Bus strike leaves students behind

**By NADYA BELL**

English student Michael Collins could have spent an hour studying, but he walked down the parkway in the rain.

Collins is one of around 7,000 students getting to school in one way or another since Metrobus workers went on strike Nov. 29.

"It's inconvenient, and on a personal basis, very aggravating... Damn, it sucks! I'm walking—taxis, I would imagine to be too pricey: eight bucks each way," said Collins.

Metrobus management and union executive broke off talks on Sunday night. Driver and maintenance workers went out on the picket lines the next morning, and had not begun talks as of Tuesday night, Nov. 30.

Workers and management are apologetic about the inconvenience the strike is causing for students, but in the early stages they don't appear hopeful about getting back to the table.

"We're prepared to go back to the bargaining table at any time that this employer wants to sit down and address the issues that are outstanding," said union local president George Crocker.

Mr. Hedderson, announced that out-migration has decreased for graduates of 2002 compared to 2000 by six per cent. Twenty-two per cent of Memorial's graduates now leave the province, compared to 28 per cent in 2000.

"We're sometimes led to believe that all the graduates are going, but the actual fact when you look at it, 78 per cent of university graduates are not only staying in the province, but they are securing employment," said Hedderson.

The out-migration of college graduates was an issue in the
Residences save SPAM hampers

Student Parents at MUN can now distribute hampers to needy families

By FIONA ROTHERMICE

Christmas is looking a lot brighter now for Student Parents at MUN, as they will be able to distribute Christmas food hampers thanks to Memorial's residence students.

Student Parents at MUN (SPAM) distributes food hampers every Christmas, and depends on grants to do so. This year they applied for $500 from the Innovation Fund, an initiative backed by student affairs and services.

SPAM’s grant was refused by Lilly Walker, dean of student affairs, who said that her office distributes money for hampers only through the campus ministries.

Terry McDonald, VP internal of MUNSU, was shocked when he heard what happened.

“I can’t see a more important use for money around here than feeding students and their children,” he said. “Our student parents work so hard and ask for so little. For the university to turn their backs on them like this is disgusting.”

Through Drake’s work in collaboration with MUNSU, the residences have raised $750, and cheques are still coming in.

“Students in residence dug deep. They don’t have a lot of money, but they’ve got a lot of love,” said McDonald.

SPAM President Kelly O’Neill is very grateful for the support.

“We were really taken aback when the residences offered their help, and it’s quite extensive help that they’ve given. It’s more then we would have ever gotten from Lilly Walker,” said O’Neill.

O’Neill also said that without financial help, SPAM would not have been able to put out any hampers at all. They could not have covered the total cost, and they also did not want to have to pick some needy families over others.

McDonald hopes the kindness shown by students in residence will help alter other student’s views about what residence is really like.

“This is a side of residence that people don’t see. People associate residence with controversial free booze and misogyny,” he said.

Put an extra dispatcher on to handle increased business, especially because they tend to get a flood of calls just before classes start.

“It’s hard on the people on strike. It’s hard on people’s resources, coming on Christmas and that. But, we will fill a void if Mother Nature cooperates, people may walk a little bit more,” said Sted.

Aaron Guzennell, a fourth-year sociology student, has been taking cabs, and although he is cursing, he says it’s getting expensive to pay for them.

Students at MUN, who are now distributed SPAM, are now distributing hamers to needy families over others.

This is a side of residence that people don’t see. People associate residence with controversial free booze and misogyny,” he said.

The Works wishes you a Very Merry Christmas!

Exams are fast approaching, so what not drop by The Works and have a quick workout to relieve some of that exam tension!

Use the 200m indoor track, attend a fitness class, have a swim & sauna, or enjoy a game of basketball or badminton.

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Start your New Years resolution early and join us at The Works where there is something for everyone... even YOU!
Nicaraguan and Newfoundland nurses connect

The Center for Nursing Studies wraps up its distance education in Nicaragua

By Sheena Goodyear

Nurses from Nicaragua are braving cold weather in St. John's this week to discuss their partnership with the Centre for Nursing Studies in distance education.

Vice-President of the University Polytechnique Nicaragua (UPOLI), Lydia Zamora, and faculty member, Rosalina Sandoval, travelled from Managua, Nicaragua to St. John's this week to discuss their partnership in distance education for nursing students in the rural areas of Riva and Estelli in Nicaragua.

A grant of $50,000 from the Canadian International Development Agency (CIDA) enabled Memorial's Centre for Nursing Studies (CNS) and UPOLI to implement a distance education program for nursing students in the rural areas of Riva and Estelli in Nicaragua to be educated by UPOLI professors in the city of Managua. So far, the program, using basic computer technology, has produced eight new courses at UPOLI, with 80 students and 19 graduates.

Zamora explained the importance of the project for Nicaraguan nursing students. There is a dire need for health care professionals, yet it is often a financial impossibility for students in rural areas to travel to Managua to earn degrees.

"Nicaragua is a beautiful country, but the current conditions that relate to the social and political situations have influenced in a negative way the lives of children and adults. We have serious health problems that have been solved in other countries," said Zamora.

"It seems like a long way from home, and it is, but I believe that distance is not a barrier and language is not a barrier," said Zamora about coming to Newfoundland.

Zamora received her bachelor's and master's degrees in nursing from George Mason University in the United States. She grew up in Managua, in a family of six children. After her high school, she aspired to be a medical doctor in her country.

Her family, however, could not afford to send her to medical school. Her second option was nursing. She was able to go abroad and study with the financial help of church groups in Nicaragua.

"Most of my life there were significant people that helped me with my education," Zamora said. "I didn't have any money to study abroad.

"It has been estimated that 63 per cent of Nicaragua's population lives below the poverty line. Many children begin working at the age of six, and only 40 per cent of all children finish sixth grade. Many areas lack basics in hygiene, such as running water and sewage."

Juliana Barry, a fourth-year nursing student who travelled to Managua last fall as a part of the project, was taken back by the conditions she saw. However, she found the culture, the country, and the people to be beautiful.

"You look beyond the physical environment and see the real people living in these areas, and how they are surviving," said Barry.

Fourth-year nursing students Alicia Hernandez and Janina Churchill travelled with Barry last fall to present information about distance technology at a conference.

Churchill was inspired by the people she met and is waiting to hear back about a project proposal to CIDA for an AIDS reduction program in Malawi, where 14.4 per cent of the adult population is infected with HIV.

"It is wonderful to see the broadening of international relations with the university Canada has a lot to give to projects internationally, but we also have a lot to learn," said Brook.

"The distance program is currently in the works in Guatemala, and the CNS hopes to implement it in El Salvador and Honduras. Meanwhile, the Center is sending surplus medical equipment, Spanish nursing manuals, and care packages for the pediatrics centre in Managua.

"They are also waiting to hear back about a proposal presented to CIDA for an AIDS reduction program in Malawi, where 14.4 per cent of the adult population is infected with HIV."
CESR promotes responsible consumerism

By Sheena Godfrey

Student activists at Memorial have been getting their message out this week by hosting the first annual Green and Fair Trade Extravaganza.

Memorial's Society for Corporate Environmental and Social Responsibility (CESR) hosted events between Monday and Friday of last week, promoting morally responsible consumption practices.

"It was one of the major highlights where good examples of groups and individuals with an environmental and social conscience were putting these values into practice in their careers, businesses, or volunteerism," said Tracy Glynn with CESR.

Glynn became involved with CESR because she felt a need to promote activism with other students.

"Personally, the loss of environmental wonders all around me in my lifetime has been a major reason that inspires me to be active," said Glynn.

A number of free films were screened throughout the week exploring such issues as the working conditions of clothing manufacturers in South America, the negative effects of the World Trade Organization, and the practices of multinational corporations.

A panel discussion was held on Wednesday about the effects of globalization, with guest speakers from Oxfam, Memorial's philosophy department, and the Canadian Federation of Students.

On Thursday evening, people gathered downtown for a vegetarian potluck.

Aside from this, there were workshops on student activism and environmentalism. One such workshop by a group called the Bebeve Collective explored ways to represent social issues through art.

The week ended with a clothing exchange to promote national Buy Nothing Day. Students were able to drop into the Hair Tech space in the Smallwood Centre and take used clothes free of charge, or donate their own. Free fair-trade coffee was made available in the spirit of buying nothing. MUN Project Green collaborated on these efforts by providing free reusable coffee mugs.

The Green and Fair Trade Extravaganza showed people that there are alternatives to our typical North American lifestyle that needs to change because of the local and global ecological and social footprint it is leaving," said Glynn.

MUN's Society for Corporate Environmental and Social Responsibility (CESR) has gained a considerable following since their inception.

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MUN lags behind UBC's environmental efforts

Residence leads university campus in recycling

By Katie Heslop

It is easy to tell the University of British Columbia is an environmentally conscious campus. So how does MUN rank in comparison? Quite frankly, it doesn't.

Emily LeLacheur is a member of MUN's Project Green, an environmental activist group on campus that started in 2003. She says the University of British Columbia (UBC) fits the definition of an environmentally friendly, or "green," campus.

UBC was the first university in Canada to implement a sustainable development policy and the first to open a sustainable development office.

The office's website documents in real time how many sheets of paper are being used in both copy and printing machines, and how many kilowatt-hours of electricity and litres of water are used on campus.

In affiliation with MUNSU, last year Project Green drafted a proposal to improve MUN's status as an environmentally friendly campus.

Included in the proposal were requests to develop policy in waste management, climate change, energy efficiency, transportation, water consumption, and a request for an environmental sustainability co-ordinator.

The co-ordinator would ensure the environment was taken into consideration for all levels of operation and planning on campus, including water and energy use, waste management, transportation, and health.

They would also be in charge of managing waste reduction and recycling programs, as well as networking between campus groups and departments.

Project Green met with representatives from both the provincial and federal governments last week to discuss funding for hiring an environmental co-ordinator.

The group had previously met with MUN's VP finance, Kent Decker, who supported the proposal wholeheartedly and is now involved in getting the funding.

The deadline for funding is Feb. 2, 2005, followed by an eight week turnaround period. It will be March or April before Project Green gets approval to hire the co-ordinator.

LeLacheur predicts the group should have a co-ordinator hired by next July.

Lack of funding for Project Green is just one of the many problems the group faces. The co-ordinator would ensure the environment was taken into consideration for all levels of operation and planning on campus.

The group also has to deal with issues like the high cost of maintaining the environment on campus.

According to Darren Newton, MUN's residence life co-ordinator, approximately 1,500 of the 17,000 students enrolled at MUN live in residence and Burton's Pond.

According to Newton, MUN's residence life co-ordinator, approximately 1,500 of the 17,000 students enrolled at MUN live in residence.

Evergreen Recycling takes care of all MUN's beverage recycling. They told Newton over 70 per cent of MUN's total recyclables come from student housing.

The Student Housing Environment Group includes representatives from all 10 residencies. They encourage the reduction of energy and plastic use along with recycling.

When asked why MUN students were not responding to recycling and other environmental efforts, both LeLacheur and Newton laid the blame on lack of education and awareness.

They both pointed out students are most likely unaware that 50 percent of the proceeds from the recyclables go to the campus food bank, while the other half goes to the Waterford Foundation, which provides vocational therapy for people with mental illness.

According to Newton, money from last month's recyclables totaled enough to give $800 each to the campus food bank and the Waterford Foundation.

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Violence Prevention Initiative

On December 6th, it is important to remember the 14 women who were killed at l'Ecole Polytechnique in 1989 and all women who have died as a result of violence. It is also time to reaffirm our commitment to ending violence against women in this province and across this country.

Government is committed to this goal and, in partnership with the Violence Prevention Initiative, is working to reduce violence in our province. We are working together to find long term solutions to the problem of violence and provide better supports to those who have experienced violence.

VIOLENCE PREVENTION IS EVERYONE'S RESPONSIBILITY

Find out how you can become involved in violence prevention at www.gov.nl.ca/vpi or by telephoning 709-729-5730

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GOVERNMENT OF NEWFOUNDLAND AND LABRADOR

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December 2, 2004
Two more students on Board of Regents

All four unions with representation and control of appointments

By Mark Cluff

Student seats on Memorial University’s Board of Regents doubled on Nov. 29, after an amendment to the MUN Act that passed at the Board of Regents meeting in December. The Board of Regents is the university’s highest governing body, having last say on all financial and administrative decisions concerning Memorial.

With the amendment made to the MUN act, the student representation has doubled to four seats, and students can now be appointed to the Board without the dean of student affairs’ approval. The stipulation is that the representatives must be chosen by a “democratic process.”

MUNSU VP external Luke Gaulton says he is very excited about this development, and feels it is a big step in the right direction. “[We] didn’t need a babysitter,” said Gaulton.

According to Gaulton, the union has had trouble co-operating with the dean of student affairs and services each time they have had to select a student for the Board.

They met with former education minister John Ottenheimer to voice these concerns and discuss some of the PCs’ election promises in May 2004, and again with current minister Tim Hedderson in October.

“I was absolutely delighted it passed,” said Hedderson. He said the entire process with the union was quite positive, and that having more students involved with the Board serves the university well.

Gaulton said MUNSU has met with the Graduate Students’ Union, and student unions from the Marine Institute and Sir Wilfred Grenfell, deciding that each union will get their own seat.

Council debates chocolate prices

By katy Jackson

It’s the end of the semester, and the push is on to complete final papers. I’m not alone on that front.

Where I was alone is at the council meeting. Half the councilors weren’t even there. But they had an excuse. They were at the Canadian Federation of Students meeting in Ottawa. You, on the other hand, have no excuse.

I digress. Here it is one last time this semester, my desperate plea. Care about what’s going on in your university? They discuss important topics at council, like chocolate bars.

Council meetings are Wednesdays at 3:00 pm in UC 104, and there’s nextSemester on Jan. 12.

Week of November 24 - 30

• The lease agreement between the university and council will hopefully be finalized at the Board of Regents meeting in December. This Board is the university’s highest governing body, and it has the last say on any decision. Come January, students will finally know why their fees had to be raised, and council may even pass a budget based on their new financial situation.

• The Board of Regents also put forward a motion to amend the MUN Act to increase student representation on the Board from two to four (see story page 3).

• A new group has started, called MUNSU Makes a Difference. It’s a social action network designed for groups on campus to help each other.

• There was a presentation from Chad Griffiths and Tracy Glynn about corporate environmental responsibility at the council meeting.

• The Trade Fair was held in the Smallwood Centre on Thursday, Nov. 29. Booths were sponsored by both Amnesty International and Project Green (see story page 5).

• Buy Nothing Day was on Friday Nov. 26. It’s a day to reflect on how much money and time you invested in your university! They discuss important topics at council, like chocolate bars.

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Fair labour action slow on campus

Bookstore believes no suppliers use sweatshops; MUNSU requires fair trade coffee

BY ANGIE BARRINGTON AND KATIE HYDE

MUN Oxfam has been campaigning for fair labour atmosphere on campus through their fair-trade coffee and anti-sweatshop campaigns for over two years.

Their efforts to get administration, students, and companies involved in campus to embrace fair labour practices have met with limited success.

MUN Oxfam began campaigning for sweat-free clothing to be sold in the campus bookstore in 1997, but it wasn’t until 2001 that administration responded.

In the fall of 2002, the Memorial University of Newfoundland Code of Conduct for Apparel and Footwear Suppliers was drafted by the Board of Regents.

The bookstore agreed to implement the code, but two years have passed and sweatshop-produced clothing remains.

"MUN looks good because they have this code and everything, but they never implemented it," said Shelley Power, a youth representative of Oxfam Newfoundland.

"We’re not faulting them, because it is difficult to work with clothing suppliers, but it can be done and you need to persevere," she said.

LaAnne Kelly, the manager of the campus bookstore since September of 2003, says that they are making progress in their implementation, but it is a slow process.

Kelly requested their suppliers give full public disclosure on plant locations, manufacturing processes, and the executive for the particular companies.

"What we found is that they have been slow in forthcoming with that information. It has been requested for quite a while. Some of the companies came through right away, while the other companies we haven’t heard from in quite awhile," said Kelly.

When the code was introduced, an implementation committee was formed, which included four student representatives from different unions, but not a member of MUN Oxfam.

Meetings of the implementation committee have been few and far between. It is unclear whether they have even occurred yet. Although the implementation committee may not be working at its full potential, progress has been made within the bookstore.

The research the bookstore has conducted through its suppliers or with other universities has shown that most of the companies they work with are part of the Free Labor Association and the Worker Rights Consortium, organizations that ensure companies use fair labour practices.

The bookstore has yet to discover that any of the companies they work with use unfair labour practices.

However, many students, including MUNSU VP External Luke Gaulton, will not be satisfied until the bookstore is certain that none of their products were made in unfair conditions.

Despite the delays in implementing the code and the different opinions concerning the meeting of the committee, there is one thing that all the parties involved can agree on: why they do not want sweatshop products on campus.

Les MacFadden, the president of MUNSU, said: "This university cannot be tied into practices that take advantage of disadvantaged people. In our case, the university should and has a duty to help lobby for, and to participate in, human rights policy and progress."

The campaign for sweatshop-free clothing has seen more action than the fair-trade coffee campaign, which after two years has yet to convince campus suppliers.

Oxfam International was concerned that there are farmers in poorer countries who are selling the coffee they grow for less money than it took to grow the coffee in the first place.

Memorial’s students’ union passed a resolution that whenever free coffee is served on campus, to use fair-trade as well. They have not had any success to date. Many other local companies do provide fair-trade coffee for their customers.

Just Us coffee is certified fair trade, roasted in Nova Scotia and found in most Dominion and Sobey’s grocery stores. Some companies claim their products are fair trade, but that can only be proven by the fair-trade symbol on the package.

To speed up the process of offering fair-trade coffee on campus, MUN Oxfam is encouraging students to ask for it, even if they know it is not offered by a particular vendor.

They are hoping that vendors will acknowledge the interest and will work harder on getting fair-trade coffee on their menu.

Fair-trade coffee usually costs more, but once the demand increases, the price will go down.

MUN Oxfam says that university administration has adopted an anti-sweatshop code for its clothing manufacturers, but has yet to enforce it.

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International Student Centre postpones elections

Lack of guidelines led to undemocratic procedure

By Katie Jackson

Out of concern for the future democracy of their centre, international students decided to dissolve the centre's executive this semester.

Members of the centre were concerned about undemocratic proceedings during the past elections. So, the executive approached the students' union for help.

An international student at MUN for about a year, Cherry Ralhan is now a member of the International Student Centre (ISC). She says people were just not informed about nominations, and elections could not be held properly.

President of MUN's student union (MUNSU) Les MacFadden says the centre acknowledged it had problems and sought help. Members of the centre sat down with MacFadden and discussed difficulties of past elections.

MacFadden says the ISC did not have a constitution or bylaws as a guideline for elections, which is one of the first things to be fixed.

The course of action decided was to dissolve the current executive, fix the constitution, and call an election.

Under the old bylaws, Canadians were allowed to be on the ISC board. MacFadden said that this can be a problem with four Canadians on the six-person board.

From now on, Canadians will only be permitted to run in by-elections for positions not filled by international students. MacFadden says this makes things more sense.

The resource centres exist for minorities that need more representation, help, and money, says MacFadden. As an example, he indicated that he could not run for a position with the women's resource centre.

John Whelan is the chief returning officer for MUNSU. He is in charge of running the union's elections. The ISC approached him to oversee the election of its new executive.

He said that if a society has "inner turmoil," the proceedings will make the election a mockery. He said the message about the election opening did not go out until two-and-a-half hours after nominations closed.

Since the election was stopped due to undemocratic proceedings, members of the International Student Centre like Cherry Ralhan will wait until January to vote for their centres.

Due to this, on Nov. 23 at 5:00 pm when nominations closed, there were only four nominations for the six available positions. Had the election continued, the positions would have been acclaimed.

Whenan said: "The intention wasn't to delay the election, but to make sure it was a fair and equitable process."

All the nominees contacted supported postponing the election until next semester. They are now scheduled for Jan. 10, 2005.

Student press once advocated marijuana

Article from 1970s publishes bong-making instructions

By Katie Jackson

At a loss for a Christmas present for that pot smoker who has everything? The answer lies at your fingertips in The Muse archives.

Ever wonder how to make a chillum from a Coke can? Someone at the student newspaper did.

On Sept. 8, 1972, The Muse published an article with step-by-step instructions on how to make a soda can chillum. For those born after '70s, a chillum is a type of bong.

The article included seven specific instructions, complete with photos.

Supplies to make the chillum included a soda can, tin foil from a cigarette pack, a pin, a pocketknife, and a box of matches.

Although the article outlined how to make the chillum, it oddly did not detail how to use the completed product.

Curiosity not quenched? The complete article can be found in The Muse archives located in the Centre for Newfoundland Studies in the library, and in The Muse office located at UC 2002.

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Join the Muse

Join the Muse

Take pictures for the Muse

Come to our general meetings on Tuesdays at noon in UC-2002
Like many other Canadians, I believe the govern­ ment is there to serve my interests and to take care of me. This is why I support the idea to tax trans fatty acids in our country.

If you don’t understand what trans fats are, you’re not alone [editor’s note: see story on page 3], but you’re not alone! The most toxic ingredients used for food preservation. These aren’t just regular fats, these are the type that rip­ per, work hard, and keep others from being eaten. This is that they have just not get fat, they have a far greater risk of heart disease.

The fact is there are too many Canadians that have no idea what they are consuming, and are consequently suffering heart condi­ tions because of it. No, these people are not unhealthy; they just have to be ignorant enough to be used by food companies using fat-oy acids in a way to increase the shelf-life of their products, which in turns increases profit.

The exploitation of trans fats is everywhere. Almost every time you sit down to an appe­ tizer of wings, cheese sticks, or french fries, you are likely consuming trans fats. Studies show that the Canadian population consumes 10 grams of trans fats daily, far more than the body can handle.

It’s an important, if yet overlooked, fact that the government takes away wing night I’ll probably start a riot in Ottawa. If they take away McDonald’s breakfasts, I’m sure many students will suffer prolonged hangovers. The logic behind ban­ ning trans fats is that food will be more compatible with better ingredients; it will be fresher and healthier.

The bill introduced in Ottawa by NDP MP Pat Martin, in its first reading, states: “No person shall sell to a consumer any oil or fat that contains more than 2 grams of trans fatty acids per 100 grams of oil or fat that will be ingested, except that the wing will live on, but they will have to be prepared with healthi­ er oils, such as vegetable or olive oil.

In fact, there has not been progressively rid­ ding food of trans fats. Denmark has intro­ duced legislature against trans fats. Ontario­ nario Minister of Tourism, Culture and Sport Mr. M. Cookson has removed trans fats from all of their baked goods, Kellogg’s is aiming to eliminate trans fats by 2016, and Kraft is attempting to make Ovoo trans-fat free.

The main controversy about banning trans fats is the protest by citizens claiming the gov­ ernment is depriving them of their right to choice of food. While they have a point, it is a horribly selfish one. Think of the young chil­ dren, elderly, and uneducated that eat what­ ever is put in front of them without understand­ ing it is dangerous for their health. If the government bans trans fats, these peo­ ple, and the entire country, will be far health­ ier because of it.

The less trans fats, the less heart disease. And if the chain continues, this also means less health care costs, and more medical op­ portunities to other aliments.

This is a chance for Canada to show its pro­ gressiveness, and for the government to im­ prove its citizen’s lives and possibly save many of them. For the good of idiots like me all over the country, the government ban trans fats, and protect our patriotic heart from dis­ ease.
Too many reasons to care

By Rob Keenan

In response to Luigi Marshall's Nov. 18 article entitled "Should we care about the Middle East?" I suppose to someone like myself who is an avid follower of Middle Eastern affairs, the answer is an obvious yes. Yet, I understand the purpose in Mr. Marshall's question, as the Middle East is about as far removed geographically and culturally from Newfoundland and Labrador as possible.

Regardless of the distance between the regions however, I believe that it is important to possess a tremendous amount of information on the Middle East. For it is the birth place for so many important aspects of modern society - reportedly being the birth place of civilization, to being the place of origin for three of the most influential religions in the world. I believe that it is important to be able to gain and comprehend a basic understanding of the region.

There are so many variables in the Middle East that lead to global problems. From the inaccessible Israeli-Palestinian problem to the resource will hang on the stability of the region. Conflict in the Middle East means higher prices for oil. The higher the price for oil, the greater the revenues generated by our oil fields. And if we ever get the Atlantic Accord up and going, we can thank the high revenues on Middle Eastern instability.

I want The Muse to leave me alone.

By Alex Bill and Phil Piercey

Victoria Newhook
First-year undeclared
New hockey skates.

I want some boozee - Jack Daniels.

Thinking of a career in journalism?

Need some experience for your portfolio?

We can help

Join the Muse
The Third Degree
The new Royal Bank ATM

By Mark Clentt

In the depths of the Smallwood Centre links a new presence on campus. Replacing the two-toned screened ATMs of days gone past, this technological marvel lies dormant outside the Greenway, giving no comment, so inking of his intentions until now.

What's your full name?
Official sponsor of the Canadian Olympic Team.

OK... That's an odd name. Where and when where you born? Please insert your card, magnetic strip down to the right.

Well, I've never heard of that place, somewhere in the States, I guess. Oh... You want my bank card? No problemo.

What? Hold the phone, Top Gus! I don't give that out to anyone. Don't give me that look. But hey, you kind of look like that guy upstairs, and I've given it to him a million times. Are you guys brothers or something? What the heck... XXXX. What would you like to do: View balance, deposit, withdraw, transfer payments... Now that you mention it, I could use a few bucks. Withdraw. How much would you like? Please make amounts in multiples of $10.

A tetra-fin... that's kinda steep. Whatever, a plate of poutine would be the bee's knees right about now. Please wait - processing. Hey, I know you're new around here, but people have to eat - let's get a move on. Insufficient funds - your request cannot be processed at this time. This is ridiculous. Are you trying to call me a sort of pauper? I don't know who you think you are, but I've drunkenly pissed on your presence on campus. Replacing the two-toned screened ATMs of days gone past, this technological marvel lies dormant outside the Greenway, giving no comment, so inking of his intentions until now.

Come backgrounds are restricted from pursuing their dreams? Were you born?

Are you trying to call me some sort of pauper? I don't know who you think you are, but I've drunkenly pissed on the new presence on campus. Replacing the two-toned screened ATMs of days gone past, this technological marvel lies dormant outside the Greenway, giving no comment, so inking of his intentions until now.

Official sponsor of the Canadian Olympic Team.

What's your full name?
Official sponsor of the Canadian Olympic Team.

OK... That's an odd name. Where and when where you born? Please insert your card, magnetic strip down to the right.

Well, I've never heard of that place, somewhere in the States, I guess. Oh... You want my bank card? No problemo.

What? Hold the phone, Top Gus! I don't give that out to anyone. Don't give me that look. But hey, you kind of look like that guy upstairs, and I've given it to him a million times. Are you guys brothers or something? What the heck... XXXX. What would you like to do: View balance, deposit, withdraw, transfer payments... Now that you mention it, I could use a few bucks. Withdraw. How much would you like? Please make amounts in multiples of $10.

A tetra-fin... that's kinda steep. Whatever, a plate of poutine would be the bee's knees right about now. Please wait - processing. Hey, I know you're new around here, but people have to eat - let's get a move on. Insufficient funds - your request cannot be processed at this time. This is ridiculous. Are you trying to call me a sort of pauper? I don't know who you think you are, but I've drunkenly pissed on the new presence on campus. Replacing the two-toned screened ATMs of days gone past, this technological marvel lies dormant outside the Greenway, giving no comment, so inking of his intentions until now.

Come backgrounds are restricted from pursuing their dreams? Were you born?
The Application to Unionize is in!

This is to notify you that the Teaching Assistants' Union of Memorial University of Newfoundland (TAUMUN) made application Tuesday Nov. 30 2004, to the Newfoundland and Labrador Labour Relations Board to become the certified union for Graduate Teaching Assistants at Memorial University.

The Next Steps

A representation vote will be held within five (5) working days of the application as per the Labour Relations Act. It is important that all Graduate Teaching Assistants attend the vote and exercise their democratic right to union representation. Whether you are for or against forming a union, it is very important that you get out to vote. It's your union. It's your vote. It's your choice.

If you are a Graduate Teaching Assistant, watch for notices (emails, posters, etc.) on the campus indicating the time and place of the vote which will be conducted by the Labour Board.

If you are not a Graduate Teaching Assistant, please let your colleagues who are TA's know about the vote and encourage them to participate.

Voting on your future

As teaching assistants, we play an integral role in providing a high-quality educational environment here at Memorial. As such, we deserve to have a collective say in our working conditions and the best way to accomplish this is to form a union that represents our needs as TA's. Across Canada, teaching assistants have realized the importance of having a collective voice when dealing with their employers: most TA groups have unionized.

It is time for Memorial Graduate Teaching Assistants to negotiate better working conditions for current and future TA's. The status quo only serves the interests of the employer in making unilateral decisions that affect you.

Vote for fairness, equality, and respect!

For more information, contact

TAUMUN
www.munion.ca

Teaching Assistants Union of Memorial University of Newfoundland
251 Empire Avenue, Suite 201, St. John's NF A1C 3S9
Telephone: (709) 739-8101 E-mail: info@munion.ca

Vote for TAUMUN!
Across
1. Sylvester Stallone forgot his R  
5. Bar  
8. Small fish  
12. From Arabia  
13. Accurate  
16. Un-least  
20. Many lamas  
22. Mr. Lodge exclamation  
23. One who doesn't read  
25. Sticking form the front of a ship  
26. Poo tube  
28. Grunge forefathers  
29. Australian bird  
31. Sleep place  
32. Accordant  
33. Third degree subject  
36. "Rock in ___"  
38. Washington D.C. immigrant  
40. Unaccented  
44. Angry  
45. "It's alive!"  
51. Flame ionization Detector Electrometer  
52. Beef  
53. Tommy couldn't  
54. Retiring Rather  
55. Grassy  
59. Seal building suport  
61. Venetian blind component  
65. Top of mouth  
66. Chronic fatigue  
70. Borrower's lament  
71. Workers on White Rose  
72. See the future  
73. Not old  
74. Organic radical  
76. Qualmish  
77. ___ Buchanan, Deep Throat suspect

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I just bought this poster of a naked chick!

Cool! Lemme see!

MOM?!

"Life of Paul" by Paul Rust

Hey Matt! Don't you have a class to go to?

Meh, don't worry. I'll get it taken care of...

Mister Baird!

How easy would it be for you to stop يكون your watch a clock?

Hey Alice. I'm just missing a really weird Schneider. It's like at Purdue. I couldn't get a date to save my life. They had a run of really bad dates...

You don't get why I do this, do you? I'm shy. I'm cold. I'm a good actor. I care about others and have my priorities straight.

Hey Alice. What's up?

Well, you know.

And you are, Alice, a real class act.

Hey, are you guys okay?

You do know that sounds awful, right?

Don't worry. I wrote it.
10 Things I Hate About Us

In a highly scientific experiment, or biting satire on today's journalism, Muse distribution manager Patrick Savard-Walsh decided to write until he fell asleep. This is what happened.

By Patrick Savard-Walsh

Don't read this.

I'm serious, plant a tree. Or pick up that book you've always wanted to read, or back-pack through Europe. Adopt a vet, write a rel-ative, kiss a stranger, or stand outside in shitty weather and find it beautiful. Learn a new lan-guage, start a band, go for a run, pick your nose. Give your mom a gift. Give your dad the fin-ger. Study for a test. Better yet, don't study for a test. Make a movie, make a wish, make love. Shoplift. Take an hour-long shower. Take an hour-long shit. Do your nails, do a crossword, do drugs, do your neighbour: Do something. But don't tell me that reading this article is the best thing you could be doing right now.

So go. Leave. Do what you've always wanted to do. If you've got time to be flipping through this paper, you've got time to take something off the list of regrets you're going to die with.

If you're still here, I guess you must really not have anything better to do. But, I might as well let you know what you're in for anyway. This article will basically be a haphazard ob-servation of random samples of today's soci-ety: While in no way scientific, it will be un-necessarily critical, and hopefully surprisingly entertaining. And while it might just read as a list of things that annoy me, try and take more from it, like a wake-up call from the stuff you're wasting your life doing.

We might as well get the big stuff out of the way first. All you wantabe Sherlocks and CSI aficionados out there will probably discern that most of the following things are in some way television-related. Oh, and by the way, not once in any of Sir Arthur Conan Doyle's books does Sherlock Holmes say "Elementary, my dear Wattam." It was invented for the TV series. And there is no such thing as a crime scene investi-gator. The jobs the half-dozen paying, attractive actors do on the show are actually done by a ton of cops and scientists in different fields.

Now, first at bat: ADD. While some might remember a few years ago attention deficit disorder was a rising problem that concerned some doctors and specialists, you'll notice it has completely disappeared from the news-casts. That's because companies have realized how to market it. You can tell what kind of audience a commercial is geared towards by counting the number of times the camera shot changes. The more cuts, the younger the audi-ence.

Next time you watch MTV's Cribs, try and look at everything, in every shot before it changes. Just make sure there is someone with you who's trained in - dis-aster, in case of sud-den epileptic seizures.

Just a quick word on the long-overdue-for extinction lid of reality TV: how real would you act with a dozen cameras in your face and if you were forced to repeat yourself for mul-tiple takes? Think about that next time you're watching a commercial on the television during a Super Bowl ad.

Sticking with the topic of TV, how is it that no matter how much they are made fun of, companies still spend tons of money making info-mercials? It amazes me that people must still be buying crap for four easy payments of $39.99. They should make an infomercial explaining how a dumb treadmill gave you bad hair. And another one where they sell all that food they make during infomercials selling ovens and pressure cookers for dirt-cheap. On second thought, the food probably wouldn't be too good after the three to six weeks of delivery.

Nip up on the cutting board is NTV. Now here's a field trip for any amateur critic. I am still convinced that the whole thing is a joke. One morning we'll accidentally turn on Channel 7 and there will be Geoff Stirling, old Geoff on his Texas ranch, in his designer slacks and with his low percentage of liquid gold run-ning through his veins, telling us that he was just joking; that he had lost a bet or something.

That he doesn't really think Newfoundland is the lost island of Atlantis, that it was just an imagining. Then he'll announce that he's suc-cesfully thawed out a cryogenically frozen boy Smallwood, and that they are off to play shuf-fleboard and discuss politics on a private is-land. Actually, now that I think about it, I hope NTV isn't one of our sponsors...

Don Cherry made the list of Top 10 greatest Canadians. Apparently his trash-talking and fear and loathing of talented hockey players and foreign-language speakers represents our nation. I wouldn't put too much thought into it though, it's not like anyone is going to watch his show anyway - it's on CBC.

I'd like for them to do a show of the Worst Canadians. And since I know my recommen-dations are important to television producers, my votes are as follows. Third: Captain Canada, whom I'm still convinced is Geoff Stirling un-der the suit. Second: the little blue cow from the milk commercials that run around the Olympics. He's been missing in action for a while now; hopefully he turns up as some little blue hamburgers. And last but not least, that bearded bastard from the Canadian Tire commercials. I feel like stealing his power tools and cutting his bristles - that'll wipe the stu-pid grin off his face.

Every generation is remembered for some-thing. The 60s were the love/drug revolution. The 70s gave birth to disco. The 80s were bad hair and worst music. The 90s ... well, they weren't really anything, were they? Anyway, I now make the official prediction that this generation will be known as the era of shitty rap and 10,000 skaters.

And water bottles. Why the fuck does every-one carry a water bottle these days? Apparently we can't walk to the end of the street without dropping of dehydration. Call me old fash­ioned, but I remember the days two years ago when you would just drink something be­fore you left the house, or use a fountain. Oh, and for you hardcore bottled water drinkers: in case you missed it, water now comes out of the tap, for free. Crazy, I know.

Well, that's enough rambling for now. It's obvious I've got too much on my hands of late, which reminds me - I'm going to leave you with a message for Paul Martin, since I know he reads this newspaper religiously. So Paul, when you talk to Big B., if you're not too busy (I know there's a lot of ass to be kissed) could you please, carefully explain to him what hockey is, and see if there's anything he can do to get it back? I mean, he's the president of the United States, I'm sure he's got a wide variety of pull­ing strings to choose from. Anyways, I really appreciate it. We'll call it a Christmas gift. And really, what have you given us yet Paul?


THE MUSE STAFF XMAS WISH LIST — 2004

1. Alex Bill, Submissions Editor
   The girl in my English class who I've never talked to before. You know who you are, I hope. Or, a pair of soap shoes.

2. Kristine Cadigan, Photographer
   The return of the NHL.

3. Sarah Flynn, Volunteer
   A pineapple tree with a bird's nest with three birds in the pineapple tree.

4. John Rieti, Sports Editor
   A subscription to Sports Illustrated. No wait, a job with Sports Illustrated. Oh, and for Vince Carter to stop being a wimp.

5. Angie Barrington, Volunteer
   A new windshield for my car.

6. Jen White, CUP Board Rep
   1. For my boyfriend to come home from Ottawa.
   2. An iPod.

7. Sheena Goodyear, Staff Writer
   A pet monkey, but not just any monkey! That one from the cell phone commercial that has the flu.

8. Lana Martin, Volunteer
   A guitar so I can finally rock out like Suzie G and her air guitar.

9. Phil Howell, Volunteer
   A red, velvet smoking jacket to wear while sipping a large snifter of cognac.

10. Anshuman Iddamsetty, Arts Editor
    A shit-load of 34 by 36 pants, which are—incidentally—quite hard to find.

11. Adam Riggi, Production Manager
    The smooth-talkin' way with the ladies like Smoove B. And, the success rate of Jimmy Page on Led Zeppelin's 1971 tour. I just want to be loved.

12. Jessica Montes, Volunteer
    A slightly higher tolerance for alcohol.

13. Fiona Rutherford, Human Resources Representative
    For my roof to stop leaking, and some big woolly socks.

14. Philip J. Piercey, Volunteer
    To shake my bon bon.

15. Sherrie Reynolds, Business Manager
    A duck that eats a lot and who can chew bubble gum.

16. Nadya Bell, News Editor
    To be a bearded lady, and to have twice as much time in a week as everyone else.

17. Luigi Marshall, Features Editor
    Peace on earth and goodwill towards men. And better time management skills.

18. Katie Jackson, Senior Reporter
    A hula hoop.

19. Hayley Doyle, Volunteer
    A new umbrella.

20. Adam Hickey, Volunteer
    A San Andreas player's handbook.

21. Mark Cluett, Editor-in-Chief
    A hula hoop.

22. Devon Wells, Copy Editor
    Sexy dances and plenty of 'em. And a ledger.

23. Kelly Hynes, Asst. Business Manager
    More hours in a day.

24. Liam Morrisey, Volunteer
    I don't know, I'm new.

For all the bars I promote to finally recognize my tireless efforts and give me lotsa free beer. It could happen.

And:
- Matt Baird
- Chris Boyce
- Jeff Clarke
- Greg Davis
- Paul O'Flaherty
- Erin Manning
- Andy Colbourne
- Alison Small
- Nick Record
- Inga Liu
- Chris Shortall
- Katie Hyslop
- Matthew Perrier
- Anuradha Rao
- Heather Stores
- Costa Kasimos
- Ryan Hnault
- Mildred Pierce
- Tracy Glynn
- Ryan Warren
- John Matchim
- Patrick Savard-Walsh

Special thanks
- Dave Cochrane
- John Gushue
- Noreen Golfman
- Alison Corbett
- Lori Yetman
- Gerry, University Relations
- Kate Andrews
- Pizza Empire
- Bitters
- ARCUP exec
- Karen, Patrick Hanlon
- Sarah Crocker
- Chad Griffiths
- Sancha the rat
- Kenny Hammond
- Keith Deane
- editors-in-chief of Christmas past, iTunes, the Internet, ARCUP, Dion, Hui,Varsity Athletics, dictionaries, and readers like you.
The St. John's Christmas Parade jingled all the way through downtown, this year with some extra-special guests.

BY LANA MARTIN AND PHIL PIERCEY

For many, the Christmas season is a time for friends, family, and community togetherness. Perhaps the most shining example of this sentiment is the St. John's Christmas Parade. The city's second largest annual event, the parade attracts between 30,000 to 50,000 spectators each year, and the involvement of over 100 different groups. It offers not only a collection of floats, marching bands, and beautiful costumes, but also a chance for many organizations like the SPCA and RealTime Cancer to promote their causes.

Feeling very much a part of the community and not wanting to miss out on all the action, The Muse looked into how we could join the parade. However, upon investigation, we discovered the deadline for parade applications had passed several weeks before. Having no formal way in, only one option remained: take matters into our own hands and enter the parade renegade-style.

To achieve this goal, two reporters - Phil Piercey and Lana Martin - were dispatched to the Memorial Stadium parking lot. Of course, this was easier said than done. Ten thousand people, plus a few hundred participants and numerous floats, equals plenty of opportunity for two reporters to get separated. However, being savvy, they went about their tasks: one was to infiltrate, the other to engage in external reconnaissance.

Starting with some wise advice from the local skater kids at the parade - "Jump on a float and dance!" - Piercey went group to group, begging for admittance onto a float. After Andy Wells glared at him, and even Miss Newfoundland Labrador and CBC shot him down, hope was almost lost. However, just before the start of the parade, he was directed towards the lonely ReMax mascot. The small-inflated hot-air balloon man was more than willing to share the walk.

Meanwhile, Martin sauntered up towards the Newfoundland Hotel for the best spot in the house. With a perfect view of the RCMP horses, the Mazol Shriners Oriental Band, and the entourage of Bob the Builders, SpongeBobs, and a number of life-size vegetables, the young journalist took in all the sights and sounds. This corner between Cavendish Square and Gower Street also allowed for perfect photo opportunities.

And after all this investigation, observation, infiltration, and penetration, what was the result? What seamy details did we uncover? Well, the sad fact is that there are no seamy details of the parade. It is what it seems to be: as wholesome as apple-cheeked kids on a skating pond. Nevertheless, we did uncover some important details about the Christmas spirit. When you are in need, it isn't always the guy with the largest float or the best costume that will help you out. Sometimes, it is the small real estate guy who has the largest heart.
Movie guys cheer and jeer the past year

By Adam Dickey

1. Eternal Sunshine of the Spotless Mind
It’s a shame this film came out last March, because that all but eliminates it from the Academy Awards’ memory banks. This is the best work of everyone involved: Jim Carrey and Kate Winslet’s best performances, Michel Gondry’s best directorial work, and Charlie Kaufman’s best screenplay. It’s a touching and beautiful film from the best minds working today. If there is a god in Hollywood heaven, this film will sweep the Oscars. Unfortunately, politics will probably prevent that from happening.

2. Kill Bill Vol. 2
Tarantino’s second instalment of Kill Bill did not disappoint. The film managed to keep the flavour of the first one alive while providing a story with more resonance. David Carradine’s performance as Bill was brilliant, while Pai Mei was badass. Like Eternal Sunshine, Kill Bill Vol. 2 will probably be left out of the Oscars, since it opened so early in the year - a damn shame.

3. Spider-Man 2
If you see one comic-book movie in your lifetime, see this one. The film transcends its genre: it is not just a great comic-book movie, but also a great movie period. Sam Raimi does it right, and realizes that what makes Spider-Man so interesting is the human element of the story, not just superpowers and spandex. This is the closest we’ll ever get to an art house superhero.

4. Hero
Worth the price of admission simply based on the beautiful cinematography, this film offers more substance than Jackie Chan’s entire body of work. The action scenes are raised to the level of art, combine that with a powerful story of love, betrayal, revenge, and redemption, and you’ve got yourself an amazing film.

5. The Passion of the Christ
Mel Gibson’s torture-fest is possibly one of the most powerful spectacles ever put on film. The violence is graphic, but not gratuitous. In a world of films where you’ve always made to feel like you’re the one throwing the punches, this movie puts you in the shoes of the person being punched. It literally hurts to watch at times, and it works to make a point. It’s a shame the best movies came out so early in the year; since this was released way back in February, its doubtful it will be in the running Oscar-time either.

It has proven difficult to comprise Top 5 lists of movies because this year hasn’t been a great one, at least so far. It seems likely that the best films will come out towards year end, such as Closer, Kinsey, The Aviator, Spanglish, Lemony Snicket’s A Series of Unfortunate Events, and Meet the Fockers. Regardless, here are our picks for movies of the year.

By Paul O’Flaherty

1. Eternal Sunshine of the Spotless Mind
It’s an absolute miracle that this film works at all. It has an unusual plot, unconventional direction, and stars the unlikely pair of Jim Carrey and Kate Winslet. Eternal Sunshine seemed destined to be a mess, but somehow director Michel Gondry pieces together an entertaining, involving, memorable movie that is, ultimately, the best film of the year. Jim Carrey delivers a career-best performance as Joel Barish, who undergoes a procedure that will erase his ex-girlfriend Clementine from his memory. The film follows the couple as they journey through Joel’s mind as his thoughts disintegrate.

2. Kill Bill Vol. 2
Kill Bill Vol. 2 is yet another fantastic film from writer/director Quentin Tarantino. While Vol. 1 has a number of memorable action scenes, it is Tarantino’s dialogue that continues to fascinate audiences. Uma Thurman has never been better than in the Kill Bill films; David Carradine shines as Bill in the final showdown between the two. While Daryl Hannah, who plays Elle Driver, proves she can’t act, but at least we get to see her trashed in a terrific fight scene with The Bride.

3. The Incredibles
No other animated film this year comes close to the intelligence and sheer enjoyment of director Brad Bird’s The Incredibles. It is not the type of animated film that hits you over the head with its action or humour, but it is satisfying nonetheless. Holly Hunter as Elastigirl and Craig T. Nelson as Mr. Incredible deliver exceptional vocal performances. Best of all, the movie appeals to both children and adults alike, and has a good message too.

4. Collateral
Who would have thought that Tom Cruise could successfully portray a hitman? Cruise plays Vincent, a contract killer who arrives in L.A. to complete his latest assignment. Jamie Foxx plays Max, a cab driver unfortunately forced into escorting him around the city as he kills. While Cruise surprises, it is Jamie Foxx who steals the film. Director Michael Mann makes L.A. at night look stunning, and builds suspense masterfully while occasionally throwing in a breathtaking action sequence.

5. The Village
The Village is one of the most underrated movies of the year, largely the result of a backlash against director M. Night Shyamalan and his career-long reliance on twin endings. Regardless, The Village has an impressive and subtle performance by Joaquin Phoenix as Lucas, one of the inhabitants of a village surrounded by woods where “those we don’t speak of” live. The film is beautifully shot, with plenty of suspense and an eerie quality throughout. And the ending was cool too, damn it!
HOLIDAY SPECIALS SUFFER SCROOGE SYNDROME

Faithful readers, it's been a week since the American thanksgiving, which means only one thing: network television shall prepare its onslaught of holiday programming. Some of these holiday specials succeed in creating that warm, fuzzy feeling both Mr. Claus and his good friend Christ are said to instil in all of us come December. Others, however, may leave you upset as the commercialism that has overtaken the holiday season, Charlie and the gang are taken by the commercialism that has over­ taken the holiday season, Charlie and the gang are the hardiest, the most intellectual and philosophical examination of the nature of survival - how it does not apply to the survival of the Holocaust, but to their children as well. Hash, yet loving, Maus never gives definitive answers to its many questions; like many great works of the past, it instead serves as context to one of the darkest periods of the twentieth century, blowing minds in the process.

And yes, there's the graphic component. Of a genre that is finally being exposed to audiences outside of critical literary circles, Maus is a perfect example of a graphic novel done flawlessly. Essentially a comic book the size of a novel, it is a lacking definition of a genre that transcends limitations of both art and the written word.

The genius is in Spiegelman's thematic con­ verging of the world of the Jews and the Germans are cats and the Jews are mice. Detailed yet stifled, this graphic novel will sink into the mind of any reader. Spiegelman's mindset is brought about by the commercialism that has over­ taken the holiday season, Charlie and the gang are the hardiest, the most intellectual and philosophical examination of the nature of survival - how it does not apply to the survival of the Holocaust, but to their children as well. Hash, yet loving, Maus never gives definitive answers to its many questions; like many great works of the past, it instead serves as context to one of the darkest periods of the twentieth century, blowing minds in the process.

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Alexander the Great may have conquered Asia, but Olive Stone's biopic failed to conquer this reviewer's attention.

Alexander anything but great

CINEMA

Alexander

Starring Colin Farrell, Angelina Jolie, Jared Leto
Warner Bros.
Rated AA

BY ADAM HICKET

The word "great" can be defined many different ways. According to my dictionary, it can be "remarkable," or "outstanding," or "of great importance or significance." By this definition, Olive Stone's Alexander is definitely not great. It's not even good.

Here is where another, more appropriate definition found in my handy eighth-grade dictionary: extensive in time. The film is over three hours of agony, and if anyone is to blame for this monstrosity, the fault lies in the hands of time. The Alexander the Great biopic failed to conquer this war-elephant - ridden India, is particularly memorable and fun to watch.

But the brilliant battles are lost among the rest of the mess, and are deflated by the fact that we don't care about the people fighting in them. It's too much work for himself, transitions are missing, which keeps the film from fitting together.

The problem with the film is the lack of focus. It's disjointed, and while certain scenes work fine by themselves, transitions are missing, which keeps the film from fitting together.

There are so many different ideas about Alexander the Great (Colin Farrell) that it seems as if Stone could have made so different biopics on the same man. Instead, he chose to stick to movies into one. The result is a movie that has potential, but wastes an opportunity in almost every scene.

For example, take the death of Alexander's father Philip (Vad Kilem). Philip's presence dominates the first half of the film, but following a scene where he banishes his son Alexander - a very dramatic scene, and one of the few that really work - the narrator says, quite matter-of-factly, that Philip dies. No dramatic death scene, no nothing.

There is one of the major problems with the film - it tells us things through its narrator, but never shows us. By the end, there are so many facts and dates thrown our way, I felt like asking "Will this be on the exam?" There are so many dates, facts, and dates, but not much else.

Other than the problems of focus, Stone made bigger mis-
takes in his casting choices. The worst performance definitely comes from Angelina Jolie playing Olympia, but what can you expect when a 29-year-old woman plays the mother of a 32-year-old man. It's laughable that Stone expects his audience to buy Jolie's and Farrell's mother/son relationship. It simply doesn't work, and castates the rest of the film since Olympia was such an important force in Alexander's life.

As for Alexander himself, Farrell is more like an introvert­ed Hamlet than the bold, militant leader. He is just not a con­vincing conqueror. He is a good actor, but works better on a human scale; he does not have the grandeur to play a larger­ than-life character the way Mel Gibson did in Braveheart or George C. Scott did in Patton.

The film's only saving grace is the battle scenes. They are shot masterfully, and every now and then Stone shows a glimmer of brilliance in them. One scene in particular, that has Alexander and his troops forging their way through a war-elephant - ridden India, is particularly memorable and fun to watch.

But the brilliant battles are lost among the rest of the mess, and are deflated by the fact that we don't care about the people fighting in them. It's too much work for himself, transitions are missing, which keeps the film from fitting together.

As for the exploration of Alexander's sexuality that was stir­ring up so much controversy before the film was released, I don't see what the fuss was about. Alexander is in the most ho­mophobic gay man I've ever seen. There is no gay love scene in the film, not even a kiss.

Stone was perhaps trying to be audacious in exploring this aspect of Alexander's character, but he merely scratches the surface, taking it as far as innuendo and big bear hugs.
Not enough quarters

By Anshuman Iodametty

Christmas is almost here, which for most of us means no more classes, far too much drinking, and a return of those frickin’ cats that move “Jingle Bells.” For all the gamers out there, this period represents something far more insidious, as the holiday shopping season means companies now crowd all of their best, highly anticipated titles into two months. With Canadian prices averaging $70 a game, this is a painful time for gamers. Yuletide! More The Crimson Tide! Any discerning gamer will agree with this fact. Wallets were noredd, student loans burned, and long-term relationships came to an end this semester as gaming goodness (a rampaging army of overpriced sequels) bite stores everywhere. And no, this wasn’t just one console’s fault. The Xbox became a brief cultural footnote with the long-awaited Halo 2 and its multi-million dollar advertising campaign. Sony’s PlayStation 2 released not one but two high-profile games with Grand Theft Auto: San Andreas and Metal Gear Solid 3. Both were titles in production forever, and both had hype similar to the St. John’s harbour bubble — enormous and dangerously close to bursting. The GameCube, essentially upstaging both companies, delivered Metroid Prime 2 and a shiny new playground — the fantastically but poorly titled Nintendod50 — to the frothing masses. And those were just the first party offerings. GoldenEye 3, Prince of Persia 2: Warrior Within, Need for Speed: Underground 2 — the list stretches far into the horizon. Even the PC elite get in on the action with the thinking man’s first-person shooter, Half-Life 2.

Editors rate the holiday hits

By Marc Cluett and Devon Wills

Traditional holiday tunes are overplayed and boring, and frankly we don’t care for them anymore. Parody songs are even worse — Ray Stevens’ “ Twelve Pains of Christmas” needs a kick in the junk. Thankfully, certain pop stars have been charging out decent (and not so decent) festive jingles for years. Here’s a smattering of what we consider the best of the seasonal song selection.

Paul McCartney — “Wonderful Christmas Time”

Cluett: Finally, The Beatles do a Christmas song. Now, one might argue that, yes, The Beatles did actually do a Christmas song. In fact, they did several, most of which were included on the many seven-inches sent out to members of their fan club. Thankfully, for those not in the exclusive club, fortunate enough to get BBC on the dial, McCartney released this gem decades later. This song, at the very least, beats the shit out of John Lennon’s “Happy Xmas (War is Over)” just like McCartney beat the shit out of Lennon the rest of the time.

The Kinks — “Father Christmas”

Wells: Try to name a Christmas song that rocks half as much as this — OK, besides The Ramones’ “Merry Christmas (I Don’t Want to Fight Tonight),” its jangly singh bell opener is kicked into gear by Dave Davies’s unmistakable guitar riffage. With lines like “Father Christmas gives us some money...” We’ll beat you up if you don’t hand it over,” and “I’ll have a machine gun/So I can scare all the kids down the street,” it’s Bad Santa in a song.

The Pogues — “Fairytale of New York”

Cluett: The shittiest piece of music ever made to celebrate Christ’s birth since my uncle got drunk on Boxing Day next to a piano. The worst part of this song is that it is included on a regular Pogues album, so poor bastards never have to listen to it in year’s. Wells: Fantastic! Its opening line is “It’s Christmas evening in the drunk tank... It’s a place to everyone who spends the holidays alone and coped up with a bottle of cheap gin and a copy of Hunter. Not everyone has a family, or likes their family, and this song is for them — it’s really an anti-Christmas song.

The Wailmen — “Christmas Party”

Wells: It starts off with an unsettling bit of narration, but this drunk-in-the-corner modern Christmas ballad is great. And, by a band that sounds like every day is an off-killer holiday. It’s not anti-Christmas like The Pogues, but it shows how even happy drunks can have downbeat moments at parties.

Cluett: Too bad he sounds just like Bruce Willis — it’s like I’m on the set of Die Hard, Christmas tree and all.
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Seabirds get a crude awakening

By Jason Noble

A recent Memorial University study revealed that approximately 300,000 birds die each year from contact with bilge oil. That’s the same number of birds that died in the Exxon Valdez disaster of 1989, when 42 million litres of oil leaked off the grounded ship off the coast of Alaska. That spill was 1.27 times the size of Terra Nova.

Oil spills kill many species, and sea birds are particularly susceptible. Seabirds depend on the natural oils in their feathers to keep them dry and warm against the harsh Atlantic climate. Contamination from spills or bilge dumping breaks this natural barrier down, and causes the feathers to cling to the bird’s body.

The body loses heat and uses up its fat stores. The bird preens itself as a natural response, and ingests toxins. Most oilied birds die, even if treated by care workers. A spot of oil the size of a dime is often enough to cause death. If oiled heavily enough, the birds may sink and drown, but most die of hypothermia or poisoning.

Newfoundland has been described as the world’s seabird capital. Thirty-five to 40 million seabirds visit our waters each year. Our province has the world’s largest colonies of razorbills, murreys, puffins, storm petrels, auks, and eiders, as well as globally significant populations of gannets, sea ducks, and gulls.

There is major concern right now for the safety of migratory species that winter over the Grand Banks area. Large colonies of black guillemots, thick-billed murres, and thick-billed murrey are currently near the spill. Most birds that come in contact with the slick will die undetected. Experts have estimated that up to 500,000 birds may die as a result of this incident.

Petro-Canada has committed to upgrading its equipment to prevent this sort of incident from occurring again. Canadian governments have repeatedly claimed to be toughening up on bilge dumpers, but there have been few visible results.

Newfoundland

St. John's

White Rose

Hebron

Ben Nevis

Hibernia

Terra Nova

The major spill from Terra Nova took place just last week. Further oil slicks followed, caused by illegal bilge oil dumping.

Health officials warn Canadians eat too much bad fat

By Jason Noble

NDP leader Jack Layton called for a nationwide ban of trans fat on Wednesday, Nov. 17. Although the World Health Organization has recommended that this iinflammatory ingredient of most processed food be restricted, Denmark remains the only country in the world to introduce legislation.

The controversy over trans fat has waged for years. Some health advocates call it to times worse than saturated fat, but companies are not currently required to display its content on product packaging. So what is trans fat, and why all the hype?

The short answer is: hydrogenated (or partially hydrogenated) vegetable oil. Besides small amounts that naturally occur in some animal fats, dietary trans fats occur in vegetable oil.

Otherwise healthy vegetable oil is chemically altered with hydrogen, melting its pesting point and allowing it to remain solid at room temperature. The parent common forms are margarine and shortening.

Large quantities of trans fat can also be found in fast food, cereal, baked goods, cooking oils, margarine, and some processed meats. Trans fat consumption between 5 and 10 grams daily more than most other people, and, experts say, far too much.

Trans fat has been linked with cardiovascular disease, cancer, and arthritis. It clogs arteries worse than saturated fat, and inhibits healthy metabolism. It decreases high-density lipoprotein ("good" cholesterol) and increases low-density lipoprotein ("bad" cholesterol). Trans fat has been blamed for record rates of childhood obesity and diabetes, and the emerging Syndrome X.

Syndrome X is often called "beer belly syndrome," and is characterized by a cluster of health problems including high blood pressure, unbalanced body chemistry, and excess body fat. It develops due to cells’ inability to process insulin. This, in turn, results from trans fat altering the structure and function of cell membranes. Some experts estimate that as many as 70 million Americans have Syndrome X.

“The ultimate solution will be for the government to ban partially hydrogenated oil," said Michael Jacobson, executive director of the Center for Science in the Public Interest. "It’s a nasty substance that simply doesn’t belong in the food supply.”

The American Food and Drug Administration has estimated that 7,600 heart disease deaths could be prevented every year simply by requiring companies to list trans fat contents on package labels. Canada recently introduced rules requiring most manufactured foods to list their trans fat content by 2006.

But many think this is not enough. Memorial University scientist Philip Davis, specialist in dietary fat, says, "Current evidence indicates that the consumption of trans fats in North America, especially with our love of fast foods and snacks, represents a very significant risk for increased cardiovascular health problems... Several fast-food chains have found ways to reduce trans fats in their products, and others should be encouraged, by law if necessary, to do this as well.

The hydrogenation process was patented in 1912 by chemist William Normann. It started to catch on commercially during WWII, when people used hydrogenated margarine and shortening as alternatives to rationed butter supplies. With the advent of convenience foods in the 1950s and 1970s, trans fat consumption continued to grow.

In the 1980s and 1990s, people were concerned about a connection between saturated fat and heart disease. They turned to hydrogenated vegetable oil as a healthier alternative, before the negative effects of trans fats were known.

Dietary fat comes in four main varieties: polyunsaturated, monounsaturated, saturated, and trans. All consist of hydrocarbon chains with an acid group at one end, which allows the chains – called fatty acids – to form chemical bonds with other molecules.

The type of fatty acid is determined by the number of hydrogen atoms bonded to the hydrocarbon chain. Hydrogen atoms are attached to all available bonding sites, it is unsaturated.

If there is more than one double-bond, it is polyunsaturated.

The presence of double-bonds in a chain affects the physical structure of the molecule, causing it to bend. A saturated fatty acid is a straight chain, a monounsaturated fatty acid is a chain bent in one place, and polyunsaturated fatty acids are bent in several places. The more bendy the chain, the lower its boiling point. This is why unsaturated fats are liquid at room temperature.

When vegetable oil is hydrogenated, polyunsaturated fatty acids are turned into trans fat in a process called transisomerization. Trans fats are isomers of polyunsaturated fats, meaning they have the same chemical formula but different physical structure.

Basically, the bendy chain is straightened out to resemble the structure of a saturated fat. This structural similarity is the reason hydrogenated vegetable oil remains solid at room temperature even though it is a polyunsaturated fat. Trans fats are alien to the body, and are not well integrated into body functions. They impair enzyme function and membrane permeability, and can be deposited in irregular patterns.

While food manufacturers have quickly to reminded that trans fat increases shelf life and helps crackers stay crisp and pastries stay fresh, many consider the health risks too grave to ignore. If the NPD motion is passed, trans fat will make up no more than two per cent of total fat in processed food in Canada.
I'm dreaming of a green Christmas

BY JASON NOBLE

Christmas is a time of peace and merriment and cheer.
And rampant mass consumption like no other time of year.
To keep the season greener, here are a few hints to remember:
We wish you Merry Christmas and a sustainable December!

• Turn Christmas lights off at night, or when they aren't in use. Turn the heat down too.
• Wrap gifts in flyers or newspapers, or reuse wrapping paper.
• Don't burn plastic products, including packaging.
• Remember to recycle over the holidays.
• Put a notice on your mailbox: "Save our trees; no junk mail, please!"
• Carry a reusable mug for coffee, tea, cocoa, or hot chocolate.
• Use reusable dishes when entertaining. If that isn't possible, choose paper instead of Styrofoam.
• Keep outside doors closed as much as possible. If you have a porch door, keep it closed when people are coming or going.
• If having a party, make sure all windows and doors are shut at the end of the night.

Season's greetings – from the flu

Classroom environment could spread influenza – professor

By Linda Mat

VANCOUVER (CUP) – Everyone gets a nasty flu now and then, but pass it off without thinking of getting a vaccine. This practice, however, might not be the smartest idea.

"So from that point of view, yes, [students getting flu shots] would be good," each year, around 20 per cent of Canadians get influenza, and more than 1,400 people in B.C. die from the flu or pneumonia-related illnesses. As the number one cause of vaccine-preventable deaths, the flu can be avoided with a yearly vaccination and adequate hand washing.

The flu shot is an injection of dead or inactivated flu viruses, which can help build immunity against influenza. The vaccination is 70 to 90 per cent effective in preventing infection in healthy adults, according to the Vancouver Coastal Health Authority.

A common misconception is the flu shot can give a person the virus. While side effects of the flu shot can include a mild fever, fatigue, and ach­

ing muscles, they generally disappear in one or two days and complications are extremely rare.

"About 10 per cent of people who get a flu shot feel a little bit ill maybe," said Stiver. "Some people say that they get sicker than they've ever been after a flu shot; I think that's an exaggeration and is not based in fact."

The flu virus itself is highly contagious and affects students more than most people would be.

"There is a chance students with influenza in a university, for example, could be a major pool that could disseminate the virus into the general population, the same as daycares and grade schools are," said Grant Stiver, a professor in the faculty of medicine who works in the infectious diseases division at UBC.

"It doesn't take the income of a Hollywood celebrity to have a sustainable Christmas."

People with the following conditions are considered at high risk of contracting influenza:

- Cardiac or pulmonary disorder
- Diabetes or metabolic disorder
- Immune deficiency such as AIDS or HIV
- Renal disease
- Anemia
- Asthma
- Ascertainment
- Seniors over 65 years of age
- Health care workers and volunteers
- Caregivers and children between six and 23 months

"There is a chance students with influenza in a university, for example, could be a major pool that could disseminate the virus into the general population, the same as daycares and grade schools are," said Grant Stiver, a professor in the faculty of medicine who works in the infectious diseases division at UBC.

It's "a real problem if we have a pandemic virus developing, as we are concerned about this happening in the next few years," he said. "Even with the advanced techniques in vaccine manufacturing, which allow us to produce a vaccine in six or eight weeks as opposed to six months by the older techniques, still it would be a question of could you produce enough. Right now we can't."

With files from Sarah Boardman.

Operation Toys for Kids

Campus Enforcement & Patrol

Once again this year, Campus Enforcement & Patrol, and its friends The Muse, MUNSU, and CHMR are preparing to kick off its annual Toy Drive.

We are counting on your support to make this event as successful as possible. This year's Toy Drive will be kicked off at 5:00 pm on Nov. 10th, 2004. It will be held at R. Gushue Hall, Paton College.

Again this year, there is no need to wrap gifts, as organizers receiving the toys ask that they not be wrapped. Gifts will be accepted until Dec. 13, 2004. This will give organizers a chance to prepare everything in time for Santa. Also, members of Campus Enforcement & Patrol will be happy to drop by your office and pick up your donation. Gifts may also be dropped off at the offices of Campus Enforcement & Patrol, The Muse UC-2002, MUNSU UC-2000, and CHMR UC-2009.

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BY EVE ENSLER

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RU TEXTually adventurous? Try out Dentyne Text 2 Connect. A text service that our Par k 'N' Ride service customers have been raving about. With another ALL season underway we'd like to remind customers that our Park 'N' Ride service is available for all St. John's bicycle and pedestrian games at MUN's One Stadium. Service runs from Confederation Building to the base of Parking beginning one hour before game time and return shuttles are available immediately following the game. We have added a 90 minute return and an extra charge is required as our Drivers do not carry change. A season pass is available for purchase in our e-store. For more details about Park 'N' Ride service, please click on Metrobus Dot Com.

Ask a question, make a comment, or just say hello Have something to say, or do you want to ask a question about our service? We encourage customers to get in touch with us by phone (722- 4000 or 877-4000), mail (Customer's Corner, P.O. Box 1809, St. John's, A1B 138), email (informatio nservi ces@metrobus.com), or through our service feedback at Metrobus Dot Com - we review and then respond to every customer inquiry. Click on the 'Feedback' link on our website and read what other customers have been saying and asking about our service.

Food Drive a huge success Our fifteenth annual Thanksgiving Food Drive, in partnership with the VOOM Carus Foundation, was one of the best ever. All food donations were delivered to the Community Food Sharing Association on Friday, October 8th. A special thanks to all of our customers who participated in this year's Food Drive.

Customer's Corner A customer writes: Just wanted to let you know that I'm impressed with the new Ride Guide system and how easy it is to use. Two thumbs up! Metrobus replies: Glad to hear from you. The new Guide has been updated to reflect the current system, and is simply a better system. It will take a bit of getting used to, but we think most callers will appreciate it a little more compared to the old system. The new Ride Guide also has additional line capacity which will cut down on the number of busy signals customers receive when attempting to call for information on stormy days; let's hope we don't have to test that too often this winter!
Pointers flexible enough for all active students

By Luigi Marshall

The Canadian Sport Centre Atlantic recently held a workshop called The Importance and Techniques of Stretching for the Elite Athlete. The workshop was presented by Marcel Charland, certified athletic therapist, sports massage therapist, and, by my impression, a certified yoga guru.

Those in attendance included Canada Games athletes, community coaches, and varsity athletes. But if these athletes who train day in and day out can benefit from pointers and reminders about stretching, then surely we weekend warriors and part-time players can learn from it just as much. Regular athletes and recreation league athletes need to stretch just as much as anyone else.

So, you're ready to work out and you decide to warm up by stretching. Well, you've already gone wrong. A common misconception is that stretching is equivalent to warming up. No, my friend, it isn't. You need to warm your body up first. Both your joints and muscles will be more flexible if they are at temperatures one to two degrees higher than normal. Warming up can be with an orderly successive rotation of all your joints. Then move on with five to 10 minutes of a light aerobic activity of your choice. This will raise your body temperature.

Once you're warmed up, you remember that your twin brother Tommy could do the splits when you were 12. You figure if he could do it then, you can do it now. Hold up Van Damme, there are a lot of things that will determine how well you'll be able to stretch. Keep in mind that kids are generally more flexible than adults, women more than men. It's not only good to have a warm temperature within your joints and muscles, but also to have a warm exercise location. Don't use the garage to stretch during winter—try the kitchen or any other well-heated room.

Other influences include whether or not you're wearing restrictive clothing, how often you stretch, whether or not you've recently injured yourself, and the time of day. Most people have greater flexibility in the afternoon than in the morning. So, it is essential to think about your stretching plans before putting your muscles to work.

Now, most of you know basic stretches that will work just fine. If you don't, feel free to check the internet. But if anything, heed this one piece of advice: no ballistic stretching unles you want to end up in the Health Sciences Centre. Ballistic stretching is using momentum from swinging your weight to force your body, or limb, beyond its normal range of motion. This can lead to injury.

This does not mean you can't gradually increase your reach or speed of movement, as is practiced in dynamic stretching, it just means don't try to quickly swing to the limits.

If your goal in stretching is to improve your effectiveness in sporting activities, try to use stretches that will mimic the motions in your sport of choice. When doing so, hold your stretches for at least 15 seconds each, without bouncing.

This may sound idiotic, but remember to breathe, taking slow natural breaths. Relax, and repeat the stretch once or twice more. Try to increase your range with each successive stretch, but only to the point of mild tension.

Now you're ready for the Olympics.

Why should you stretch? Most people think stretching is just to reduce the risk of injury, but there are a few more benefits.

STRETCHING

Improves circulation reduces stress and fatigue reduces muscle soreness enhances your ability to learn and perform skilled movements increases mental alertness makes you feel better than well—better than before you stretched.

A call for sports equality

By John Rieti

Call me altruistic, but I believe the sporting world should be one where the performances of all athletes are treated with equal respect. I believe that all athletes in the Atlantic University Sport conference that train hard to turn their best race or game deserve to be recognized by their governing body.

So, my question to the AUS is this: Why can I figure out how many points and rebounds isn't Browse had in a blow-out win against Ottawa in October of 2003, but one week after it is finished I can't find the results of the first swim meet of the season?

Why does the AUS website look the same every time I see it? If I see four football seasons, and is serious about promoting its athletes and games, they are doing a poor job. In fact, if one looks at the recent press releases, the newest dates back to September. There is also no collective pride in being a member of the AUS conference. In fact, the top swimmers of AUS schools, who have been training for months, raced for the first time this season on the weekend of the Nov. 20, and there hasn't been a single mention of the meet, nor any results. MUN's wrestling teams have also turned in some incredible performances, including five match wins by Kerri Ann Evely, but the AUS likely has no idea. Don't worry though, the games results, including minutes played by every basketball player, has been meticulously updated.

It is time for an institutional change—perhaps the first step toward giving each athlete the opportunity to be recognized by their governing body.

Alberta team protests new uniform rules

Volleyball players defy Canada West ban, change court sides in defiance

By Andrew Rennie

EDMONTON (CUP) — The University of Alberta volleyball team took a stand against the Simon Fraser University Clan over a recent weekend, winning both of theirs. The Pandas also took a stand against a controversial new Canada West Universities Athletic Association regulation.

Traditionally, university volleyball teams have changed from their practice T-shirts into their game jerseys at court side just before matches. But over the summer, the Canada West conference decided to ban the practice, which momentously reveals the sports brass of female players. The new regulation applies to all Canada West sports, but the original mention referred only to women's volleyball.

Opposition to the rule is widespread among teams, but most have complied with it. Only the Pandas have decided to defy it and continue to change court sides before matches. As a result, they've been penalized one point at the beginning of each of their matches this season. Despite the penalty, Pandas head coach Laurie Eisler said she supports the protest against a rule that's been criticized as paternalistic.

"It's unfortunate that it's become something as large as it has," she said. "Our athletes are doing what they feel is the principled decision, and I back them on that 100 per cent.

"It's something we've been doing for about 15 years," she added, emphasizing the Pandas plan to continue their protest for the foreseeable future. "It's the players' choice to change their jerseys, and we really haven't been convinced that there's a need to change that routine.

Fifth-year setter Larissa Candy explained the decision to defy the new rule and accept the penalty was made collectively.

"Our coach allowed us to make a choice," she said. "We were kind of empowered to think about it ourselves. For the moment, we told them, 'The choice is yours, and if you have a big problem with taking the point, then we'll all go' change outside the gym.

Candy suggested the players were upset as much by the way the new rule was imposed as by the rule itself. After apparently receiving a complaint-changing jerseys at team benches was "risked," the conference decided to ban the practice without any consultation, Candy said.

"For them not to even come to the athletes, the coaches even, and get our input ... it just changed, so that's why we're angry about it," said Candy.

She added, based on principle and the relatively insignificant one-point punishment for violations, the Pandas will continue to defy the rule.

"If the punishment stays the same, I think we would have to stick to doing it to make our point," she said. "If they decide to make the punishment more severe, we might have to re-assess the situation, so we're not sure what's going to happen."
Shuffle may occur in CIS lineup

New sports could be added after review process

By Phil Fox
REGINA (CUP) — When the 2006-2007 academic year begins, the lineup of Canadian Interuniversity Sport (CIS) could look a little different.

Every five years, the CIS reviews the sports offered in its program to make sure the most relevant and popular sports are included. Major sports are kept, new sports may be added, and others may be dropped.

"There's criteria a sport must meet," said CIS's Michel Belanger. "There has to be a minimum number of schools participating, a minimum number of conferences, and the schedule has to work.

"Whether or not certain sports get dropped depends on the criteria. For example, sports like field hockey - I think field hockey is down to 16 teams across the country."

Field hockey does have hope though, according to Belanger. "If we decide to keep it, they are definitely going to have to prove that they can either add a couple of programs or something to improve participation.

"Along with field hockey, the sports that must reapply to be on the CIS roster include cross-country running, rugby, swimming, track and field, and wrestling.

Sports that may be added to the CIS must fit the same criteria as sports looking to be renewed. A sport renewal committee has put together to select which sports are to be included. It hearing presentations from various sports this November in Ottawa.

Interest has been expressed for curling, ringette, and baseball to be added as CIS sports. Rowing, cycling, and golf have also been proposed at various times in the past, said Belanger.

However, problems exist in adding many of these sports.

"Golf showed interest at one point, but had to withdraw because of lack of development on the women's side," said Belanger. "The problem with baseball is that the fall season is really short... We have too much of this criteria.

"Major sports have already been pre-selected for the 2005-2006 season. These sports are chosen if 35 or more schools participate during the 2005-2004 year, if they have a financial benefit to the CIS, or if they have their championships broadcasted by TSN.

Therefore, basketball, football, hockey, soccer, and volleyball will not be forced to re-apply to be a part of the CIS roster.

This Week

Marco Chiaramonte

By John Ritty

It is enjoyable to follow the top wrestler at MUN every season. It is inspiring to track one of the hardest working Sea Hawks as he goes through countless practices. But when he is followed for several seasons with no one recognizing that he is hard of hearing, the athlete's story becomes exceptional.

This athlete is Marco Chiaramonte, a fourth-year wrestler with the Memorial Sea Hawks.

The first thing the wrestler's coach and teammates will say is that he trains harder than anyone else on the team. As Chiaramonte describes his workout plan, this becomes clear: "Regular wrestling practice is just wrestling five days a week for two hours. I do cardio twice a week, also judo three times a week, and then strength training twice a week. In all, I'll do about 44 hours of practice a week," he says.

The star wrestler is also a great fighter in judo. This past weekend, he took fifth in a national competition. He is also the 2007 Canada Games coach for the sport. When asked if he preferred judo to wrestling, Chiaramonte explains, "I started in judo before wrestling. I've been doing it for about 15 years. It's hard to say if I'm one more than another. Judo is very similar to wrestling, it's just a difference in attire, and with more throws."

One might guess that constant wrestling with teammates would cause tension in the combat room, but Chiaramonte disagrees. "Nah, I don't get mad at people. While you wrestle you're pretty aggressive, but you're friends after.

"Where does his motivation to work so hard come from? He explains that it is his competitions that drive him to work so hard in practice."

"Wrestling is not only a physical sport, and as Chiaramonte explains, a lot of the sport involves mental toughness. "If you're not mentally strong, especially at the higher levels, the guy is just going to pin you or throw you all around. You really have to stay focused because there are so many skills involved. You have to be sharp and not get caught making a bad move," he says.

The athlete prepares himself mentally before the match begins. "I try to tune out the crowd, do some breathing exercises. Think about what I'm going to do, and how I'm going to fight, and plan to exploit my opponent's weaknesses."

"Perhaps more mentally taxing on Chiaramonte is the perceptions about his sport. Many still retain the idea that varsity wrestling is the same as the WWF. "I don't like fake wrestling because it's not real to me. I don't think it should be called wrestling. It's not even entertainment to me," he says.

Chiaramonte also admits that it is sometimes hard for him to not compete in front of a home crowd. However, it is training at home that he finds most difficult. "Wrestling is an individual sport. It's more frustrating when there's nobody to train with. It's hard to compete with the good guys all the time - that's why I train so hard at other training methods," he says.

In the very near future, Chiaramonte will once again wrestle the best. In January he will travel to Melbourne, Australia to compete in the 2005 Deaflympics. He will become the first Canadian to compete in these games. The Deaflympics feature 500 athletes and team officials competing in 17 different sports. The games originated in Paris in 1924.

Chiaramonte will also compete for MUN in the 2007 CIS Championships, as well as the AUS season competition, and many judo competitions.

SIDELINES

THE BASKETBALL EDITION

MEN'S BASKETBALL

GAME 1: SMU 52, MUN 50 - SEA-HAWKS SHOOTING: 37.5 PER CENT, THREE-POINTERS: 16.7 PER CENT

GAME 2: SMU 73, MUN 67 - SEA-HAWKS SHOOTING: 42.4 PER CENT, THREE-POINTERS: 39.1 PER CENT

WOMEN'S BASKETBALL

GAME 1: MUN 77, SMU 55 - SEA-HAWKS SHOOTING: 49.2 PER CENT, THREE-POINTERS: 50 PER CENT

GAME 2: MUN 82, SMU 64 - SEA-HAWKS SHOOTING: 33.3 PER CENT, THREE-POINTERS: 33.3 PER CENT

STANDINGS:

MEN'S BASKETBALL: THIRD IN BALDWIN DIVISION, 8-4, 5 POINTS

WOMEN'S BASKETBALL: FIRST IN BALDWIN DIVISION, (6-0, 16 POINTS)

MEN'S BASKETBALL: THIRD IN BALDWIN DIVISION, 6-4, 5 POINTS

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WOMEN'S BASKETBALL: FIRST IN BALDWIN DIVISION, (6-0, 16 POINTS)

ATHLETE OF THE WEEK

Robbie Hickey, athlete of the week.

ROBBIE HICKEY, AVERAGED 15 POINTS, 11 REBOUNDS, AND 3 ASSISTS THIS WEEKEND AGAINST SMU.

MEMORIAL FEMALE ATHLETE OF THE WEEK:

MARY DALTON, AVERAGED 19.5 POINTS, 5.5 REBOUNDS, AND 11.5 ASSISTS THIS WEEKEND AGAINST SMU.

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Favourite after-practice activity? Mountain biking, that kind of thing.

Favourite sport to watch on television? Hockey or soccer.

Describe wrestling in one word: grappling.

What MUN sport aside from wrestling would you like to try the most? Soccer, because I enjoy playing, and I used to play in senior high.

Should the Canadian government ban trans fats? It's bad for you, sure.

If a hooligan tried to fight you in the Breesean, who would win? Probably me (laughs), I'd probably back out of the fight first. I don't believe in street fighting.
DON'T DRINK AND DRIVE. CALL 1-888-TAXIGUY.
Basketball hangs up wings for Xmas

Sea-Hawks performing well in season's first half

By John Reif

The basketball teams finished their 2004 AUS games this past weekend at the Field House. After six league games each, both squads will have plenty to reflect upon during the Christmas hiatus.

The women's team has been absolutely cruising throughout this season, with a 4-2 record. Despite their struggles, the Hawks have shown great promise in the first six games. Coach Aughey's lineup against SMU also featured the return of Mark Tobin, who has played for the first time since a severe car accident in the summer. Some excellent rookies have boosted the team's upswing. Leonel Saintil has added a spark to the offense, and has become a fan favourite with his knack for getting his hands on the ball. While Saintil needs to develop to be able to get multiple players on a roll at the same time. A look at the Sea-Hawks' box scores shows that in each game, one or two players will have big nights, but the others are very quiet. In the games the team has won, there has been a very balanced effort. Yet despite their struggles, shown in full with two close losses to SMU this weekend, the team has been leading in a positive direction. Like Robbie Hickey, many have improved dramatically. Hickey had a huge weekend, scoring a double-double in both games, and adding an impressive five assists in the second game.

The Hawks have also healed very well. Jeff Saxby is back, and has played in every game this season, turning in some solid performances. His recovery has boosted the Hawks, and his presence in the lineup aids them in all aspects. Coach Aughey's lineup against SMU also featured the return of Mark Tobin, who played for the first time since a severe car accident in the summer.

A healthy Jeff Saxby (above) is back to leading the men's Sea-Hawks. Amy Dalton (right) had an outstanding performance this weekend, and was named athlete of the week for her efforts.

So far this season, the team has struggled with consistency, as they have played great Saturday games, only to let down their guard on Sundays. But their problems with consistency don't stop with effort, as they never seem to be able to get multiple players on a roll at the same time. A look at the Sea-Hawks' box scores shows that in each game, one or two players will have big nights, but the others are very quiet. In the games the team has won, there has been a very balanced effort.

It is difficult to pinpoint where the team is halfway through the season, but once again none of the lineup has been just as deserving. The team has struggled in most aspects, as they have played great Saturday games, only to let down their guard on Sundays. But their problems with consistency don't stop with effort, as they never seem to be able to get multiple players on a roll at the same time. A look at the Sea-Hawks' box scores shows that in each game, one or two players will have big nights, but the others are very quiet. In the games the team has won, there has been a very balanced effort.

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Some excellent rookies have boosted the team's upswing. Leonel Saintil has added a spark to the offense, and has become a fan favourite with his knack for getting his hands on the ball. While Saintil needs to develop to become a bigger part of the SMU offense, he has shown great promise in the first six games. Rob Grant's guard play has also been impressive, as he and Justin Halleran have done an effective job in running the Hawks offense.

The team has scheduled a Florida tour to take on some American teams over the holiday break. Hopefully they will gather the poise it showed in their wins, and be able to put it on the floor as they get back to AUS play next semester.