted to a profile on a dating site with a picture of their gf.

5. #4 With friends more attractive than they are

I don't mean to sound shallow, but come on. Be honest with yourself. You see a picture with 3-4 people (of whichever sex it is you're attracted to) and you find most of them attractive. You read the profile and project it upon whichever of those people you find most appealing. You come to find out the profile does not belong to any of the ones you like. It's just the wrong way to do things.

6. "I don't really know what to say"

How on earth do you expect to have people learn about you if YOU can't tell them about yourself? It's up to you to do so. It's really not that hard. Who knows you better than you do? You DO live with yourself ALL day long. Saying that you don't know what to say just makes you seem a little useless. I'm sorry. You can THINK that, but you shouldn't say it.

7. Cars, cats, dogs and kids

It's fine for you to love them. Really, it is. But honestly, nobody cares to see these in your profile. Maybe I just don't care. I dunno. I understand that they're a part of your life, but it's not necessary to have photos of them I don't think. Focus on getting decent photos of YOURSELF and JUST you and that will be a great start to this whole thing. The others can come AFTER you've gotten to know someone.

8. "Looking for a good man"

Really? You mean you're not here to find a guy who will lie, cheat and ste-

al? Not seeking a man to beat you and make you feel ugly? That's not what you want? Oh, well shit, I had no idea you'd be looking for a GOOD man. Thanks for enlightening me. Honestly, given the amount of women who ARE DATING these types of low-life scumbags you'd think they WERE looking for them. Too far?

9. Lying about body type

I understand that some people are not pleased with their physical appearance and it's difficult admitting. I really do. But come on...average (or thin) is not whatever you WANT it to be. With weight, it does at some point become a few extra pounds or BBW. Being deceptive or dishonest will be obvious upon meeting. Dontcha think?

10. Messages from people who are REALLY not in your league

By "league" I don't even just mean looks. I'm talking about intelligence, humour, interests, etc. Having someone message you that just does not have anything in common with you while all the great ones don't seem to notice you, well that's just a crying shame. Kinda makes you wonder "man...am I as good as I think I am?"

So there you have it. Anyone who has spent any amount of time on dating sites no doubt recognizes at least a few of these. Online dating is something that is not going away anytime soon. If you're wondering just how lucrative this business is, hop on over to my profile of Marcus Frind. As is mentioned, www.plentyoffish.com is doing very well for itself. Love is something we will never stop craving and there will always be someone trying to capitalize on this very human desire. While I am told that love can be found online, I personally have never found it there. Luckily, I found it elsewhere and no longer take part in the online dating game. Do I miss it? Not. One. Bit.

WOMEN'S BASKETBALL TEAM DROPS WEEKEND

JASON MACDONALD
Sports Editor

With a record of 2-8 the women's basketball team has been experiencing some difficulties so far this season, but not for a lack of effort or skill. SMU faced a tough Capers team on Friday and a well prepared Panthers team.

The Saint Mary's Huskies faced questionable calls from the referees and despite fouling out, the Huskies were able to keep the game close, closing out the first half trailing by just 3 points.

The 2nd half started quicker, with the Huskies driving hard to the hoop, and answering every point put up by the Capers. The Huskies finished the 3rd quarter 50-45 off 4 quick points by Barb Capes.

Good pressure by the CBU Capers wiped out the Huskies lead, forcing them to work hard to try and bring it back around, a good late effort by Capes closed the gap but it wasn't enough to swing the game back in the Huskies favour, the Capers win it 71-66 and maintain their First place tie in AUS standings.



Photo Credit: Jason Macdonald

Angela Fifield Drives in against Capers

MEN'S BASKETBALL TEAM WIN WEEKEND DOUBLE HEADER

JASON MACDONALD
Sports Editor

The Saint Mary's Huskies (7-3) again asserted their rightful place at the top of the AUS rankings this weekend. Currently tied for 2nd in the conference, the Huskies pulled out two tough wins against the CBU Capers and UPEI Panthers to further maintain their standing.

Friday night's game against the Capers was a hard fought game that could have gone in either teams favour right up to the last minute of play. Overall the Capers were playing

faster and with better moves than the Huskies, leading 34-30 at the end of the first half.

The Huskies came back faster in the 2nd half, digging deeper and playing better as a team but the Capers kept pushing harder and led the Huskies 53-44 going into the 4th quarter. With just a couple of minutes to left in the game, Huskies forward and Coca-Cola Subway player of the game Ikeobi Uchehgbu poured in the tying basket. Joey Haywood dumped in the 3 ball pulling the Huskies ahead. Capers drew the foul but it wasn't enough to tie the game again, the Huskies finished the game 69-65

WOMEN'S VOLLEYBALL TEAM SNAP SKID

JASON MACDONALD
Sports Editor

The 8-5 Huskies snapped a 4 game skid this week as they took on the Dalhousie Tigers, Wednesday night at the Tower.

Admittedly I personally know nothing about women's volleyball, however Wednesday night at the tower was an exciting display of athleticism by the Huskies ladies.

Both the Huskies and the Tigers looked excellent on the play, neither team allowing errors to distract them or put them out of the play. Thanks to a good effort by the Huskies they were able to dig deep and pull out a 3 set to 0 win over the Tigers.

Huskies maintained good pressure at the net making blocks and forcing the Tigers to make errors. The Huskies also made good plays in the back court, moving the ball well and getting in position to make the scoring plays they needed to maintain a lead over Dalhousie.

The Huskies Kerri Smit was easily the top player of the game, with a game high 17 kills, 15 digs and 2 and 2 blocks.

Though this was my first volleyball experience I am certain I will be making appearances at upcoming games, for no reason other than to experience the energy and intensity these women bring to their game

the journal
wants you!



Photo Credit: Jason Macdonald

Haywood Goes for a Lay-Up



Photo Credit: Jason Macdonald

Alison Beaver sets the ball forward to teammate

ARE SMU STUDENTS PROUD OF THEIR SPORTS TEAMS?

JASON MACDONALD
Sports Editor

This weeks sports stories have less to do with the games played and more with an aspect of SMU sports that has been lacking for some time: Attendance! Is it that Saint Mary's students don't support their home teams? Or is it that students aren't aware of the games? Or even worse, do the students just not care?

Personally I'd like to think that at worst the students aren't aware of the games, even though the home games appear in The Journal. It would be a shame for it to be the case that students don't care, and shame on them for not supporting the athletic programs at SMU.

This problem is not something new however, it is a perpetual issue that plagues even the most successful Saint Mary's sports team, the Football Huskies. There is a pathological attendance shortage at home games, so who knows what the away games are like. Other schools make an effort to support their teams at home and away, on occasion away teams such as St. FX and Acadia Universities have had larger cheering sections than our home team Huskies.

Typically the lack of attendance is restricted to the women's teams with sports fans citing a lack of speed and physicality as the main point of contention. In my opinion what the women's teams lack in physicality, as a result of AUS regulations, they make

up in technicality, team work and tenacity.

So I say to the students of Saint Mary's University, get off your asses, get out of the house and support your Huskies. Games are free so what the hell is keeping you away from the arenas, gyms and fields? Show some pride in your school, stop disrespecting the athletes who train hard every day to play at the top of their game. Show them you care about what they do by attending games.

If you have an opinion or comment please send it to sports.smu@gmail.com, include your name and year and watch for responses in next weeks edition of The Journal.

IS THE SAINT MARY'S DANCE TEAM AGE APPROPRIATE?

JASON MACDONALD
Sports Editor

This article is in no way a blow against the dance team or event organizers.

Friday night at the Tower, Men's and Women's double header against CBU. In addition to the regular attendance, the team was also hosting a Minor Basketball Association night, where minor basketball plays from around the region were invited to watch university basketball and get involved at a collegiate level. The minor basketball night is a great idea for the teams, not only does it allow young people from the community to see high quality athletics, it also brings a new generation of Huskies sports fan into our system. Frankly

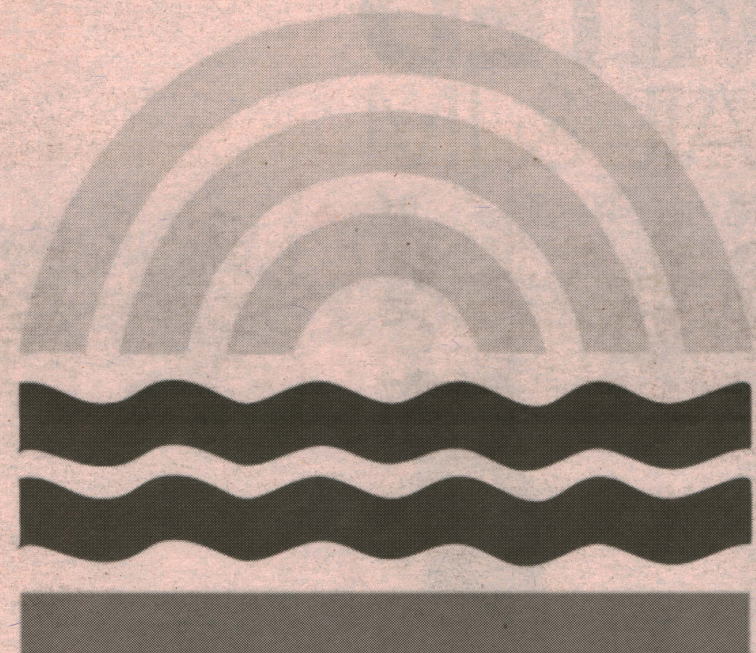
this is something all of the teams should host, my beef has nothing to do with this.

Half-time shows are a staple of major sporting events around the world, Saint Mary's University is no exception to this rule. The Saint Mary's University Dance Team, ranked 8th in the world in the Hip-Hop category traditionally performs during half-time of both the football and men's basketball games. The dance team are undoubtedly highly skilled dancers and train hard to perform at a top level. I also have no beef with this aspect of the dance team.

My issue is with the dance team performing an inappropriate style of dance to an inappropriate piece of music in front of a crowd predomi-

nately composed of kids aged 10-15. Maybe before running out into the middle of the floor and shaking their asses to songs like "Stupid Shit" by Girlicious the team should take a long hard look at the crowd. Better yet, why not have a censored version of both their dance routine and their backing music. In my experience kids are extremely easily influenced, with all the crap kids have flung at them each and every day of their lives the last thing they need is to be assaulted by raunchy lyrics and dance moves at what is generally seen as "good clean entertainment" by most parents.

With the state of the world as it is, kids don't need to be subjected to the kind of entertainment that the dance team provides. Next time there's a Minor League night how about you smarten up, clean up your routine and think about who you're performing for and who may see your act.



C · A · M · P
TOWANDA®

SUMMER CAMP JOBS IN THE US

CAMP TOWANDA, a coed residential summer camp in Pennsylvania has openings for counselors, coaches and instructors 6/20-8/15. Applicants 19+ earn excellent salary, room, board, travel allowance and J-1 visa reimbursement. Information meeting at SMU Monday evening February 9th at 7:00 PM in SOBEY Room 160. Interviewing Wednesday February 11th from 10-3 at Student Employment Center Room 411A. Visit www.camp towanda.com Staff Experience for application. Other questions??? Or to sign up for an interview....email staff@camp towanda.com or call 800 923-2267.

Write for the Journal

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

Assholes of the Week!

ASSHOLE NO. 1

Well, I think we all have this asshole on our minds; Saint Mary's University, specifically the VP Administration and Facilities Management. On a day when quite literally every other educational institution in the HRM cancelled classes for the day why didn't they perhaps take a moment, reflect and cancel classes. Do they not care about the students faculty and staff who travel in? From everyone here at SMU smarten up you assholes!

ASSHOLE NO. 2

While on the bus the other day, I watched the driver let one passenger onto the bus and then shut the door in another woman's face and drove away, her hand almost got caught and she was left out in the freezing cold for no reason. Now that's an asshole if I've ever seen one.

ASSHOLE NO. 3

From One of our Readers:

The Asshole who nominated 'SMU Students' for the last asshole of the week. Way to make an assumption about all students, Asshole.

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

Assholes can be found anywhere!

Reminder!
Societies Get Free Advertisements in
The Journal
Submit to: thesmujournal@gmail.com

Huskies at home

Women's Hockey
alumni arena

Jan 23
SMU vs UPEI
7 p.m.

Jan 24
SMU vs STU
1 p.m.

Volleyball
at the Tower

Jan 25
SMU vs StFX
1 p.m.

You can find scores and more at smuhuskies.ca

ROGERS

AMHERST

Amherst Centre Mall
142 South Albion St.
(902) 669-3388

DARTMOUTH

121 Ilsley Ave.
(902) 468-3388

Mic Mac Mall
(902) 466-3388

Penhorn Mall
(902) 463-3388

GREENWOOD

Greenwood Mall
936 Central Ave.
(902) 760-3399

HALIFAX

201 Chain Lake Dr.
(902) 455-3388

5693 Spring Garden Rd.
(902) 492-3388

NEW MINAS

County Fair Mall
9256 Commercial St.
(902) 681-3388

SACKVILLE

405 Sackville Dr.
(902) 865-3388

SYDNEY

484 Grand Lake Rd.
(902) 564-9400

TRURO

Truro Mall
(902) 893-2288

YARMOUTH

Yarmouth Mall
(902) 742-3388

ROGERS WIRELESS AUTHORIZED AGENT

HALIFAX

Rogers Video
16 Denith Rd.
(902) 477-8848

ANTIGONISH

Motion Communications
19A James St. Plaza
(902) 863-5888

BEDFORD

Excellular Communications
752 Bedford Hwy.
(902) 457-1144

BRIDGEWATER

World of Wireless
533 King St.
(902) 543-6363

DARTMOUTH

Rogers Video, Cole Harbour
4 Forest Hills Parkway
(902) 435-5696

Rogers Video, Woodlawn
114 Woodlawn Rd.
(902) 433-0994

LIVERPOOL

Memory Lane
1 Gorham St.
(902) 354-5486

NEW GLASGOW

Motion Communications
60 Archimedes St.
(902) 752-5888

PICTOU

Motion Communications
239 West River Rd.
(902) 485-5888

SACKVILLE

Rogers Video
857 Sackville Drive
(902) 252-3351

WINDSOR

Sam's Cellular Service
40 Water St.
(902) 798-2025

PORT HAWKESBURY

Motion Communications
634 Reeves St.
(902) 625-5777

ROGERS plus

DARTMOUTH

Staples Plaza
(902) 433-0994

Cole Harbour Shopping Centre
(902) 435-5696

HALIFAX

South Centre Mall
(902) 477-8848

LOWER SACKVILLE

857 Sackville Dr.
(902) 252-3350

BEDFORD

Bedford Place Mall
(902) 832-4875

HALIFAX

Halifax Shopping Centre
(902) 455-1778

HOT SMARTPHONES FOR HOT, SMART PEOPLE.



NOW GET

UNLIMITED TXT, EMAIL & IM*

ONLY FOR A LIMITED TIME



BLACKBERRY® CURVE™ 8320
\$99⁹⁹ | \$549⁹⁹ no term

ALL NEW
BLACKBERRY® CURVE™ 8900
\$199⁹⁹ | \$599⁹⁹ no term

BLACKBERRY® PEARL™ FLIP 8220
\$49⁹⁹ | \$399⁹⁹ no term

EXCLUSIVELY FROM ROGERS

rogers.com/unlimited

CANADA'S MOST RELIABLE NETWORK;
FEWEST DROPPED CALLS, CLEAREST RECEPTION

ROGERS™

THE SOURCE

ROGERS plus

ROGERS VIDEO

FUTURE SHOP

BEST BUY

WIRELESSWAVE

WIRELESS etc...

*On select 3-year plans. Offers subject to change without notice. *Available with any BlackBerry device with subscription to select plans and activation with BlackBerry Internet Service. Includes unlimited personal e-mail (up to 10 accounts) while using BlackBerry on the Rogers Wireless network. See rogers.com/unlimited for plans and details. Usage subject to Rogers Terms of Service & Acceptable Use Policy available at rogers.com/terms.
™Rogers & Mobius Design are trademarks of Rogers Communications Inc. used under license. All other brand names and logos are trademarks of their respective owners. © 2008 Rogers Wireless.