



THE JOURNAL

SAINT MARY'S UNIVERSITY • HALIFAX • NOVA SCOTIA

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Uniting the Right

What does it mean for Canada?

by Ashlee Starratt

The world of Canadian politics has been turned upside down by a new craze that has been sweeping the nation, this time it does not involve any 'Elect Sheila Copps' lapel pins. Virtually stunning the media by the suddenness of its inception, the movement to 'Unite the Right' has exploded into the political arena like a blue atom bomb and has left Parliament Hill reeling in its wake.

Flashy catchphrases aside, what exactly does a United Right mean for the fate of federal politics in Canada? Adhering to the adage "timing is everything," cynics

and pundits alike have been winking at the convenience of announcing the amalgamation of the Canadian Alliance and Progressive Conservative parties into the Conservative Party of Canada, only six months before the intended April federal election against the Paul Martin juggernaut.

However, will this new political giant really have the clout needed to create the desired effect of swaying Canadian voters into seeing them as a viable alternative to the Liberals, who have enjoyed a decade-long run in

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Photo by Eric Boudreau/ THE JOURNAL

Huskies Women's Field Hockey continues to dominate. Read more on page 12.

Go loonie for Point Pleasant

by Kathleen Lingley

With the onset of the crisp fall weather students' thoughts start to turn to ditching the books and taking a stroll in the park to gaze at the autumn leaves and walk off some stress. Unfortunately, due to the ravaging winds of Hurricane Juan, South End residents and SMU students can no longer enjoy their neighbourhood Point Pleasant Park.

However, SMUSA is launching a fundraiser to help remedy this situation. Starting the week of October 27th and running to November 8th, SMUSA is encouraging SMU students to "go loonie" over Point Pleasant Park. There will be tables set up in Loyola and in the Student Centre with piggy banks on hand for students to drop their loonies in. Students will also get to sign a large banner to show their support and donation.

In addition to this activity there will be special events throughout the two-week period dedicated to raising additional funds in support of the park restoration. Staff and faculty are also encouraged and challenged to participate

in the fundraiser, with SMUSA president Tyler MacLeod asking them to donate a toonie. The campaign will wrap up on November 8th, with an announcement at the football game as to how much money was raised.

Going loonie over Point Pleasant Park is a unique opportunity for the SMU community to become active within the larger South End community and make a contribution that will surely benefit countless people, and dogs begging to be walked. Established in 1866, Point Pleasant Park was a beautiful recreation area for Haligonians to enjoy, and SMUSA is proud to launch a fundraiser that will become a part of the restoration process. This fundraiser is a special project that will allow SMUSA to become involved in community outreach, as their traditional contributions lie in bursaries for students and donations to foundations established to aid those affected by specific diseases.

So dig out your coins SMU, and go loonie for Point Pleasant Park.

Four wins and counting

SMU computer science students are best in the Maritimes, yet again

For the fourth time in five years, a team of computer programmers from Saint Mary's University has taken home top honours in an Atlantic regional programming competition. Under the coaching of professors Dr. Sageev Oore and Dr. Norma Linney, SMU computing science students Blair Doyle, Adish Jain, and Jonathan Sharkey rose above the crowd to win SMU's third consecutive computer programming title, defeating

18 other teams en route to reclaiming the top prize.

The annual computer programming competition, held this year at UPEI in Charlottetown, is sponsored by the Atlantic Provinces Council on the Sciences (APICS) and draws the best and brightest from around the Maritime region. Contestants, arranged in groups of three, are given five hours to solve as many of the six highly complex programming problems as they can. Doyle, Jain, and Sharkey were the

only team to solve four of the problems within the allotted time, keeping the Huskies' winning streak alive. Three other teams managed to solve three problems, with the University of New Brunswick placing second, Dalhousie placing third, and Memorial University winding up in fourth place.

The next level of competition is the Northeast-North America contest, which takes place this year at the University of Rochester on Saturday, November 8. This level of competition often features such internationally famous institutions as Harvard and Yale, but despite the enormous amount of prestige accorded to these schools, Saint Mary's has fared quite well against them in the past.

In 2001, a Saint Mary's team that consisted of Jonathan Sharkey, Chad West, and Steve Perron put on a stellar championship run. The trio not only



from left: Dr. Norma Linney, team coach, Kate Patterson, Adish Jain, Stewart Crosby, Andrew Doane, Jonathon Sharkey, Blair Doyle, and Dr. Sageev Oore, team coach.

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SMUSA PAGE

Upcoming Events & Information

We've Gone LOONIE! THE CHALLENGE



The Saint Mary's University Students' Association is challenging the Saint Mary's University Faculty and Staff to see who can raise more money for Point Pleasant Park. Students are encouraged to donate loonies and faculty are encouraged to donate toonies. The group with the most money collected will be announced at the AUS Championship Football Game on Saturday, November 8th.

Make your donations at the tables set up in the Loyola and Students' Centre Buildings, or at the donation bucket at the SMUSA Information Desk.

About iMage Photography Information sessions for graduation portraits and yearbook photo questions

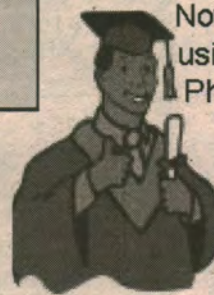
About iMage Photography Co., Saint Mary's University Students' Association preferred photographer, is coming to campus. If you have any questions regarding your yearbook photo, graduation pictures or picture deadlines, please attend one of the following information sessions:

- | | |
|--------------------------|--------------------------|
| Oct 22, Loyola | Oct 30, Students' Centre |
| Oct 23, Students' Centre | Nov 5, Loyola |
| Oct 29, Loyola | Nov 6, Students' Centre |

WICCA Information Session

The Saint Mary's University Women's Centre Presents a free information seminar on Wicca. What is it? Where did it come from? Thursday October 30th, 7pm, Sobey's 255. Everyone is welcome to attend!

Important Yearbook Deadlines for Graduating Students:



November 3rd is the yearbook deadline for those **not** using About iMage Photography. Please drop off your Photos at the SMUSA main desk, 5th floor SC.

November 17th is the yearbook deadline for those using About iMage Photography. Please drop off your photos at the SMUSA main desk, 5th floor SC.

Check out About iMage Photography online at www.AboutiMage.ca or call them at 429-1977.

**SMUSA Presents...
Halloween Fun in the
Student Centre**
October 30th, 11:30 am - 2 pm
There will be...
* Pinatas * Twister * Pumpkin Carving
* Pin the tail on the Husky
* Bobbing for apples
and more!

Refill Your Ink Cartridges

If your ink is getting low drop by the SMUSA Information Desk on the main floor of the Students' Centre to find out how you can refill your empty cartridge.

Involvement Opportunity: Student Reps Needed For Students' Representative Council (SRC)

Part Time Students' Representative

Part-Time students must meet criteria for part-time student status as outlined in the Academic Calendar.

Mature Students' Representative

Mature Students must have been admitted to the University under mature student status as outlined in the Academic Calendar.

Candidates should submit a letter of intent to Tyler MacLeod by Wednesday, November 5th, at 5 pm
Applicants will be asked to attend the Council meeting scheduled on Sunday, November 9th at 1:00 pm. Applicants will then be asked to make a presentation to council, up to five minutes in length. The content of the presentation is up to individual applicants. The successful applicants will be appointed by the SRC following the presentations.

THIS WEEK AT THE GORSEBROOK LOUNGE

Wednesday October 29	Thursday October 30	Friday October 31	Saturday November 1	Monday November 3	
Open Mic Night with Chad and Amy 10pm - close \$100 cash prize for the best act plus a chance to compete in the Best of Open Mic on November 28.	Wing Night 6pm-9pm Pub Night 9pm-close Great Music!	Halloween @ the Gorsebrook! Featuring Slow Joey! Cover \$3 SMU/ \$5 Non-SMU COSTUME CONTEST 1st Prize: \$300 2nd Prize: \$200 3rd Prize: \$100	Football Playoff Game One Come watch the game on the big screen! Group bookings available Call 496-8703 for more information	NFL Monday Watch the game on the big screen. Margarita Monday	

NEWS

Jeffrey Warford -- journal.news@smu.ca -- 496-8204

Continued from cover

Unite the Right

power? Consider the obvious: by uniting a right-of-centre party such as the Conservatives who pride themselves on being 'Progressive', with a party such as the Canadian Alliance who are so far to the right on the political spectrum as to be considered reactionary, the result is a party that has shifted into the zone of ideological extremism.

This is evident in the policies of social conservatism that were rampant in the Reform Party and have had a trickle-down effect in the ranks of the Canadian Alliance. Policies such as anti-abortion, heavy cuts to immigration, welfare reform, instating capital punishment and prohibiting homosexual union or marriage, are reflective of an archaic mindset that may find difficulty in appealing to a

modernized population of constituents and an especially large number of enfranchised youth.

However, many members within both parties see this coalition as the final chance either party has of ever potentially seizing power from the Grits. The Canadian Alliance was clutching at straws to even maintain their status as the Official Opposition in the upcoming election, while the PCs also felt that their precarious position was being threatened as Paul Martin and his supporters encroached on their 13 seats.

Many PCs were somewhat disgruntled with the choice in names for the new party, resenting the fact that the "Progressive" adjective was being dropped. They felt that being known as merely "Conservative" was an ideological misnomer for them, as it promotes the

misconception that they are not open to change. It is these Progressive Conservatives who are most likely to cross the floor and support Paul Martin and his business-friendly fiscal policies.

However, Joe Clark has spoke out to say that once the transition has had time to settle into place, the party will then move to adopt a more right-of-centre fiscal policy and a close-to-centre stance on social issues. Whether or not this will actually happen has yet to be seen, as a party leader has yet to be elected. Joe Clark has said he will not run for leader and has paved the way for Brian Mulroney to enter the political arena once again as a potential candidate.

Both Alliance leader Steven Harper and PC leader Peter MacKay from Nova Scotia are sitting on the fence as to whether or not either of them will run. There has even been talk of former Ontario

premier Mike Harris running, and if he could still generate enough of the Ontario votes it could inspire a domino effect throughout the rest of Canada, as he is somewhere between the middle of both parties ideologically and may provide a much needed balance. As it stands now the leadership debate is still up in the air, with many politicians leery at the taking on the task of bridging the gap and unifying the two parties.

The next question to be asked is: is Paul Martin feeling the heat from the Unite the Right campaign? Some critics have made note of the fact that Martin may not be able to thrust Chretien out the door as soon as he would like. Instead he may need his help in rising to the challenge of campaigning against the Right. He may need to use Chretien's legacy to move further to the left and distance the new party from his side of the spectrum that much more. By doing this he will make himself appear that much more socially- and business-oriented, while at the same time make the new Conservative Party appear all the more fanatically right-wing.

Also, he is a fresh face in the West as a political leader and may appeal to many voters who have become disillusioned with the Alliance. Also if the West senses Martin has Ontario in the bag they may fall in line too. Thus, Martin may benefit more from the United Right campaign than the Right itself as it will give him a chance to prove himself to a fresh body of voters.

But what would it mean

for Canadian youth in the event the Conservative Party should come to power? Political apathy has never been higher in groups of voters then it is among the young. When asked their opinions on the subject, many students around Saint Mary's said they either did not have enough information to make an informed decision, didn't care, or were leery about the Conservatives. Others craved an alternative to the Liberals, but felt the NDP did not have the numbers federally to make an effective stab at the leadership.

To quote first-year commerce student Michael Hughes: "No, they [Conservatives] wouldn't be a good alternative because again, this party stands against social principles fundamental to Canadian society. In terms of youth, a stronger alternative to the Liberals may help decrease the levels of cynicism that are rampant among young people today. It may encourage more Canadian youth to vote, thus strengthening the democratic process".

Some may argue that despite Canada's status as a multi-party democracy, it has informally been a two-party system with the Liberals and Conservatives competing for power. This movement may only serve to strengthen this unequal balance of power, but one thing for certain is that it has once again redefined the shape of federal politics. Each party has been forced to re-evaluate their efficiencies and consider all the more closely the needs and concerns of the Canadian people in order to come out ahead in the polls.

Continued from cover

Computer science

won the Atlantic contest and the Northeast-North America contest, but went on to compete in the Association for Computing Machinery International Collegiate Programming Contest

(sometimes called the "Superbowl" of computer programming) held that year in Honolulu, Hawaii. While it was a team from a Shanghai JiaoTong University that took first place, the Saint Mary's team received an honourable mention from the panel of judges.

SMU is the only Atlantic university to have ever sent a team to this prestigious event, which will be held next March in Prague, Czech Republic. The event is sponsored by IBM and will feature over 100 universities going head-to-head to determine the world's best for 2004.

Sample Problem

Problem E: Urban Elevations

An elevation of a collection of buildings is an orthogonal projection of the buildings onto a vertical plane. An external elevation of a city would show the skyline and the faces of the "visible" buildings of the city as viewed from outside the city from a certain direction. A southern elevation shows only the south faces of buildings and not the east or west sides.

It shows the perfectly rectangular faces of buildings or parts of faces of buildings not obstructed on the south by other buildings. For this problem, you must write a program that determines which buildings of a city are visible in a southern elevation, i.e. when viewed from far to the south...

Source: APICS

Study tips

by the Student Peers

Can you believe that the semester's half over already? It's time to start working on those term papers that have been looming in the distance since way back in September (unless, of course you've already started). Here are some tips on how to get that dreaded paper done in five simple steps. Good Luck!

Week #1 (This Week): Think about your assignment and pick a topic that interests you.

Week #2: Read up on your topic of choice and narrow it down if you have to. If you are not familiar with how to do research at the library, this is the best time to find out rather than the day before your paper is due.

Week #3: Finish up your research and start writing your first draft.

Week #4: Reread and edit your first draft. Add any missing details and get all your material organized for your final draft.

Week #5: Type your final copy of your paper. Try to get someone you know to read through it for any typos, grammatical errors, and so forth. Make any final changes, and hand in your masterpiece!

For more information on study skills, visit the Student Peer Office on the 4th floor of the Student Centre, or contact us at 496-8245 or by e-mail at student.peers@stmmarys.ca.


IDS Students General Meeting

Any student studying International Development Studies, involved in the IDS Society, or considering IDS as a field of study is encouraged to come to a meeting on Wednesday, October 29th at 7:00pm in Sobey 153.

Come and discuss any comments, criticisms, or questions with other IDS students, and the executive of the IDS Undergrad Society. There will also be discussions about how to change the IDS program at Saint Mary's and how the society can better serve the students.

Refreshments will be provided for participants.

If you have any questions email paendrak@musician.org



swap talk


Student Work Abroad Programme (SWAP)

- SWAP arranges work visas and offers orientation, accommodation, and support services overseas
- Find out about working holidays in the UK, Ireland, Australia, and more

WEDNESDAY, NOVEMBER 5
 4:00PM TO 5:30PM
 SMU PRIVATE DINING ROOM
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Please RSVP: www.travelcuts.com & click "travel talks" under "travel planning"

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SCIENCE & TECHNOLOGY

Jeffrey Warford -- journal.news@smu.ca -- 496-8204

Science news

by Jeffrey Warford

48 tonnes of plants per litre

A group of researchers at the University of Utah have demonstrated that every litre of gasoline gleaned from crude oil represents roughly 48 metric tonnes of prehistoric plant material.

In an age where fuel economy is becoming a main selling point for passenger vehicles, the study, released on Monday, shows that cars, trucks, and SUVs still have a long way to go in regards to energy efficiency.

In an even more graphic statistic, the study asserted that the amount of gasoline burned in a single year – 1997 was the year used in the study – represents about 45 billion kilograms of carbon gases. The amount of plant material required to produce this much carbon is about 400 times the total amount of plant material that grows worldwide in a year, according to UN estimates.

But aside from providing yet another reason to move away from fossil fuels, the study has shown that energies derived from plant matter, including much-touted technologies as ethanol and biomass fuel, are not viable as a singular fuel source and must instead be used in conjunction with other sustainable resources.

MIT glasses help improve memory

Scientists at the Massachusetts Institute of Technology unveiled a set of augmented eye glasses on Monday that promises to improve the memory of its wearer by up to 50%.

The glasses, which require the user to wear a small computer programmed with whatever the wearer needs to know, work by flashing information for a fraction of a second on a TV-like screen on the inside of the lenses. While the information is displayed too quickly to be actively processed by the brain, tests have shown that people wearing the glasses display a marked improvement in memory and are not even aware that anything out of the ordinary is happening.

The scientists hope that the glasses may be someday commercially available to treat early Alzheimer's patients, stroke patients, and even amnesiacs.

Stormy solar weather continues

The Earth could be in for a rough ride throughout this week and next, according to a report by the National Oceanic and Atmospheric Administration (NOAA).

The report was issued last Thursday following an unusually large coronal mass ejection that appears to be headed for the Earth. Coronal mass ejections occur regularly as different parts of the sun become warmer or cooler, causing magnetic forces to concentrate within the cool sunspots. Over the past week, two

extremely large sunspots formed on the sun's surface and threatened to unleash a barrage of charged particles in the Earth's direction as they rotated to face the planet.

Space storms are a relatively common occurrence in the solar system, but can vary widely in strength. The interaction of charged particles with the Earth's atmosphere can produce aurora (otherwise known as 'northern lights') and can cause severe disruptions in electrical systems on the surface. For instance, a 1989 coronal mass ejection disabled a Quebec power grid and left over nine million people without power for nearly a day. The strongest solar storm on record occurred in 1859 and disabled telegraph communications in North America and Europe. A storm of similar magnitude today could have catastrophic effects on global telecommunications systems.

The inclement space weather is expected to continue for the next few weeks, but is expected to gradually abate towards the end of November.

New graphite stronger than diamond?

A collaborative effort by researchers from several American universities has produced a new form of graphite that rivals even the diamond in strength.

The researchers, working together under the moniker High Pressure Collaborative Access Team (HPCAT), used a containing cell made of diamond and an immensely powerful X-ray beam to transform the common substance into a previously unobserved super-hard form.

Scientists have long suspected that under extreme temperature and pressure, the crystalline structure of graphite might be molded into a much sturdier form. Like diamond, graphite is composed mostly of carbon, but it is the particular arrangement of the carbon atoms within the material that produces differing appearance and strength.

According to the study's chief author, the new graphite substance was so hard that it cracked its diamond enclosure once the pressure was eased. The graphite had been pressurized to a level 170 000 times as great as air pressure at sea level – about 17 gigapascals.

The work was conducted at the Advanced Photon Source laboratory in Illinois and results were first reported in the October 17 issue of the journal Science.

Farewell, Concorde

Nearly half a century after it was first conceived, the last remaining Concorde in trans-atlantic airline service was permanently grounded last Friday.

The final flight of the Concorde marked the end of an era in the aerospace industry, and for public supersonic flight for the near future. Rising fuel costs, unavailability of spare parts, and lack of demand following a brutal crash in Paris in 2000 all factored into the decision to cease Concorde flight operations forever.

However, there was no lack of demand for seats on the Concorde's final flight. Two seats were up for auction on the final flight and when bidding closed, they had fetched a final price of \$60,000. The proceeds of this auction went to charity.

There are currently no plans on the drawing board for future supersonic planes, mainly due to the financial downturn in the airline industry. Ironically in the post-September 11 era, airline carriers seem to be more interested in trying to cram more passengers into large, highly fuel efficient planes, as opposed to trying to propel fewer people to their destination faster.

Capable of reaching speeds upwards of Mach 2 (twice the speed of sound), the seven Concorde will live the remainder of their days at museum sites around the world.



The sun as seen by the SOHO spacecraft showing two large sun spots.

'Black Box' convicts Montreal motorist

For the first time in the history of the province, Quebec police won a dangerous driving conviction last Friday, with evidence from a so-called 'black box' being the deciding factor.

The device, called an event data recorder (EDR), is similar in function to the flight data recorder commonly used on airplanes. Among other things, the EDR records information such as the car's speed and direction of travel. By retrieving data from the defendant's EDR, the police were able to show that the driver was travelling in excess of 130 km/h when he smashed into and killed another motorist in downtown Montreal.

The driver, 20-year old Eric Gauthier, was convicted of dangerous driving, but was cleared of a more serious charge of criminal negligence causing death. Yacine Zinet, his 19-year old victim, died soon after the crash.

Car-based data recorders were originally installed to determine why a car's airbag had deployed, but the data can now be used by accident investigators to reconstruct accidents.

U.S. Internet tax ban to end

A U.S. moratorium prohibiting taxes on items sold over the Internet is set to end this Saturday, with no legislation yet in place to renew or permanently establish the ban.

The American Congress is currently debating two issues: first, whether or not to expand the existing ban on taxing access to the Internet, and secondly, whether or not to require Internet-based companies to collect sales tax in states where they have a physical presence.

At stake is potentially billions of dollars in tax revenue for local and state governments, and raises the possibility of a dangerous precedent for "free commons" Internet activists all over the world.

The original legislation, passed in 1998 and renewed again in 2001, prevents states and counties from taxing Internet-related goods and services. Some studies have suggested that this ban has resulted in an annual net loss of \$13.3 billion in uncollected taxes across the U.S., a number which could grow to over \$45 billion by 2006.

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*Some conditions apply. Contact us for more details. Travel CUTS is owned & operated by the Canadian Federation of Students.

EDITORIAL

Lianne Nixon -- journal.editor@smu.ca -- 496-8201

Crazy times

University brings on so much responsibility and experience that I imagine everyone feels overwhelmed at some point. The transition from high school to university or college is so quick, we have to work our asses off to keep up with the new lifestyle to which we are desperately trying to adapt. High school tries to prepare students for university courses and workloads, but no one prepares the students for the stress they will endure while taking the courses and enduring the workloads.

First year of university was by far the most stressful year of my life. I spent first semester trying to figure out what I was doing here, and quickly learned that a major in physics (my initial intentions) was not the route for me. The stress that was lurking in my shadow spent the semester building itself up to finally slap me right across the face. It is funny when stress decides to make an appearance. I have always been a laid back, easy-going person and roughly this time during my first year I got back my midterm exams and was knocked tits up with no warning.

I truly believed I had no warning, but in hindsight I realize I was a stupid, stubborn, silly girl. Being freshly nineteen, I spent at least three nights a week downtown drinking like a fish when I should have been studying. At one point during the semester, I was described as a permanent fixture on the Merrill's speaker by their wait staff.

Once those midterms were returned and I woke up from my fantasy fun land, I was sick with guilt. The stress of goofing off all semester was physically making me ill. I couldn't sleep or eat and spent countless hours worrying over what I was going to do about my situation. My body

was weak and I woke up one day with pneumonia, which prevented me from doing anything for two weeks.

Had I started my first year knowing some stress coping skills and warning signs, I probably wouldn't have suffered as much as I did.

It is important that you take care of your mental health. In our fast paced society, we have to be aware of stress and its effects on our health. So, what is stress? According to the Canadian Mental Health Association, as something happens to us, we mentally evaluate the situation. As we do so, we take into account if the situation is threatening, how we need to deal with it, and what skills we can use to handle the situation. If the demands of the situation outweigh the skills we have, we label the situation as stressful. If our coping skills outweigh the demands of the situation, we deem the situation as unstressful and continue until the next situation occurs. This all happens automatically and instantly.

Once you understand what a stressful event is to you, you can begin to understand how you respond to the stress. Being aware of your body and mind will help you understand what is going on when you have a stressful event. You can monitor patterns and distinguish the events that are causing you stress. After the event is distinguished, you can learn coping skills that will help you get through the stressful event with minimal suffering.

Dealing with stress can be a long process, but as you become more comfortable with the coping skills you have learned, you will begin to notice the difference in your attitude during a stressful event. Some people will feel less anxious, some less irritable, and others less

worried. Everyone reacts to stress differently and naturally copes differently.

The Canadian Mental Health Association website (www.cmha.ca) has a mini-site on stress. I encourage you to check it out and learn a little about yourselves. The site is sectioned off into three parts. The first is "Your first aid kit for stress," the second, "Resources to help you cope with stress," and the third, "Stress stoppers." This comprehensive crash course on stress will give you all the answers you are looking for and some helpful tips to lower your stress. The site also has a stress index that will give you an idea of your stress level after answering a few questions.

Take the time to look through this site as it may open your eyes to the stress to which I was blind.

LMN



ERIC MILLER

"With this much stress I'll be Captain Picard in no time."

2003-04 Journal Submission Guidelines

The Saint Mary's Journal actively encourages all students and staff to contribute to their campus newspaper. All submissions, however, are bound by the guidelines below, laid out and approved by Lianne Nixon (Editor in Chief) and Daniel Bonner (Assignment Editor). Any complaints, questions or comments should be directed to either of these two people, or any of the paper's sectional editors.

- All submissions (be they story, column, comic or letter to the editor) become the property of the Saint Mary's Journal. After which, the Journal may publish, republish, reproduce or disseminate in any way that it sees fit.

- All submissions are subject to editing. The Journal reserves and exercises the right to edit for any reason, including clarity, brevity and content.

- It is understood by the writer that the Journal will edit for a number of concerns, among them space, relevance, quality and sensitivity issues.

- All decisions of the sectional editors are final and done in association with the editor in chief.

The Saint Mary's Journal values the hard work of its employees and volunteers and attempts to resolve and/or mediate all disputes in the best interests of all parties involved, including the paper as a whole.

Journal Staff

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The Journal is the student newspaper of Saint Mary's University. The paper is published each Wednesday by The Journal Publishing Society, and funded in part by the student body. All students are welcome to submit pieces of work for publication in The Journal. These submissions should be received no later than 12:00 pm Monday at The Journal offices. All pieces are subject to The Journal guidelines for submissions available upon request.

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The Journal is printed on recycled paper. All unread copies of The Journal are recycled and the proceeds from recycling are donated to the Special Olympics.

FEATURES

Juliette Gonsalves -- 496-8211

Titz n' Glitz 2003

by The Saint Mary's Women's Centre

Some women miss chemotherapy appointments because they can't afford a babysitter. Others cut back by not heating their homes in the winter months. Often the most stressful realities of being

canvas painting, the Titz n' Glitz raffle (facilitated by SMU's own women's Basketball Team!), and a Trinkets & Trash sale. Mountains of finger foods and, of course, foothills of

by the Women's Centre was gathered around the SMU campus through the generous support of both a Women's Centre Bake Sale and a Looney Drive. It was an uplifting night, members and guests of the Centre won't soon forget: they were firsthand witnesses to the auction of the Press-a-Breast canvases, which raised \$4,000 for Titz n' Glitz *On the Front Line!*

In an effort to maintain ongoing support of a wonderful and worthwhile organization, the Saint Mary's Women's Centre will be distributing Titz n' Glitz 2003/2004 calendars for \$20 a piece from their office (Room 526 of the Student Centre) and at upcoming events. The calendars, a compilation of work by local artist Holly Carr and photos from past galas, make excellent Christmas gifts and help directly victims and survivors in the local area. For more information on the calendars, the event, or funding, inquire at the Saint Mary's Women's Centre (#526 Student Centre & womenscentre@smu.ca) or visit www.titznglitz.com.



diagnosed with breast cancer are of a financial nature, ensuing from extended periods of unemployment and the unique incidental costs incurred while struggling with the disease. Titz n' Glitz *On the Front Line* has decided to do something about it.

"Titz n' Glitz *On the Front Line*" is a program designed to provide financial assistance to individuals living with breast cancer in Halifax and Nova Scotia communities. Their funding is available to women in need, and currently undergoing active medical treatment, to help lessen the monetary burdens of home care, childcare, transportation, therapies, equipment and housing costs. Financial assistance is distributed confidentially through the Department of Social Work at the QEII. Last Tuesday, October 21st, marked Halifax's ninth annual Titz n' Glitz fundraising gala. More than four hundred women from across the province arrived at the Lord Nelson Hotel to lend their support and engage in a wildly entertaining and inspirational evening.

The Harbour Lights Quartet and selected women of Halifax Dance opened the evening, greeting guests with their much-appreciated talents. Bette MacDonald (Cape Breton actor & comedian) and Doris Mason (musician) proceeded to host hours of laughter, solidarity and tears, which began officially with the Titz n' Glitz creative and hilariously outrageous costume contest. The Titty Kitties, the Hurricanes, the Boob Tubes, Little Boob Peep, and a Breast-Cue Hero amongst other Clever Cleavage graced the stage in pursuit of the infamous Udder Awards. Simultaneously under way were a Silent Auction, Press-a-Breast

desserts greeted the eye and the stomach all night long courtesy of the culinarily gifted at the Nova Scotia Community College.

Seven years after a small group of Halifax women gathered to support four neighborhood friends diagnosed with breast cancer, Titz n' Glitz has taken on a life of its own. Attendees share in an enriching experience, which proves that the power of community can create



significant and sustainable positive change in the lives of others. In addition to alleviating the emotional and financial stress of breast cancer victims, monies raised through Titz n' Glitz events now seek to establish sound breast health infrastructure in the region through purchases of mammography machines, educational packages and the design of a Breast Cancer Action Nova Scotia website.

A delegation of women from the Saint Mary's Women's Centre attended the evening in much excited delight and, in addition to purchasing five tickets, were honored to present the organization with a \$250 check on behalf of the Centre and another \$50 check on behalf of one of SMU's thoughtful all-women sororities. The money donated

Breast Cancer awareness month

by Juliette Gonsalves

You may be wondering why a feature about breast cancer is being written in a newspaper read primarily by younger people. The fact is that it is important to know about breast cancer now rather than later, so that you can develop a healthy lifestyle, which may prevent you from such a disheartening diagnosis later on. And although breast cancer typically occurs in middle-aged women, more and more women in their twenties and thirties are being diagnosed with it as well. Breast cancer is the most common cancer in young adult women at a rate of thirty-three percent, and it is a more aggressive disease in younger women. It is crucial to be aware now of what breast cancer is, who is at risk, what causes it, how it can be

are diagnosed with breast cancer, from which number 43,300 die. It is estimated that one in eight women will develop breast cancer in her lifetime. It is the main cause of death in women between the ages of 40 and 55. Women are not the only victims of breast cancer; each year 1,600 men are also diagnosed with the illness. According to the National Cancer Institute of Canada: Canadian Cancer Statistics for 2001, 1,620 women in Atlantic Canada would be diagnosed with breast cancer, out of which 460 would die. According to the Canadian Cancer Society, since 1988 the incidents of breast cancer has risen by ten percent.

What is breast cancer? In short, it is an uncontrolled growth of breast cells. Breast cells usually grow and rest in cycles. These phases are

Breast cancer is the most common cancer in young adult women at a rate of thirty-three percent, and it is a more aggressive disease in younger women.

prevented, and the treatments available. With an awareness of breast cancer, and factors which lead to it, you may be able to detect breast cancer early and therefore have a higher chance of survival. You can control your risks for developing breast cancer.

Each year 182,000 women

controlled by genes in the cells' nuclei. When the genes are working well, cell growth is normal; however, when an abnormality occurs in the genes, the ability to control the growth and rest cycles of the breast cells is lost. Ninety percent of occurrences of breast cancer are a result of

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FEATURES

genetic abnormalities that occur because of the aging process.

Who is at risk? The primary risk factor for breast cancer is age. As you age your risk of getting breast cancer increases. Statistics show that from birth to the age of 39, 1 in 231 women will acquire

You can control your risks for developing breast cancer.

breast cancer. From ages 40 to 59 one in twenty five women will acquire it, and from ages 60 to 79 one in fifteen women will acquire it. The risk of acquiring breast cancer increases with age because the possibility of a genetic abnormality increases with age. Exposure to estrogen is another risk factor for breast cancer. Such exposure begins during the teenage years and continues until menopause.

Women who begin puberty at an early age and have a late menopause are at an increased risk for acquiring breast cancer. Estrogen encourages breast cells to divide more often and more quickly. So, if there is a gene mutation in the DNA, breast cancer cells are more likely to reproduce

when there are high levels of estrogen. Women who have their first child at an early age enjoy more protection against breast cancer than women who bear their first child at a late age.

Women who have already had breast cancer are at a higher risk for breast cancer recurrence or for acquiring a new breast cancer. A family history of breast cancer also has prevalence in the risk of



This pink ribbon symbolizes breast cancer around the world.

getting breast cancer. This does not mean that if there is a family history of breast cancer, that you will be diagnosed with it. A person whose family has a history of

breast cancer is at risk for acquiring it because they may have genes that make them susceptible to it. Over many years, families with histories of breast cancer were studied. From these studies two specific breast cancer susceptibility genes called BRCA-1 and BRCA-2 were identified. Families who carry the BRCA-1 gene have a risk of between seventy and eighty percent for breast cancer. Families who carry the BRCA-2 gene have a risk of between forty and fifty percent for breast cancer. Genetic testing is available to allow individuals to find out if they carry these genes. Families with many generations affected by breast or ovarian cancer; having

relatives who were diagnosed with breast cancer at a young age; and having a mother, sister, or daughter with breast cancer all are signs of gene abnormalities in the family.

Certain lifestyle factors also pose risks for breast cancer. Such risks include diet, weight, and exercise. Drinking alcohol is a great risk. Women who drink five to six times a week are more at risk for acquiring breast cancer. The excessive intake of alcohol limits the liver's ability to regulate levels of estrogen in the blood. Exercise is also important. Exercise on a regular basis of three or four times a week decreases a woman's risk for developing breast cancer. Exercise may lessen breast cancer risk by preventing weight gain or by promoting weight loss. Excess weight has been shown to

Continued on next page

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FEATURES

Reduce your risk

by Juliette Gonsalves

The key to reducing your risk of acquiring breast cancer is essentially to maintain a healthy lifestyle, especially in the areas of diet and physical activity. In 1997 the American Institute for Cancer Research published an article, "Food, Nutrition and the Prevention of Cancer: A Global Perspective", which stated that a diet heavily based on vegetables and low in alcohol intake, along with the maintenance of a healthy body weight and consistent exercise, could reduce the incidence of breast cancer by up to fifty percent. Reducing the intake of meat and dairy products and increasing the intake of fruits and vegetables also reduce breast cancer risk. Countries in which women live on diets high in fat, such as Canada and the United States, have much higher rates of breast cancer than do

countries, such as Japan and China, where women consume ten to twenty percent of fat calories.

Diets that are high in fat increase breast cancer risk because high levels of fat or calories result in an increase in body fat, which increases levels of particular hormones, which then increases levels of estrogen. High estrogen levels lead to breast cancer, as it is an "estrogen-dependent" cancer. So what kind of fats should you avoid? Studies have shown that foods with trans-fatty acids, such as margarine and hydrogenated foods, increase the risk of breast cancer. What kind of fats are ok? Research has shown that foods with monounsaturated fatty acids, found in olive oil and canola oil, may actually reduce breast cancer risk. Omega-3-fatty acids which can be found in fish and flaxseed may also reduce

breast cancer risk. The key is to maintain diets low in fats and higher in fiber and plant products, because such diets have less potential for the production of estrogen in fat tissue, resulting in a lower breast cancer risk. And remember a high intake of alcohol greatly increases breast cancer risk.

Maintaining a consistent exercise regime also helps to safeguard against breast cancer. Exercise also strengthens oxygenation of blood and tissues, and helps to get rid of toxins in the body. For those of you who hate the gym, one of the best forms of exercise is brisk walking. Research has shown that regular exercise decreases the incidence of breast cancer by up to sixty percent.

You can control whether or not you get breast cancer. It is important to begin a healthy lifestyle now, while you are young, as it will reduce your risk for many illnesses.

Continued from page 7

Breast cancer

increase breast cancer risk. Studies have shown that the more women exercise, the less breast cancer risk they had. According to a publication in the Journal of the American Medical Association on September 10th, 2003, exercise reduces the risk of acquiring breast cancer by twenty percent. The exercise does not have to be strenuous but should be consistent. The researchers at the Fred Hutchinson Cancer Research Center found that consistent physical activity also decreased breast cancer risk in women who were considered at a high risk for acquiring the illness. Maintaining a diet filled with fruits and vegetables also decreases the risk for breast cancer. Diets filled with polyunsaturated fats found in foods such as corn oil and meat increase breast cancer risk. Smoking

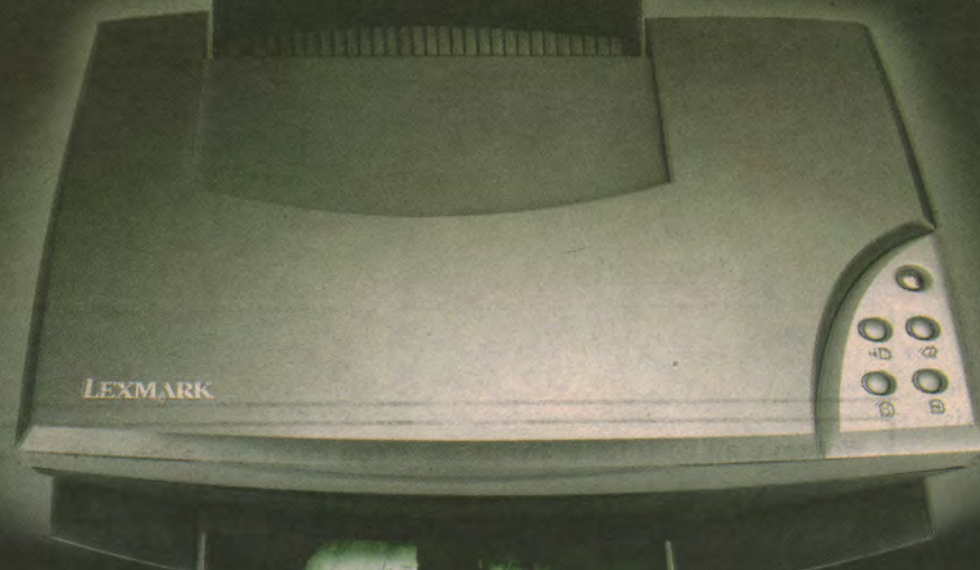
started at an early age or excessive smoking also contributes to an increased breast cancer risk.

There are also medical factors which pose a risk of breast cancer. Such factors include the use of silicone gel breast implants, especially those wrapped in polyurethane foam. Estrogen replacement therapy with high doses and prolonged use is another risk factor. The use of oral contraceptives started at an early age also increases breast cancer risk.

Here are some suggestions for decreasing your breast cancer risk. First keep a healthy weight. Excess weight increases the risk of breast cancer by fifty to one hundred percent. Maintain a healthy diet; one that is low in fat and high in fiber. Also try to keep your intake of dairy products at a minimum. Decrease your intake of meat products and increase your intake of seafood. Limit your alcohol intake, and if you smoke stop it. And develop a consistent exercise pattern.

These lifestyle factors should try to be followed not only for the prevention of breast cancer, but also for the prevention of other illnesses which can result from an unhealthy lifestyle.

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From a small island to the big city

PEI musician makes start in Halifax

by David Miller

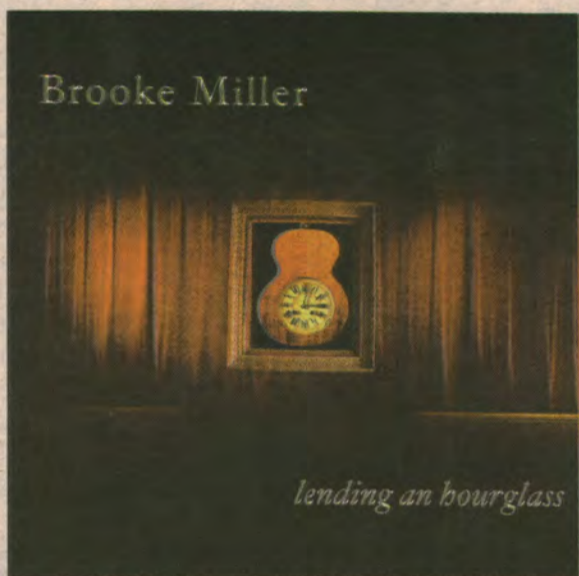
In what is one of the best recorded, mixed, and produced local CDs I have heard, Brooke Miller demonstrates an amazing songwriting, singing, and guitar playing ability. Brooke has recently moved from Prince Edward Island to Halifax to enter the local music scene as a talented and established artist from PEI.

Her CD, *lending an hourglass*, is a professional recording, done the right way. Unlike so many local records, the CD shows each song as an individual unit. All songs have their own tone and sound, producing an album that would not sound out of place compared to big name artists.

And it is not only the well-recorded and mastered CD that places it in this category. The most important aspect of any album is the content, everything else just makes it easier to hear. In this context, Brooke's music and lyrics would stand up against most.

Brooke is an amazing guitarist who utilizes some wonderful tunings and a perfect style to accompany this sound her guitar produces. Using tunings that

even the GooGoo Dolls wouldn't have thought of is only half of the reason her guitar sounds so great. She is a talented guitarist that manages to blend melody and rhythm together in one instrument. Her solo sections are never intrusive and do not



attempt to show off anything. Her guitar is backed and helped by the addition of bass, trumpet, percussion, accordion, drums, Rhodes, and mandolin, but it is on the solo tracks that Brooke's talent shows the most. Songs like *Jericho*, featuring only Brooke and her guitar are the most impressive on the album. Her voice is powerful and mature, fitting her style perfectly, and in many ways is as unique as her guitar style. Although sometimes

sounding like Ani DiFranco, her voice is more often all her own.

The trumpet sounds out of place at times, but helps to bring more range to the songs, and appearance in and out ensures that it is not overdone. The drums are mixed low in some songs only producing some background sounds to keep the whole song moving, but not intruding on the delicate guitar and vocals of such tracks as *Quiet Night*. The overall sound of the band is great on the album, but having seen Brooke playing live and solo, it is obvious that she can produce great sounds on her own.

I caught one of her performances at the Danube recently, and was amazed enough by her to have purchased her CD on the spot. The Danube is a small venue and can be packed by only a few dozen people, but the intimate location for a solo show by Brooke was perfect. She managed to produce an engaging show that was never slow and always sounded

Ticked off about ticket prices

by Richard Woodbury

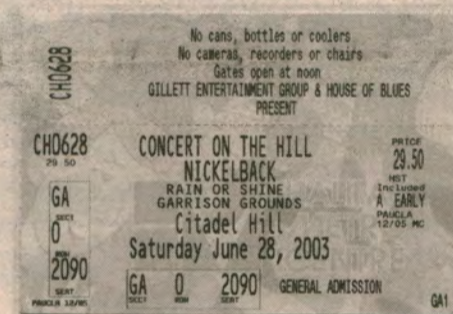
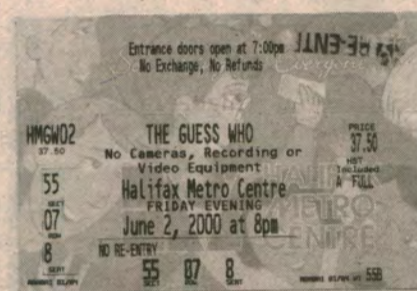
Between rising tuition and rising insurance premiums, university students' pocketbooks have been taking a beating. Now we can add ticket prices to concerts to that list of things that are on the rise.

Music industry magazine *Pollstar* reported that average ticket prices for the first six months of this year were up 4.2 percent when compared to the same time one year ago. Even more startling is the fact that ticket prices have jumped 43 percent since the year 2000. The recent Matchbox 20 concert had fans and people bewildered over the \$60 admission price. \$60 tickets are unheard of in Halifax, but don't be surprised if that becomes the norm. Two reasons have been identified for the price spike.

The first reason is falling CD sales. According to the Recording Industry Association of America (RIAA), for the first six months of 2003, shipments of CD albums, singles, and other recorded music dropped by 15.8% compared to the same period last year.

The music industry blames falling CD sales on piracy and

music downloading. However, some people are challenging these views. Opponents of the industry argue that tough economic conditions, increased competition for consumers' money, as well as fewer new CDs being released are the main reasons for the fall in sales. In 1999, there were 38,900 new



Continued on page 10

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Attack of the eight storey insects

Bugs! 3D, an IMAX experience

The bugs are here and they are frighteningly large.

Bugs! 3D, the latest three-dimensional large-format film to hit Halifax is enough to make your skin crawl. Laid before you on the massive IMAX screen at Empire Cinemas Bayers Lake, are a variety of insects from the depths of the rainforest. To say the sights are impressive would be an understatement.

Nearly 80% of the world's insects live in the rainforests of South America, and *Bugs! 3D* allows you the opportunity to see many of them at 250,000 times their actual size. Over the course of the film's 40 minutes you are afforded the opportunity to look at many different insects from beetles to fruit flies to centipedes, but the majority of the time you will be following the life two specific bugs.

Papilio – an extremely hungry, leaf-eating caterpillar – and Hierodula – a vicious praying mantis – are the focused tandem of the film. The film follows the life of these two unlikely movie stars from birth in the heart of the jungle, to the

untimely death of one of the pair.

The film uses narration and an orchestral score to perfection. Watching Hierodula hunt for the first time makes you feel as though you are witnessing a lion track its prey on the Serengeti, not a four-inch long insect stalking a tiny fruit fly.

In the end, *Bugs! 3D* is a great little film that keeps you interested for all of its brief 40 minutes. Ultimately, however, the film is not a spectacular display of the three-dimensional abilities of the IMAX experience. Other 3D films that have come to Halifax showed off what can be achieved, and the results are more spectacular than *Bugs! 3D*. Yet somehow there is something impressive about watching a centipede the size of two school buses travel across the screen in front of your eyes.

If you are the kind of person that enjoys nature programs on Discovery or simply the beauty of nature, *Bugs! 3D* will be a very enjoyable experience, even if the 3D isn't quite up to snuff.

Continued from page 9

Ticket prices

CD releases in the U.S. By 2001, that number fell to 27,000, a decrease of 30%.

Performers need to make up the lost income somehow, and making it from their tours is the way that they are choosing. The typical performer gets their income from album sales and touring, the latter being the more profitable method.

Scott Welch, the manager for both Alanis Morissette and LeAnn Rimes told www.abcnews.go.com that "the top 10 percent of artists make money selling records. The rest go on tour." A popular artist can take home as much as 35 percent of the ticket money on a given night, as well as get up to 50 percent of revenue from the merchandise booths.

The music industry has also argued that it has increased prices to reflect market demand. They found that people who were sitting in the best seats were often getting their tickets from scalpers for hundreds of dollars more than face value. The industry wanted to get in on this added revenue and decided to employ a pricing scheme which reflected the location of the seats. On their 1994 world tour, rock legends Pink Floyd became the first group to charge ticket prices based on this criteria.

So the next time that you are downloading some music, you may be just making it more expensive for yourself to see that performer in concert.

Last week's crossword solution

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Continued from page 9

Brooke

doing with her guitar, something that is sometimes obscured on the CD. Brooke is one of those local acts that fans of folk, acoustic blues, or good songwriting should check out. Her CD is available at her shows for \$15 and at Sam the Record Man and CD Plus. To contact Brooke email her at dabrukstah@hotmail.com.

great. Her songs came out clearly without any problems and simply made you wish that she wouldn't stop singing. She produced a full sound with one six string acoustic guitar. She sounds a little more bluesy live and the simpler arrangements without a band allow you to really understand what she is

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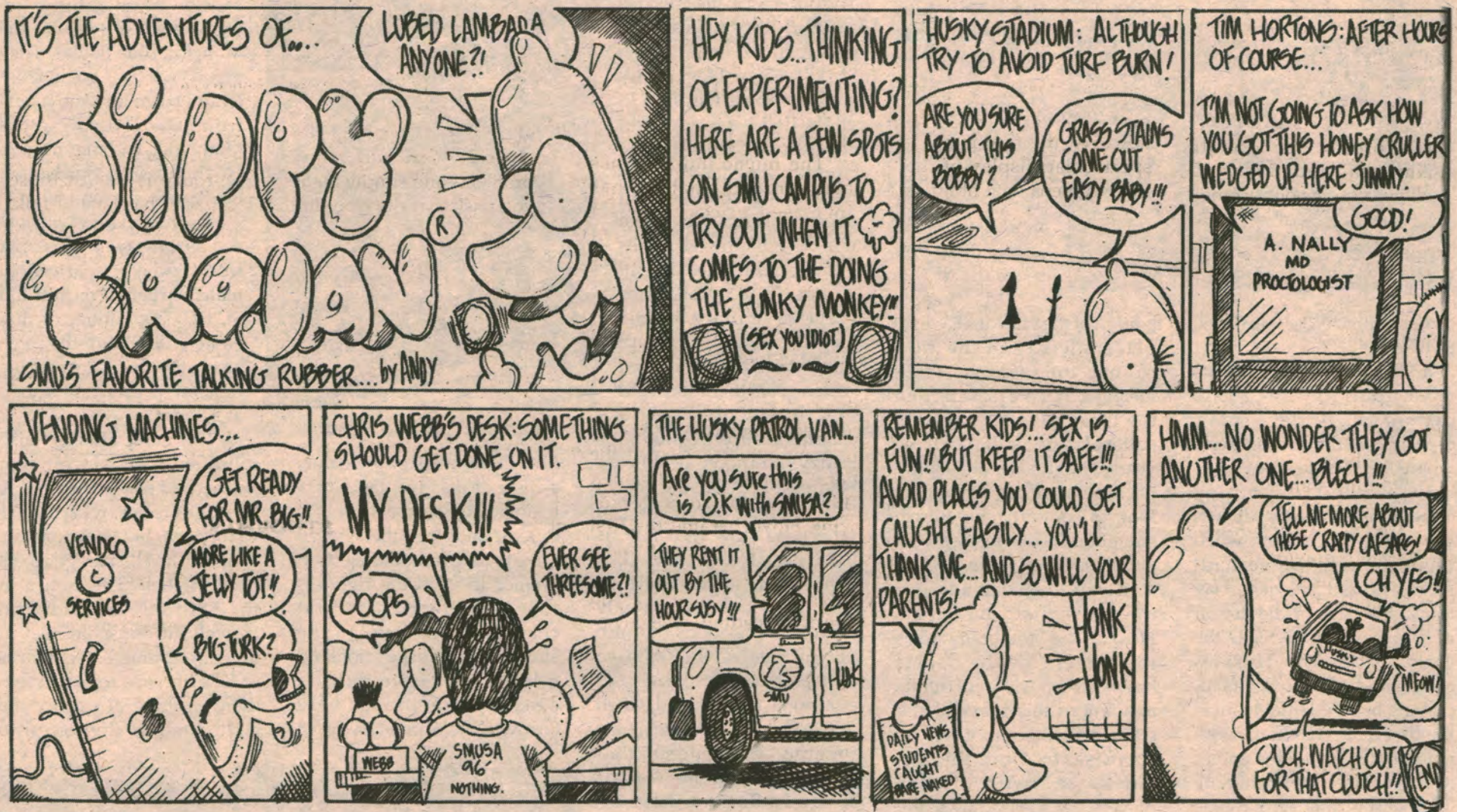
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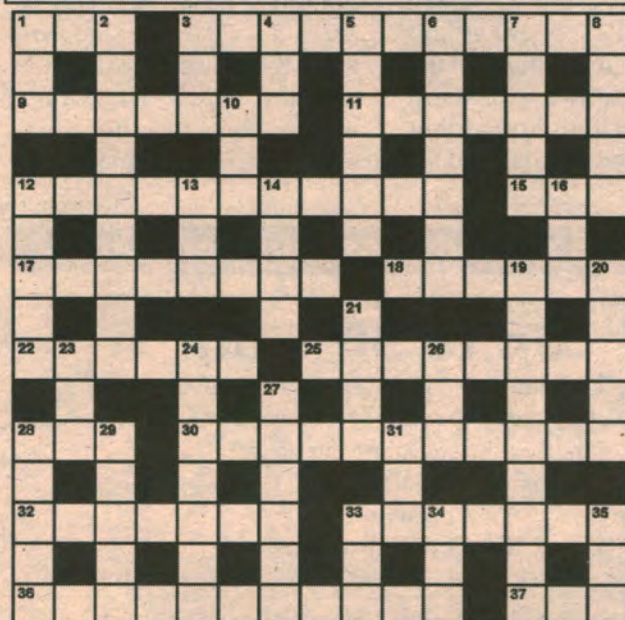
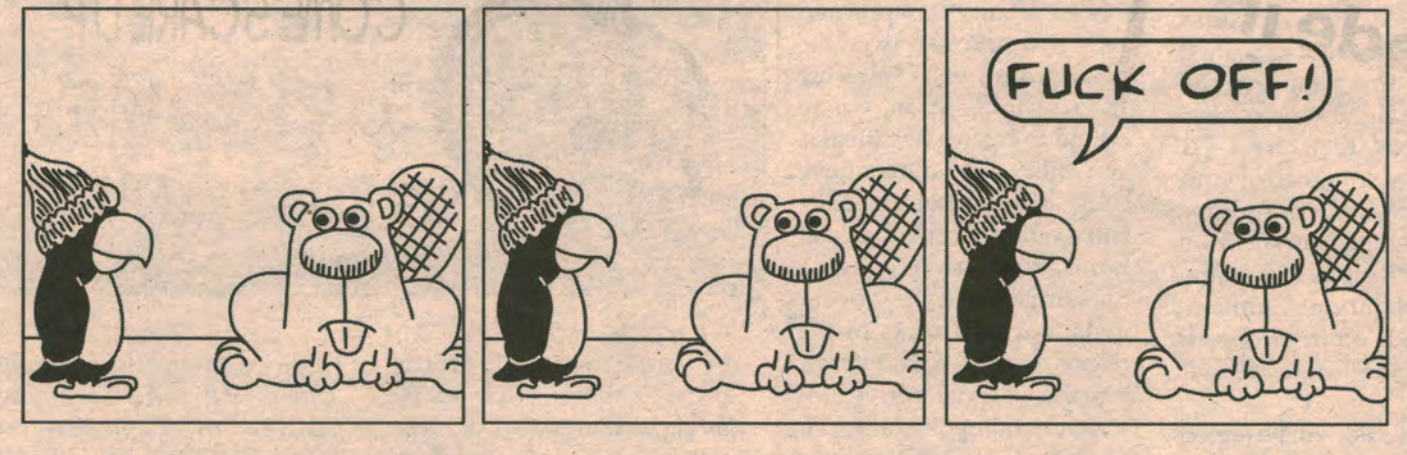
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Things on the screen

Across

- 1 "The Messenger: The Story of Joan of Arc" director Besson
- 3 2001 film with teens vs. vampires
- 9 Cory's girlfriend on "Boy Meets World"
- 11 "Fear No Evil" star Stefan
- 12 Movie starring Roddy McDowall as a vampire slayer
- 15 "The Evil Dead" hero
- 17 Robert Rodriguez film about vampires in Mexico, with 25-Across
- 18 1996 Ron Howard drama

22 2003 Tommy Lee Jones movie, with "The"

- 25 See 17-Across
- 28 "City by the ___"
- 30 1998 British mini-series about modern-day vampires
- 32 "Poltergeist" actress Heather
- 33 1977 coming of age story starring Patti D'Arbanville
- 36 1987 horror film with teenage vampires
- 37 "The Flying ___" (TV series)

Down

- 1 "Salem's ___"

- 2 "___ One"
- 3 "___ Cup"
- 4 Zsa Zsa Gabor's sister
- 5 "___ County"
- 6 Oscar winner for "From Here to Eternity"
- 7 "Pork Chop Hill" setting
- 8 "The Constant ___"
- 10 "___ Carter"
- 12 "The ___ Element"
- 13 Film based on Larry McMurtry's "Horseman Pass By"
- 14 Jack Nicholson has his sliced in "Chinatown"
- 16 "Barney Miller" regular Jack
- 19 "Queen of the Stardust Ballroom" star Maureen
- 20 Actress Mazur in "Just Married"
- 21 "___ Zapata!"
- 23 "Toute ___ Nuit" (1982 French film)
- 24 Character actor Ciannelli
- 26 "Love Story" composer Francis
- 27 "29th ___"
- 28 "___ Loud, Louder...I Don't Understand"
- 29 "___ Suspicion" (Joan Crawford-Fred MacMurray movie)
- 31 "Friday the 13th, Part ___: The New Blood"
- 33 Cat on "The Funky Phantom" cartoon series
- 34 "Crocodile Dundee in ___ Angeles"
- 35 Nosferatu's undoing

SPORTS

Stephen Clow -- journal.sports@smu.ca -- 496-8206

Off to Toronto Huskies nip Tigers

White named league MVP

by Steve Clow

The Saint Mary's Huskies field hockey team punched their ticket to Toronto this past Sunday and are taking another trip to nationals after dominating the UPEI Panthers 3-1 in the AUS final. It is the programs fourth straight AUS title in a league that has been dominated by



dynasties (UNB 1990-1999, SMU 2000-????).

SMU took it to the Panthers right out of the gate dominating the play, especially in the offensive end where the Huskies fire power have been outscoring opponents all season. It was the nineteenth minute when the offensive juggernaut kicked in, as Genevieve Gay found the back of the net off of a corner to give SMU the early lead. The Huskies continued to work hard, playing like the better team in the first half. That hard work paid off just before the end of the first half when league MVP and former AUS rookie of the year Sarah White took a pass from Katie Baker and promptly beat UPEI keeper Ambyr Gallant to put the defending champs up by two goals. The excitement of a fourth straight title kept the squad sharp in the second half as they refused to give the Panthers any chances to get back into the game. The final moments were filled with jubilation for the Huskies as Baker put the game out of reach with a well placed strike in the sixtieth minute to give her team a respectable three goal lead. The Panthers spoiled the shutout attempt with just a couple of minutes



to play when Nicole Wagner scored off a corner. It was too little, too late however as the Huskies only had to wait a few minutes before the final whistle blew. Baker was rewarded for her two point performance by being named player of the game. When asked what sort of matches

the Huskies should expect at nationals, captain Sarah Cunnian replied "Generally teams are much closer matched. There's a lot more 2-1 and 3-2 games (than you see in the AUS)."

This year's edition of the Huskies have no players left from the AUS runner up team in 1999, meaning the core players from the team have been on the national stage for the last three years. The Huskies are hoping the experience pays off as they look to convert their fourth straight AUS title into a medal on the national scene.

If you dominate a league the way that this years Huskies did your bound to be rewarded with some hardware. AUS officials announced this years all-star team last week and it was no surprise to find the list populated with Husky players. League leading scorer Sarah White was named the league MVP for her seven goal season. SMU bench boss Sharon Rajarman was named coach of the year for the second straight season after guiding her team to a 7-1 regular season record and fourth straight conference championship. The hardware didn't stop there as Rina Batra, Colleen McIntyre, Cunnian, Baker, and White were all named to the league all-star team.

The Huskies will be joined this weekend in Toronto by the #1 UBC Thunderbirds, Uvic, Western, Waterloo and host university York.

League finals this weekend

by Bill Hughes

The Saint Mary's Huskies men's soccer team had a simple task on Saturday afternoon; win and you clinch first, a bye to the semifinals and home field advantage. The only problem is they welcomed the nationally 8th ranked Dalhousie Tigers to Huskies Stadium. The difference, the Huskies seem to have a superstar that can score at will. SMU's Ryan Devereaux scored twice; giving him 13 goals in 12 games good enough for tops in the country and leading his team to a pivotal 2-1 win over the Tigers. The huge win keeps the Huskies undefeated in their last 10 games (8-0-2), clinches them first place in the league and more importantly in the East which gives them the right to host the AUS championships beginning Friday afternoon at Huskies Stadium. The opening goal of the game came in an otherwise slow first half as Devereaux found the back of the net early to give SMU the lead. The game had not only playoff implications but also playoff intensity as the two clubs battled hard all afternoon. As expected, when two teams of this caliber come together this late in the season, the game was a seesaw battle throughout. In the 56th minute, Huskies forward Ryan Devereaux lobbed a ball that appeared as if it would sail over the crossbar. But, when you score 13 goals in a season, you're bound to catch a few breaks, and this one couldn't have come at any better time. The ball seemed to catch a gust of wind, or perhaps just a blessing from the soccer gods; but regardless of the reason, the ball found its way into the Dal goal to give SMU a commanding 2-0 lead. The Tigers themselves were coming into the game with only one blemish on their season's record, and were not prepared to lay down and die. Dalhousie's Joel Grandy responded only six minutes later, giving the Tigers life and setting up a great finish to the crucial game in the final 30 minutes.

Play continued at the torrid pace, until with 20 minutes remaining disaster struck the visiting Tigers club. After a tough tackle by Tigers Matt Hudson, the referee raised his yellow card and booked Hudson for the second time in

the game, resulting in a red card and automatic ejection. This would force the Dal club to play a man down for the



final 20 minutes of the game, a distinct disadvantage for a team needing a goal to secure a point and keep their hopes alive to take first. The ejection seemed to spark the Tigers as they produced several chances to score down the stretch. The Huskies looking to hang on to the win, sat back, a style which proved very costly to the team early on in



Photos by Eric Boudreau / THE JOURNAL

the season in trying to protect leads, as they lost points by giving up late goals. Dal's best opportunity came in injury time as Dal's top striker and last week's male athlete of the week Simon Richardson struck a ball from 20 yards out which looked to be labeled for

the left hand corner. But, big players come up big in crucial situations, and that is exactly what Saint Mary's goalkeeper Jamil Ibrahim did by making a sensational diving save to salt the Huskies 2-1 victory.

The Huskies set up this first place match with the Tigers by winning on October 22nd 3-0 over the Moncton Blue Eagles. They did so on two goals from Ryan Devereaux and a goal from Dan Worthington. Matt Hogg had the shutout.

The Huskies finished up the regular season with a 8-1-3 record and they will now rest as they await the result from Friday's quarterfinal match up between UNB and St. FX. The winner of that game will take to the pitch against the home team in the final on Saturday afternoon at 2:00pm.

The Lady Huskies also solidified their playoff spot and second place finish in the East Division with a 2-1 victory over the Moncton Blue Angels. The Huskies got goals from Michelle Chouinard in the 58th minute and Erin Howell hit the scoresheet in the 75th minute. This win is SMU's fifth in a row, and sees them peaking at exactly the right time as they go into

Friday's quarterfinal game against UNB at the University College of Cape Breton Campus. The Winner of the St. Mary's vs. UNB game will face West division champion and host UCCB. The winner moves on to the final scheduled for 2:00pm Sunday.

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SPORTS

Playoffs set for AUFC

Acadia to face St.FX in semi

by Steve Clow

The damage was assessed last Tuesday when the national rankings were updated and the previously number one Huskies fell four spots to number five as a result of their first defeat at the hands of Laval. These rankings mean little now that the regular season has ended around the country and fifteen teams now begin to fight for their respective lives and a chance to play for the Vanier Cup in Toronto. Any loss at this point in the year spells the end of the season and the first team to run the table will be the squad hoisting the coveted cup at the Skydome in mid-November. For most teams that means winning four straight games, for a couple of others five straight games and for the two-time defending champion Huskies just three straight wins will be enough to make history. The Huskies catch a break in that regard as the AUFC is the only regional conference that awards its first place team a bye to the conference finals, which includes a week off to watch their future opponent spend precious amounts of energy trying to win a semi-final game.

With the pain of their first defeat still fresh on their minds, the #5 Saint Mary's

learned something from that loss to Laval. Dominating the first quarter of play got them started on the right track. The almost forgotten Al Giacalone added two more majors to his growing career stats when he ended a pair of Husky drives with short plunges to the end zone. Sandwiched between the two touchdowns was a punt single by Rodrigo Davalos to give the Huskies a 15-0 lead after going into the second quarter.

The second frame was slow to unfold, but when it did it was all Huskies. Gabe Harvey capped a lengthy SMU drive midway through the quarter with a one yard touchdown plunge. With the Huskies up 22-0 and the Mounties pressing in the red zone, defensive specialist Sebastian Clovis picked off quarterback Brocanier and returned the ball 95 yards for the major. The spectacular play put the Huskies up 29-0 at the half and gave the players an increased sense of confidence.

SMU's offense was virtually non-existent in the second half, however, as Mount Allison seemed to tighten the holes. Davalos would kick two more field goals, one from 37 yards and the other from 35 yards to close out the Huskies scoring.



Photos by Pete Horne/ THE JOURNAL

the break, while allowing a Mount Allison touchdown. The win was a far cry from the 69-0 defeat in the home opener. While you have to give the Mounties some credit, they did improve as the season went along narrowly losing to Montreal in overtime the week prior, some holes continue to show through the Huskies armor. Quarterback Steve Panella led the team in rushing for the second straight week with 62 yards on four carries. While its nice to have

more points than the Mounties, but anyone given only the boxscore for this game would have thought Mount A was in control. The Huskies had only 17 first downs to the Mounties 25 and SMU managed 365 yards of net offence compared to the Mounties 431. Husky receivers had a hard time gaining yards for the club as only Atnas Maeko caught more than one pass. Panella had an off day in the pocket only completing eight of his twenty pass attempts for 82 yards. A plus for the Huskies was the amazing game that Clovis had on defense. The defensive back had three interceptions on the day that he returned for 155 yards, including a ninety five-yard touchdown. With the regular season in the books, the Huskies now have two weeks to work out the kinks as they

await the winner of the AUFC semi-final between the Acadia Axemen and the St.FX X-Men. That game will be played at Raymond James Stadium in Wolfville this coming Saturday, after the Axemen defeated the X-Men 29-8 last weekend. The two teams tied for second in the conference, but the Axemen held the ace in the hole by having a better plus minus than the X-Men. Acadia has to be the favorite after they played the Huskies so tough just a couple of weeks ago and then handily beat Bishop's in the second leg of the interlocking schedule. X-Men quarterback Nick Chessa is questionable for the key game as he was knocked out of the game after a questionable hit last weekend. The winner will play the Huskies for the Jewett Trophy Nov.8th at Huskies Stadium at 2pm



Huskies finished up their regular season schedule this past weekend in Sackville, N.B. when they encountered the winless (0-6) Mount Allison Mounties. The Huskies smoked the hapless Mounties 69-0 in the league opener back in early September and were looking to take out some more frustration on the Mounties this time around.

After a week at the drawing board the Huskies needed to prove that they had

The Mounties would avoid the shutout when Antoine Terrelong caught a ten-yard pass in the end zone. The major put the final tally at 35-7 in favor of the conference leading Huskies.

It was totally a game of two halves, with the Huskies dominating the play in the first, putting themselves on pace for a near fifty point win. However, it wouldn't pan out as the well ran dry in the second half. The Huskies only managed two field goals after

a multi talented quarterback at the helm, it's also nice when your best running backs are playing up to their abilities. The ground game will become that much more important with playoffs beginning and the weather continuing to get colder making the football harder to catch. Giacalone led all the backs in rushing with 42 yards over 12 carries. Back up quarterback/punter Bill Robinson was next with thirty yards gained on the ground. Saint Mary's may have scored

HUSKIES



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Huskies look to repeat

Women's hockey preview

by Bill Hughes

An undefeated 2002-2003 Atlantic University Sport conference record is a tough act to follow, but that is the task at hand for this season's Women's Hockey Team. The Saint Mary's Huskies are coming off a 14-0-0 regular season and a conference championship after beating the St. FX X-Women in the final. Huskies bench boss Lisa MacDonald is proud of last season's accomplishments but would like to put that behind her and look forward to this season's challenge. "Obviously the games we won last year aren't going to help us any this year, aside from the experience we gained from that we'll leave everything where it is and go forward from there".

Last year's championship was Saint Mary's first banner since the 1997-1998 season, with the other championships going to the St. FX X-Women. These two dominating schools have not only won all the championship trophies but have achieved this by steam rolling their opponents in the process. This year the conference is comprised of 8 schools and coach MacDonald sees the gap between the top teams of Saint Mary's and St. FX and the others beginning to narrow. "Within our league the gap is definitely closing, the sooner the better I think. The better the competition level within our conference, the better every team is going to get and its going to be easier to recruit once our league is more established, it is closing and for me it can't close soon enough. I wish we had 14 competitive games every year, we would be better for it, and so would the other seven clubs. As far as across the country it is always hard to predict because we don't get a lot of exposure outside of our conference, but as far as the Quebec conference goes all three, our team, St. FX and Dal all played some Quebec teams this year and all had some much closer results, and if that's any indication then I think that our conference is making strides as well".

Big strides will have to be made for the AUS champion to compete at nationals. Even after dominating the Atlantic conference with an undefeated season, the Huskies were blown out at nationals losing their three games by a combined score of 30-3. That is why coach MacDonald is insisted that the Atlantic division will have to improve to the point where the teams can practice playing in high intensity and high pressure games so that when they arrive at nationals they

are accustomed to that level. MacDonald's Huskies will try to remedy this problem by complementing the brief 14 game schedule with intense practice sessions and also exhibition games against better competition.

Adding to that difficulty is that Saint Mary's only has eleven returning players, meaning they will ice nine rookies, that would appear to be another obstacle, but coach MacDonald disagrees. She is accustomed to having many first year players on her roster and that has been the case for the past five or six seasons. MacDonald attributes the influx of players to the improvement of the younger players that are coming into the league. She is therefore not at all uncomfortable with his situation, because nine rookies is probably the fewest she has had in the past two or three years.

As far as the veteran players are concerned, MacDonald will look to her captains for both leadership and production. Although MacDonald relies heavily on a full team effort, she does point to forwards Trula and Trina Seaward as players that she looks to step up in the offensive department this season. Production will come from her captains, namely Lori Reindorf and Nicole Callahan who will log minutes from the backend and scoring punch from Natalie Bromley and last season's Canadian Inter Sport rookie of the year Lindsay Taylor up front. MacDonald is cautious not to place pressure on her players as she takes time in trying to feel out the impact some of the rookies will have. "We've only had one scrimmage and one exhibition leading up to the start of the season, but from what I can tell we are definitely a high energy team. It seems to me that our players play a somewhat fearless style, they don't mind going in to muck it up in the corners. They don't mind going both ways and playing hard toward both ends of the ice, so I think it should be a pretty energetic style. I think we're got some offensive talent there that should be able to light up the score board every once in awhile, and we've got two veterans goaltenders back that should be able to make some big saves when we them to".

With respect to the competition throughout the league, a team that MacDonald expects to improve this season is St. Thomas who struggled a year ago because of a late summer coaching staff shuffle. They

have now had a year to put the pieces together and will contend for a playoff spot. Another team identified as a potential contender is the Dalhousie Tigers. If you happen to notice a resemblance between the Dal and Saint Mary's coaches you are not alone. They are in fact twin sisters, an interesting storyline that plays out each season. "Leslie (Jordan) and I have a pretty unique opportunity, the fact that we are twin sisters and we are competing in the same conference makes things interesting for sure, Leading into the games there is not a lot of discussion between the two of us but we talk a lot once the game is over, we compare a lot of stories and see what each other was thinking in different situations. I think that what we're trying to do is a pretty friendly rivalry, both of us have the same objectives, we want to build university hockey in the Atlantic region. The last thing I'm going to do is try to discredit her program or put them down as much as we can, that's something I would never do and I would never do that to any of the other programs. She really has the same objectives as mine, she really wants to see SMU's be successful as long as its not at the cost of Dalhousie and vice versa for me, so its a good situation and a unique one. We're definitely going to enjoy the opportunity we get while it lasts".

Will SMU be playing in nationals at McGill in March? "Ideally yes, realistically, the possibility is there, we'll do what we can to give ourselves that opportunity come playoff time. One thing that we don't do is focus on the scoreboard, there's only so many things you can control when you get to that championship game at the AUS final, and we found that out ourselves the hard way the last few times. We'll go out there and if we get to the championship game then that's great, we'll do what we can to play as best we can. If the scoreboard says we won then yes, we'll be at McGill, but if the scoreboard says we don't, as long as we played as best as we can, then that's as much as we can do. We can't control the outcomes like wins and losses, we can just control performances, so we'll be satisfied if we play to our potential.

The SMU coach is very experienced and hopefully she can use that experience to help her players to achieve their goals.

Huskies eye nationals

Men's hockey preview

by Bill Hughes

Saint Mary's sent five teams to nationals last year, but one team that was absent and did not make the trip was the Men's hockey team. To say that they're anxious to get back to that level would be an understatement, and that quest began just under two weeks ago. The Saint Mary's Men's club opened the 2003-2004 season that will see them play a 28 game schedule in the 8-team Atlantic University Sport conference. A few changes in the league's set-up will make for an even more competitive season, in an AUS league that is traditionally among the tightest and best in the country. Only adding to the drama is that the league has abandoned the two division system of years past, and gone for an eight team conference that will allow each team to face off against all seven of the others an equal four times this season, with each team hosting two games. Another difference and likely the most intriguing story in the AUS Men's conference this season is that the league will be sending three teams to the national championship at UNB in late March. The reason for the privilege of having three entries is because one automatic berth is given to UNB as host, a second is of course given to the conference champion, and the third to the runner up because the rotating wild card is in the AUS conference this season.

Saint Mary's is coming off a respectable 14-11-1-2 record that left them in fourth in the conference, but forced them to face off against the eventual conference champion UNB Varsity Reds. The Varsity Reds were a late blooming team that came together despite a less then successful regular season record to make a championship run. So how do the Huskies approach this season with the opportunity to grab a hold of one of the coveted spots? Where would you go to get an answer to that question? Seems obvious right? Go to the source himself, the guy that's praised for the wins, and held accountable for the losses, coach Trevor Stienburg. "Your hope is that you can grab one of those positions but you need to deal with every game as it comes up. You're obviously trying to win every game and I think we should all try to get to nationals, but to talk about that all year, I don't think that's an issue".

The Huskies come into the 2003-2004 schedule with a

host of veterans on their experienced squad that is returning 18 players. Those returning veterans have left few available spots open for newcomers, although Stienburg is very pleased with his recruits. "We got a kid, Dale Sullivan, he played for the Hull Olympique, he has good hands, and he's good on both sides of the puck. Brad MacTavish who played college out west, he's got some grit to him, some good hands, Bobby McBride, who's another kid from the Ontario league, he's got some grit as well, and I think he can score some goals. We have another kid named Jordan Chomack, he played tier two out west and I think he's going to solidify the forth line center position. You can put him out in certain situations and have faith that he is going to play physical in his own end, and create enough havoc up front. Then obviously goaltender Cory Roberts who we got from PEI, and so far he's played well. I'm real happy with what we've got, this is probably one of our better recruiting years, the jury's still out but I like their attitudes, their grit and I think they can all contribute offensively".

With so few newcomers, the Huskies will then rely heavily on some of their veteran players and even on some guys who may not have played a big role last year to step up and make bigger contributions. "A guy that has stepped up is Brad Self, I mean we're only five games in but Brad's competing well, he sees the ice real well and I'm real happy with the way he's started. I think he's got more to give, that's not to say he lacks any effort but when he starts to get more comfortable with the ice time, and continues to learn the league, I think he's gonna really explode given the right players around him. I think he'll do well. Lindsay Plunkett has been a nice little surprise as well".

With any team looking to succeed and win a national championship, the coach has to have a few players that he can rely on game in and game out to produce on a regular basis. "Obviously (Keith) Delaney, we don't hope, we expect a lot from Delaney, we expect a lot from (Brett) Gibson. For the most part there's probably 14 of those 18 returning players that if they don't have as good a season as last year then they have to

Continued on the next page

SPORTS

Huskies tear up Tommies

Continued from previous page

be accountable. If they don't, we won't be one of those three teams, but they have done it in years past, so I expect it this year. We definitely need it this year to have a chance to get to nationals".

Little change has been made to the lineup, with the addition of only five players, but a big change this season will be the locale of the Huskies home games. The home games will all be taking place on the bigger ice surface at the Halifax Forum, a move that was decided upon by the head coach. The Forum's ice surface is substantially bigger than the ice at Alumni Arena. To compensate for this change, Coach Stienburg has added some speed, something he says was lacking in last season's quarter final loss to UNB. He says the move to the Forum will be beneficial to his team although it does also create some complications with respect to practicing at the smaller SMU campus. The hope is that the fans who come out to the games will be more comfortable in the confines of the Forum, which can accommodate up to 4500 spectators. The rink will change this season, but the style of play will not. "Our guys work real hard, and the games that we don't win, we may not click, we may make mistakes, but we will work hard. The guys really care, and I think that's shown up every year, the effort's going to be there, we've got some kids that can lay the body around, and I think that's exciting. I won't lie to you, I love it when guys are getting layed out left and right, its a rough game, and intimidation is a factor, we're not allowed to fight, so I say the next best thing is to lay a physical pounding on teams. Its within the rules of the game and we've got some guys to do that, we've got the Udles, and this MacTavish kid, and I think that's something our school can be proud of".

Fans of the AUS conference are accustomed to a competitive division and this year should be no exception. Saint Mary's competition should come from many areas as all the teams suit up for a run to qualify for nationals. Stienburg sees several top teams as being legitimate contenders. "St. FX is the best hockey team here, no question. They have recruited well and invested well. St. Thomas is a good hockey team; they've got a high-powered offence. I think UNB is going to be a dark horse, because their goaltending is good, they lost some offence but they had lots to lose, and I think their defence is unbelievable. They've got probably the four best defencemen collectively on

one team".

The player that has the responsibility to lead the Huskies into battle this is their Captain Keith Delaney. Delaney will also be looked upon to find the net with regularity along with MacTavish, Gibson and Derek Martin. Stienburg says that doing by committee is great but that having a big goal scorer is the key to season long success.

Success is after all the key; will the Huskies have success in reaching nationals? "That's the kiss of death question. We'll do everything we can possibly do to be at the nationals, we'll even cross lines to get there. This paper is only circulated at SMU right?" Sounds like billboard material to me.

by Bill Hughes



The back end of the home and home series between the Saint Mary's Huskies and the PEI Panthers saw the island school sweep the two games on the strength of a 5-4 victory. UPEI's Brioux scored twice, and got singles from Misita, Ward and Kowalski as they chased SMU's starting goaltender Cory Roberts from the net in the third period. SMU got their offence on a goal and an assist from Delaney and Gibson, with singles from Plunkett and Sullivan. UPEI got a huge performance in net from Jason Flick who stopped 50 shots as SMU dominated, outshooting UPEI 54-25.

In Fredericton on Saturday night the Huskies scored a 6-3 victory over the number ten

nationally ranked St. Thomas Tommies. The Huskies did so by rallying to score five unanswered goals over the last period and a half to down the Tommies. Brad Self led the way on the score sheet with two goals, with the other markers coming off of the sticks of Kurt MacSweyn, Bob McBride, Brad MacTavish and Dale Sullivan. The Tommies took a 3-1 lead on goals from Bruce Gillis, Robin Boucher and Brett Lutes. SMU goaltender Nick Foley had a great game stopping 40 shots as SMU outshot St. Thomas 44-43. The win evens the Huskies record at 2-2 leading up to their weekend trip to New Brunswick to face two nationally top 10 ranked schools, University of Moncton and University of

New Brunswick on Friday and Saturday respectively.

The AUS Women's season opened for the Huskies as they visited the St. Thomas Tommies in Fredericton. The Huskies won the opening game of their season 3-1 on the strength of a goal and assist from second year player Lindsay Taylor. Natalie Bromley and Holly Beaton also chipped in on the SMU win with a goal apiece. The Tommies responded with a goal from Amanda Boies. The game would have been very lopsided if not for Tommies goaltender Emily Hobbs, who stopped 40 shots as SMU outshot STU 43-27. On Sunday, the Huskies scored another 3-1 victory over UNB to stay undefeated after the first two games of the season.


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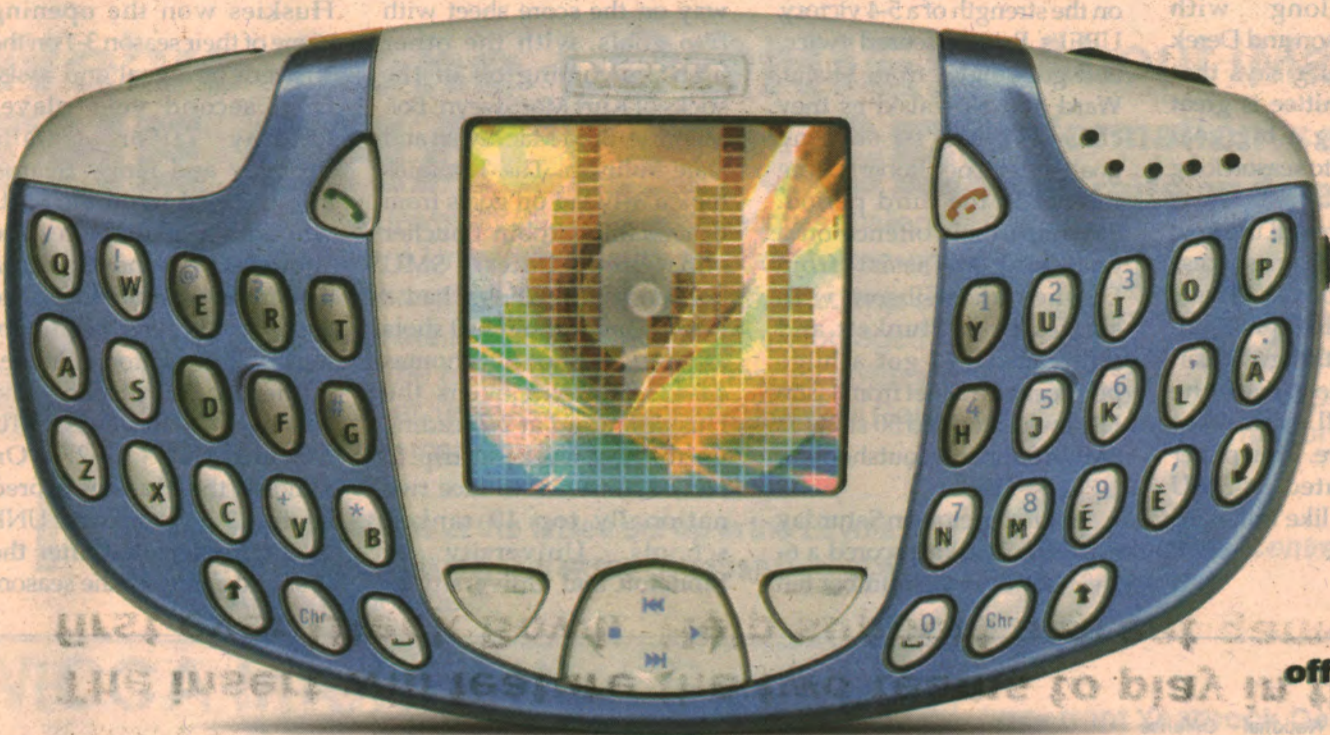


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