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Inside Insider Trading & an opinion about Martha... page 14



Braille ballots a possibility

MEGHAN MCLEAN
Staff Writer

Until this point, the election that is scheduled for February 3 on campus could have been viewed as excluding 11 members of the student body — those students who are visually impaired. But with a commitment from the Elections Executive, Braille ballots appear as though they will become a reality.

Although this is not something that has been brought up by the students affected by it, Jen Mitchell, WLUSU director, states that it is "definitely an issue, an issue that can easily be resolved," and adds that this issue is a very important one to her in particular.

Initially, if a visually impaired student were to express a desire to vote, he or she would have been read the nominees by a polling officer and either be guided to the space to mark or simply have it marked by the officer. This leads to the obvious issue of privacy, as well as potentially skewing the vote. In addition, this acts as a voting deterrent on a campus with an already extremely low voter turnout, at approximately 20 percent in 2004.

In response to Mitchell's concerns, Heather Spence, the Elections Coordinator has been working with Accessible Learning to devise a system using a Braille template, which will fit over the actual ballot. The student will be able to read the nominees in Braille and mark where applicable. After removing the template, the ballot will be placed in the box with all the others there-

by disallowing any identification. "It's looking very good," says Sean Simpson, Chief Returning Officer (CRO) for this year's student elections. According to Simpson, Accessible Learning is willing to finance the production of the templates that will rest over the ballots.

"That will be the most independent way of doing it," he adds, referring to the system of voting. "They will be full participants in the democratic process."

Simpson is not sure if any other universities facilitate Braille ballots for their visually impaired or not. "This may be something we're trail-blazing on," he says.

Janet Hand, Assistant CRO added, "We're hoping that by opening this opportunity... it will raise voter turnout."

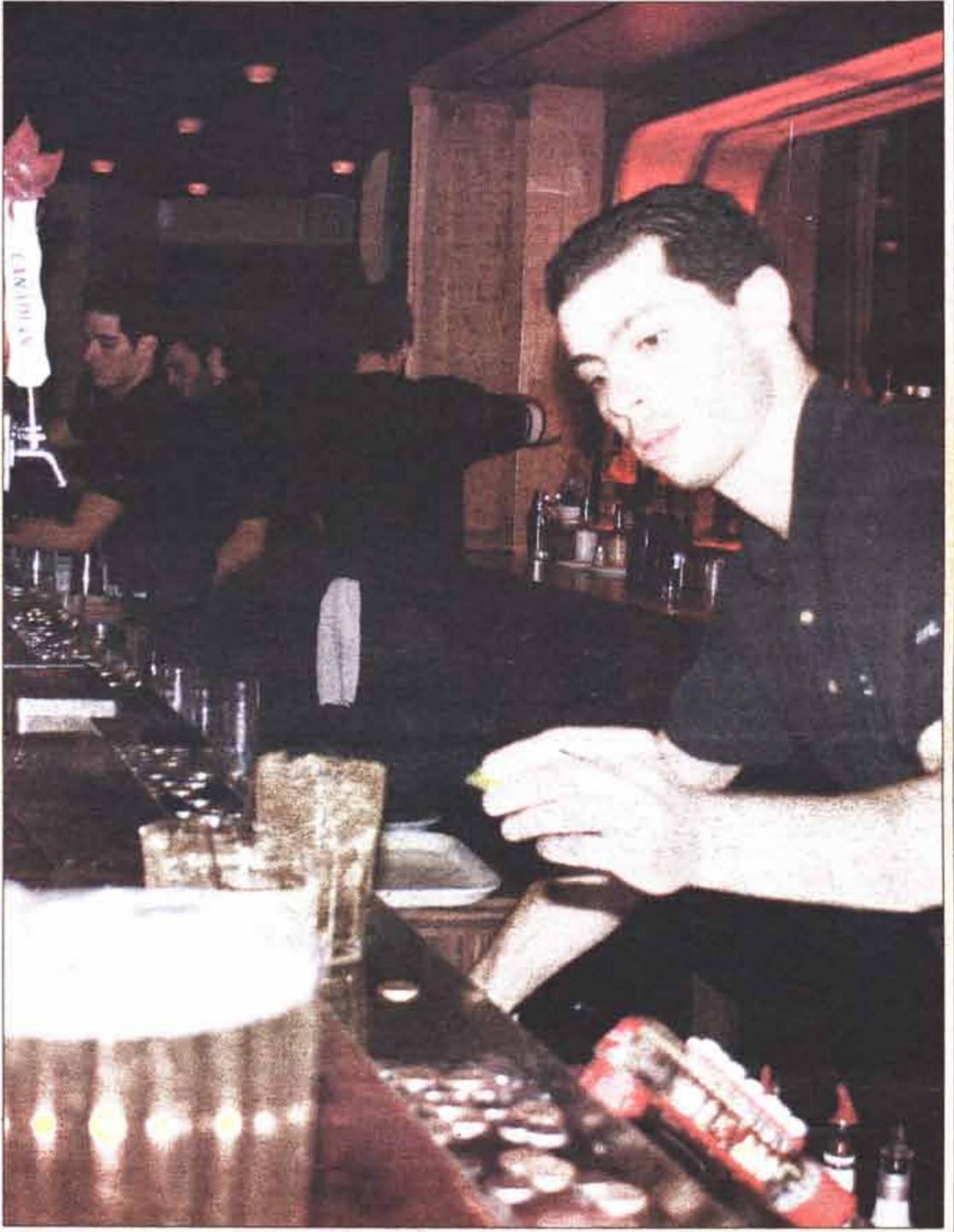
Unfortunately when Mitchell mentioned this idea to the WLUSU Board of Directors, she encountered several "sour faces at something else that needs to be done to appease the people on campus." At the same meeting, Director Nick Murphy insisted the Students' Union find a way to accommodate the need for Braille ballots.

Despite a general lack of Board commitment, Mitchell is sure that it will be agreed upon once it is noted by all that it is something that does not need to be outsourced, and that Accessible Learning has all the tools and resources to implement the project.

Additionally, as Mitchell says, "it will be amazing to re-franchise the students that didn't have the right before."

With files from April Cunningham, News Editor

Pour another round



Caitlin Howlett

Don't forget the lime: Wilf's bartender, Khaled Eid, quickly adds a slice of lime to a drink as a finishing touch while tending to the growing crowd. Many patrons were milling about talking to friends and enjoying the sounds of Craig and Lucas - Acoustic Duo, on a rather busy Tuesday night.

Canadians to monitor upcoming Iraqi election

TYLER WILLIAMS
Staff Writer

In a surprising reversal of policy, Ottawa announced that it intends to send a team of election monitors to Iraq to assist in the running of the forthcoming election, scheduled to be held on January 30.

This recent policy decision flies in the face of Canada's refusal to take part in the U.S.-led invasion of Iraq, and has sparked widespread criticism. Many Canadian policy and political experts are worried that the decision jeopardizes Canada's image

and role in the promotion of democracy worldwide.

Duff Conacher, a coordinator with Democracy Watch, believes "the Iraq situation is insane," and "that it is not possible to hold a free and fair election when there is a very plausible threat that people will be killed if they go to the ballot box."

The Canadian monitors are aware of the deteriorating security situation in Iraq, and they have stationed themselves in neighbouring Jordan.

- Please see Iraq, page 8

Stars to shine at Starlight

CARLY BEATH
Arts and Entertainment Editor

Montreal band Stars are supposedly bringing about a Soft Revolution.

The band exclaimed "Long live the soft revolution" in the booklet of their debut album *Nightsongs*, and now has a song called "Soft Revolution" on their latest album, *Set Yourself On Fire*. The music media, always looking for the next big trend, has fashioned it into a veritable movement with Stars at the centre. So what exactly is the Soft Revolution?

"Initially, they were words I wrote on a piece of paper when I was stoned, really," says singer

Torquil Campbell. "The thing about art is that you make things not really knowing what you'll be saying... people hear it and respond to it, and suppose, I guess, a kind of planning in it."

Campbell doesn't want to pin the Soft Revolution down. "The thing about a phrase is that it has its own meaning for everyone. There isn't something that I want people specifically to understand about it," he says. The closest he comes is saying that it's something "that happens inside you. It's two words put together to be a symbol of something that I felt that was happening to me and my friends, on a personal level."

It's a fitting mantra, then, for

a band whose songs are intensely personal, and whose sound is very hard to categorize. *Set Yourself On Fire* is somewhat of a departure from their previous two albums. The lyrics are still often about love, both hopeful and hopeless, but the songs are more complex and lush. The synths, guitars, horns and strings of the two previous albums remain, but have been fleshed out into a fuller, more layered sound. The band has created an expansive sound that is dreamy and airy, yet somehow dense and full of conviction.

- Please see Stars, page 24



April Cunningham

These innocuous cultural studies course packages in the Laurier Bookstore are the unwitting targets of a continual increase in price. While the Bookstore is prepared to absorb some of the increasing cost of the packages, students will not necessarily avoid the price increases.

Course pack prices on the rise

Bookstore is set to absorb some of the rising costs of course packs

MIRANDA MACDONALD
Production Assistant

If you thought course packages were already too pricey, be prepared to dish out more cash for them in upcoming years.

According to Ron Billing, manager of the WLU Bookstore, the cost per page has gone up 28% from 5.5 cents per page to 7 cents per page this year. In two more years, the price per page will reach 10 cents.

Despite the inevitable increase in course package prices, Billing said the Bookstore will try to absorb the majority of the future increase.

"Because the business has

grown, we can absorb 2 cents per page and we will try for 3 cents if we can," Billing said.

The cost per page of course packages has increased 28% from 5.5 cents per page to 7 cents per page this year. Soon pages will cost upwards of 10 cents.

Billing also said the Bookstore will consider a buy-back program on used course packages in the future. "I will

make a promise to the student body to see if it is feasible to do a buy-back program for course packages," he said.

Originally, course packages were created as a way to save students money. "Then Access Copyright came into play, and everything changed," said Billing. Access Copyright is the governing body for protection of licensed property. They collect money from publishers who in turn, collect money for authors.

As course packages become more popular and the sale of textbooks decreases, "you turn around and try and get your piece of pie somewhere else," said Billing.

He said that this increase in copyright fees is similar to a textbook changing editions each year. "They do this to generate more sales."

The Bookstore took over all production of course packages in September 2003 as a way to cut costs and become more efficient. The printing costs as well as the industry standard percentage that the Bookstore receives for sales of printed material have remained

stable for the past seven years.

"We are looking to cut costs and become more efficient where we can," Billing said.

Ninety percent of course packages are priced per page.

"We are looking to cut costs and become more efficient where we can."

- Ron Billing, Bookstore Manager

There are special cases in copying material such as Harvard Business Cases where the cost can range from \$3.25 to \$4.50 per case. If a course package contains 10 or more of these cases, this is a substantial increase for students.

Billing said that the Bookstore is doing everything in their power to combat the rising costs of course packages. "This is not a money grab on our part," Billing said. "We're on your side."

News Bites

WLUSU fears donating money

FRASER KING
News Editor

In an unprecedented step, the McMaster University's student union donated nearly \$17,000 to the Red Cross for aid relief in Southeast Asia.

The donation was made possible by an unexpected and sudden influx of surplus money.

The decision to donate the money was contested, with Erin Robinson, vice-president of education, noting that the McMaster student union was "not in the position to direct funds of this substantial amount to causes such as this."

The McMaster decision comes in wake of the January 12 WLUSU Board meeting where, when asked if WLUSU would be donating any money to a charitable or aid society WLUSU President Steve Welker explained that WLUSU would not be making any donations noting "any donation would set a dangerous precedent."

Welker's concern as well as those of certain McMaster students such as Robinson are coming to a front at McMaster as slippery-slope debates about what charities should be supported and which ones should not be.

The figure of \$17,000 was arrived at to represent one dollar per McMaster student.

(with files from CUP, Meghan Waters The Silhouette (McMaster University))

WLU ITS department upgrades service with new help desk

APRIL CUNNINGHAM
News Editor

Laurier's Information Technology Services (ITS) has opened an additional help desk in the Torque Room to cater to students who study in the Concourse area, particularly after-hours.

"It's for the benefit of students," says Dr. Raj Govindarajan, director of ITS.

The new help desk is now open till 10:00 pm Monday through Thursday, and closes Fridays at 4:30 pm. To the benefit of many, it will also be open Sunday afternoons, 2 to 6pm.

Govindarajan says that the reason for choosing the Concourse for a second location is that, "that's where we see the most students working after hours." He adds that if a demand went up for IT help in other areas of campus, such as the Science Building, they would consider moving there in the future as well.

The type of issues students may use the new help desk for would be password inquiries, problems with the printing network, or lab issues. "Certain things would not be available," says Govindarajan, since more experienced technicians will not be working. "But we'll be able to offer some immediate assistance."

Vocal Cord

What do you think is a good solution to the rising price of course packs?



"I think the cost of course packs are fair. They're not very expensive compared to U of T."

JOJO ZHAN
FIRST YEAR
ECONOMICS



"I'm really upset... they should be photocopied."

JOANNA POPCZYK
SECOND YEAR
COMM. & GLOBAL STUDIES



"Don't let teachers switch the books every term."

SANDIE HOWARD
SECOND YEAR
COMM. STUDIES & SOCIOLOGY



"The course packs are non-refundable, so if you change a course, like I did, you can't get your money back."

CHLOE LIN
SECOND YEAR
COMM. STUDIES & GERMAN



"I think having the articles online would be good, because you can't even return [course packs]."

JOHN PAUL DELMONTE
THIRD YEAR
ENGLISH



"I think more material should be available on the internet."

BEN SHRAGGE
SECOND YEAR
HISTORY



MEDICAL ASSIST
1:30 pm Monday January 10

Officers assisted a student to Health Services after she fainted while waiting in line at 202 Regina.

MISCHIEF
12:30 pm Wednesday January 12

A student reported that persons unknown drew a small swastika in the stall of the men's wash-room at the Food Court.

ASSAULT
11:45pm Wednesday January 12

A resident student reported that while he was walking to his residence he was punched in the face by an unidentified male. The matter is under investigation.

MISCHIEF
1:33 am Sunday January 16

Person(s) unknown broke the glass in a door on the third floor of the Nichols Centre.

CRIME OF THE WEEK:
"WHO THE HELL ARE YOU!?"

MEDICAL ASSIST
2:06 am Sunday January 16

Officers and an ambulance attended at Waterloo College Hall after receiving a report of an unconscious male in his room. He was transported to hospital. It is believed that over consumption of alcohol was the cause.

During this time period two provincial offence notices were issued for liquor violations.

THE CORD WEEKLY'S...
5 DAY ACTION NEWS WEATHER FORECAST

Today	
Afternoon: Flurries -3°C 60% POP	Evening: Mainly clear -7°C 0% POP

Thursday	Friday
Flurries High -6°C Low -13°C 60% POP	Cloudy High -7°C Low -17°C 20% POP

Saturday	Sunday
Flurries High -8°C Low -15°C 40% POP	Cloudy High -11°C Low -15°C 10% POP

Get boosted; juice franchise opening

Laurier students opening juice joint in April

CAITLIN HOWLETT
 Editor-in-Chief

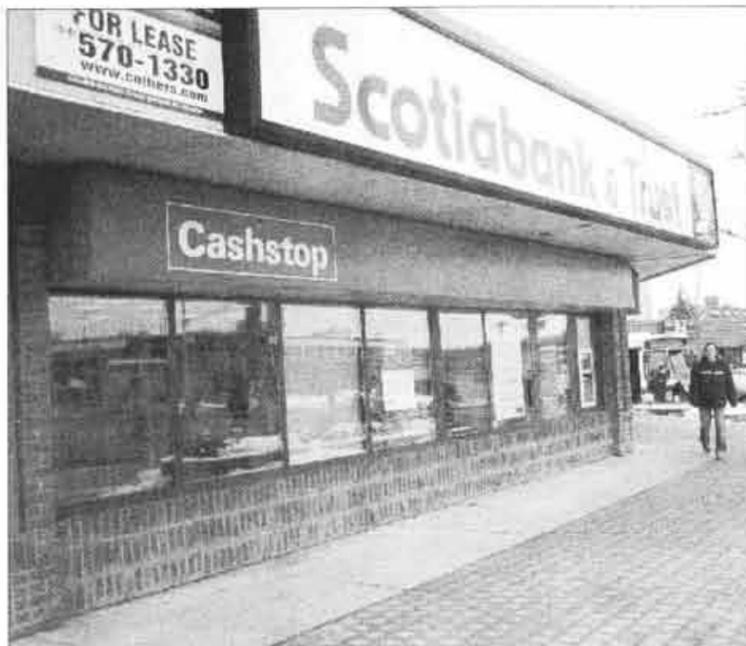
This sounds like a juice for Superman. Cousins Frank and Simon Voisin are bringing the newest Booster Juice franchise to the KW area. The signature product, a Booster Juice smoothie, is made from pure juice, fruits, sorbets, yogurt and a choice of herbal

additives like echinacea. The goal, like most new franchises these days, is to provide a healthy alternative to the regular fast-food options. The drinks range in price from about \$3 for a small to \$5 for a large.

Frank, a current Political Science and Philosophy Major, and Simon, a recent graduate of Political Science, had a bit of luck when they found out that the Scotiabank would be leaving the corner of King and University; an ideal spot for their new business venture. "It's a pretty good location," said Simon, noting the close proximity to the Athletic Complex as well as the rest of campus. The high energy drinks are perfect for pre-or-post work-out consumption.

Booster Juice is expected to open sometime in April and will be another food option for students and people on the go. When asked about student employment opportunities, Simon was quick to say, "We'd like to help students and have them working there." He believes that by employing students it will create a very social atmosphere; a place where students will want to go and a place where they will enjoy working.

What makes Booster Juice unique from most smoothie operations is the "booster." Each full



Caitlin Howlett

This Scotiabank at the corner of King and University is soon to be replaced with a fresh new store with fresh new juices.

size smoothie comes with one booster and additional boosters can be purchased. There are currently 10 boosters on the menu,

"We'd like to help students and have them working there."

- Simon Voisin, franchisee

including the Warrior Booster which contains echinacea and goldenseal blended with rosehip. The Power Booster contains Creatine, while the Go Girl Booster provides a natural source of Calcium. There are three

smoothie categories including Açai, Berry and Power, each with a number of smoothies to choose from. Also on the menu are a variety of juices, paninis and quesadillas.

Wheatgrass juice is also served; an easily digestible dose of chlorophyll that has all sorts of health benefits. According to Frank and Simon, it is the equivalent of two servings of green vegetables. High in enzymes, wheatgrass juice promotes regularity, helps with skin problems like acne, eczema and psoriasis and can even remove heavy metals from the body.

For a complete menu, visit www.boosterjuice.com



Research your way out of an essay

New program allows students a unique research opportunity

LAURA SCOTT
 Cord News

Want out of an Essay?

The Students Union unveiled their Research Internship Program at Wilf's last Wednesday night. This program will give students the opportunity to substitute "an essay [with] research for a non-profit organization," Daniela Pirraglia, Academics Issues Committee (AIC) Coordinator, explained.

The program is available to all students, and is starting this semester. However, spaces are somewhat limited in two of the three proposals.

Pirraglia described a part of the program's vision as a way "to reach out to the community and

to be able to give something back."

On the other hand, it gives students an alternative to writing an essay. However, there is a catch, as you need to have the permission of your professor, and be able to demonstrate that doing the research program would be beneficial. This may prove to be a challenge as the Students' Union had a great deal of "difficulty getting the buy in from the professors, which is the key link in this type of program," according to Anthony Piscitelli, VP: University Affairs and the brain behind this project.

Piscitelli had come across a similar project run by the Vancouver Island Public Research Group while surfing the

web in second year. He was so intrigued by the idea that he made it a part of his platform in last year's election to adopt it for Laurier.

"This will give students the opportunity to substitute an essay with research."

- Daniela Pirraglia, AIC Coordinator

Unfortunately, Piscitelli implied there may not be a lot of support for the program.

However the students that came to the unveiling appeared to be quite enthusiastic, recognizing its potential.

A pilot version of the program was run last semester in a third year geography course. Piscitelli described the results as "fairly successful" but noted that this was possibly because of its smaller scale. Piscitelli's main hesitations towards the program were regarding its growth.

"I don't know how successful this is going to be when we have expanded it a little larger [in size]." The program has just been launched and the Union is unsure if they will handle it the same way next year.

Currently there are only three research opportunities available with no discussion of others being added to the program at this time.

For more information on the Research Internship Program go to http://www.wlusu.com/students_union/rip_projects.asp. Or contact Anthony Piscitelli, apiscitelli@wlu.ca

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Cord News.
 I like!

Writing the Research Paper: A Writing Workshop for 1st and 2nd - Year Students

In this workshop we will identify the characteristic features of research papers and teach you some important writing techniques to help you write your term papers.

The workshop will be repeated and you can attend on either:
 Monday, February 7, in DAVAB 4-305 from 4:00-5:20 p.m.
 Thursday, February 10, in SBE 1210 from 4:00-5:20 p.m.

Please sign up at the Writing Centre or book: www.wlusu.com/writing-centre

CORD clippings

National

Cows are pissed, not mad!

Metronews.ca reported that an American cattle group concerned with the long-term affects of mad cow disease made a request to the U.S. National Cattlemen's Beef Association (NCBA) to help with stopping a proposal that would allow the import of Canadian cattle.

Cattle shipments were cut off from the U.S. after the first case of mad cow disease was discovered in May 2003.

Currently the NCBA supports the reopening of trade between the U.S. and Canada as well as with South Korea and Japan.

Provincial

Maybe it is time to quit?

As of midnight Tuesday, the Ontario Government has increased taxation on tobacco which result in a \$1.25 increase in the cost of a carton of cigarettes reports CTV.ca.

The increase is part of a plan that would bring the Ontario tobacco tax up to the national average of \$30, Ontario currently has a rate of \$23.45.

"With this increase, Ontario comes one step closer to its plan to raise tobacco taxes to the national average," Finance Minister Greg Sorbara

This increase is the third since the Liberals assumed power.

LOCAL

Ottawa hearts RIM

The Waterloo-based Research In Motion (RIM) is currently involved in a patent dispute with an American company, but RIM is about to get some help from the Federal government reports the Globe and Mail.

The Canadian Department of Justice has filed a brief with a U.S. court that advocates preventing US patents from being held against RIM, the brief known as an "amicus curiae," demonstrates Canada's desire to have no harm befall RIM due to any patent disagreement.

compiled by Fraser King

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Quote Of The Week

"Orange building, eh? The only orange building I know is Hooters"
- Leo Yu, commenting on the colour of April's house and making his inaugural appearance in the QOTW

Next Issue: January 26

Not-for-profit driven by profit

Everything that we really need to know we learned in kindergarten, but a new study by two economists from the University of Toronto points out that the nature of early learning centres is vitally important. The study concludes that not-for-profit daycares give students better quality and development than for-profit centres.

While the study is focused on early childhood development institutions, it draws many parallels to our modern post-secondary education system.

Increasing corporate power is a global phenomenon, and schools such as ours have not escaped this process. As budgets are slashed in the name of efficiency and financial restraint, programs cancelled because they don't produce 'valuable' (or corporate ready) graduates and education becomes more about your degree than the knowledge you gain, it is obvious that our not-for-profit institution is learning many examples from the corporate world.

One of the most pressing correlations between universities and the U of T study concerns personal care. The report concludes that not-for-profit centres offer their students better personal care than for-profit institutions. There are several factors in this equation, but a significant aspect is the student/teacher ratio. It was found that for-profits centres often seek to maximize profits by increasing the number of students per teacher.

Professors speak of ten years ago when classes held twenty students, but today hold more than fifty. Other classes are held in auditoriums so large that microphones are needed for everyone to hear the professor. When was the last time an instructor for a first-year class was able to remember the names of all the students? Despite the efforts of many instructors, personal care is



The Editors' View

often lacking and the situation is getting worse.

The study found that not-for-profit centres paid their employees more, and that this was a factor in their higher performance. The increasing use of part-time faculty has an impact not only on students, but faculty as well. Paid less than full-time instructors, receiving fewer benefits and often commuting between several campuses, the pressures placed on part-time faculty limit their ability to engage students.

In Bob Rae's current review of the post-secondary education, which is due in Parliament in a matter of weeks, such studies should be used foundationally to show that simply giving in and allowing education - at all levels - to be run by the profit motive is not in our best interests.

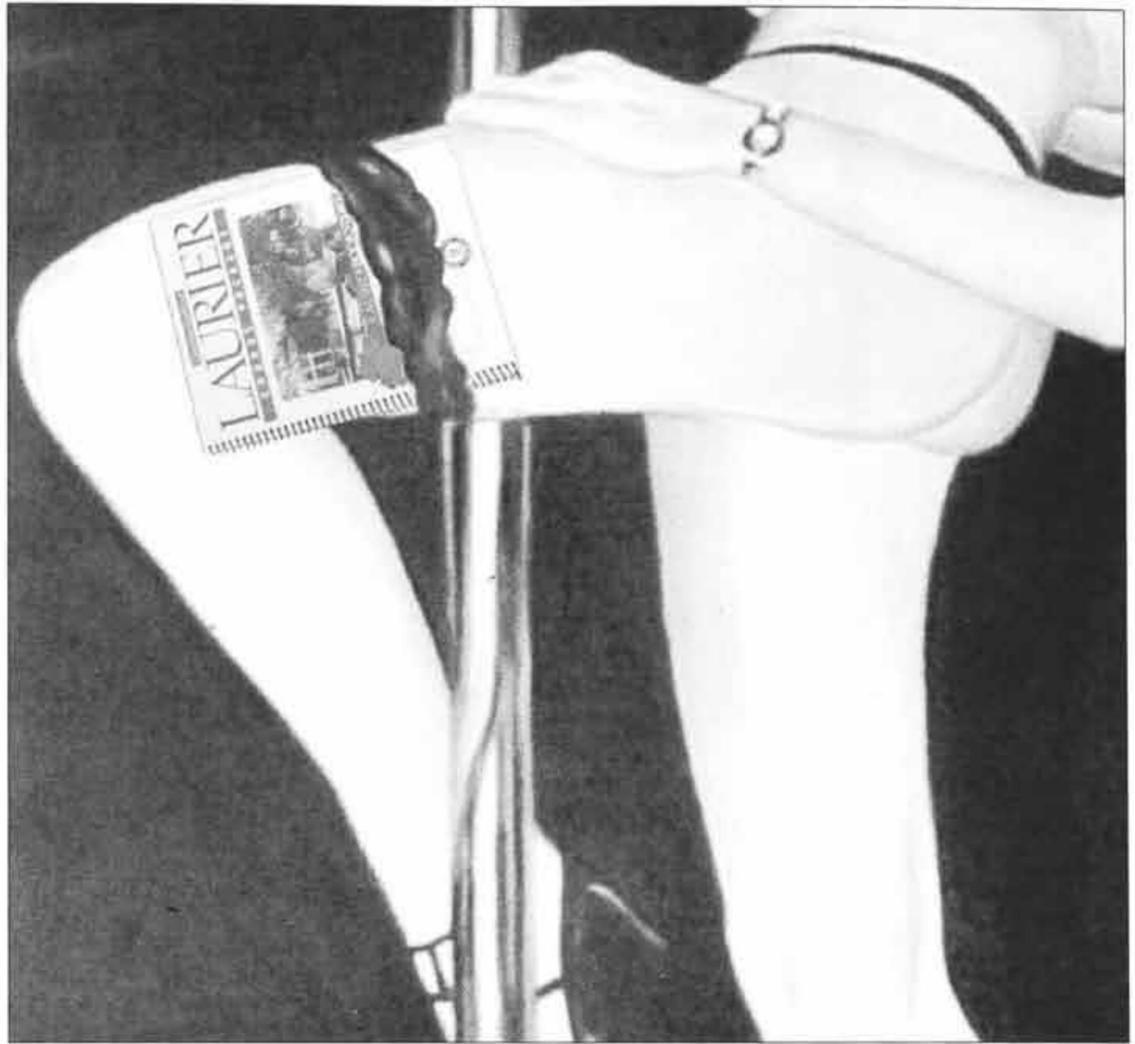
Currently, Rae has shown little interest in tuition reduction or a stronger return to publicly funded education. In fact, he has defended the price of education through comparisons with the U.S. and U.K. but as Laurier's Dr. Walsh-Bowers pointed out in a Kitchener Rae Review Town Hall meeting, there are other models to consider - like that of Ireland and or the Scandinavian countries.

There are a lot of 'bottom lines' being discussed in education these days, but with Ontario on the brink of incredibly important reforms, it would be wonderful to see the government take a stand and ensure that breadth of course offerings and the quality of teaching do not slip below that line while profits soar above it.

SEND LETTERS TO THE CORD!



cord@wluwp.com



Graphic by Fraser King

How do you pay for your course package?

The strip club wants you

Strip club owners target students who might just take off their clothes to make financial ends meet

Michelle Pinchev



Features Editor

I'm sure you've all heard of Canada's stripper shortage.

At the end of 2004, it was all over the news. Allegedly, our fine country's immigration minister was giving special treatment to a "special" dancer, who volunteered her spare time (whilst not stripping) to endorsing this minister's re-election campaign for parliament. Politics and sex mix so nicely.

Canada has a number of programs that aim to recruit people from foreign countries with specialized skills that this country lacks. Among these lacking skills is the fine art of taking your clothes off and shaking your moneymaker.

According to my sources, last year Canada brought in almost 20,000 construction workers, about 5,000 nannies, 1,560 professors to teach at our universities and colleges, and over 600 exotic dancers (mostly Romanian).

It's hard to make any judgments about these fine imported strippers; the standard of living for a stripper here may far exceed the conditions that some of these women endured in their homelands - or maybe not. Sadly, many of these women are educated in teaching or nursing. Surely, the professional dancers would rather be seen in *The Nutcracker* than lap dancing on some guy's nuts.

Still, this is good news for Canadians; it means that our friends, sisters, girlfriends, aunts, etc. aren't doing the majority of

stripping.

Since this recent scandal with immigration, Canada has tightened up. Now we carefully screen who gets in and why.

With fewer foreign dancers coming in, strip-club owners have been faced with a little problem. How do you get educated women in a developed nation like Canada to take their clothes off for money? That's easy. Students!

With the mounting costs of tuition, books, housing and general living expenses, I would have considered doing it if not for the fact that I find the whole institution revolting.

Every time rent is due, I crack a joke about Roxanne's amateur night sponsoring my plight to get an education."

I've been to a strip club once and can honestly say I will likely never be found in one again. I found it extremely sad, depressing and downright uncomfortable. Other girls around me seemed to get a kick out of it. Many jumped on stage and flashed the crowd for 25 or 50 bucks.

Strip club owners are fully targeting students. They're young, ripe and desperate for cash. Many are enlisting like young men into the army. They may as well come out and say it: "strip for us and be all you can be."

It's disgusting. Amateur nights are becoming increasingly popular and owners are going for

the bookish student look. Student papers, such as the excellent publication you are reading now, commonly display ads for wet t-shirt contests, amateur nights and other degrading ways to take advantage of female students in financial need.

Recent studies done at the University of Toronto have shown that there isn't really a shortage of Canadian strippers. The real shortage lies in that the club owners are in desperate need of girls who will do the private lap dances, fully naked in close contact with the customers while, often enough, they grope the dancers and masturbate.

Despite the fact that this is illegal, high risk behavior and just plain old icky, it's what brings in the money and, like it or not, it's going on everywhere. To make matters worse, if you're a Canadian stripper, most likely you are spoken for by Hell's Angels or other biker gangs.

Every time the end of the month rolls around and I know rent is due soon, I crack a joke about Roxanne's sponsoring my plight to get an education. Then I realize it's not funny. Other girls are actually considering this and many believe they don't have a choice. You can't really blame them either. It seems so easy. One quick night of Turret-style dancing (without clothes) could get you quick cash.

Smart girls know better; it's never that easy. Flip burgers, endure the bad singing at the Spur, sit outside of a bank with a paper cup and a sign. Just keep your clothes on and your dignity intact.

A different kind of quality

Don Morgenson



Professor Emeritus

In Canadian post-secondary education many techniques have been developed to define and demonstrate quality and excellence on our campuses. The traditional approaches of accreditation and assessment and program review are heavily weighted with peer evaluation. Emphasis on student-client satisfaction, performance indicators and accountability reporting are also used to ensure quality in the classroom.

Ensuring quality in our universities however, is more than systems analyses and refined techniques. Systems are ultimately servants of spirit. A professor who cares deeply about his/her students and subject matter may contribute more significantly to quality than cumbersome assessment procedures. A university administrator with compassion and academic integrity may be a more direct contributor to quality than a ranking in *Maclean's* magazine.

The current ferment over quality and productivity in higher education may have as much to do with the level of caring demonstrated in the day-to-day behavior of those responsible for climates in classrooms and offices as with our skills in designing systems assuring intellectual quality.

"Teachable moments" occur during exchanges between faculty members/administrators and students. An incident, which one hopes is an isolated one, has come to my attention. A colleague of my acquaintance, a

Dean of Students (at university in the US) received a call from a student obviously "stressed to the max." She had become ill with the flu and missed a term examination. She had suggested a make-up exam. He explained he was on campus only two days a week and the remainder of his time was devoted to his off-campus research program.

He explained to the student his principal responsibility to the university was to keep his research moving briskly which meant he had little or no time to arrange a make-up exam; she would have to accept the mean of her other exams for the course. He concluded by saying that if he attended to every little problem faced by "panicked" undergraduates, he would never have sufficient time for his research and his published research record; that factor which would move him ahead in academe.

An interesting trade-off. The failure to treat students with sensitivity and dignity is outweighed by the more convincing form of assessment... a slick and thick annual report from the president's office or any other set of formidable performance indicators designed to enhance the reputation of the researcher, the department, and the university. The professor's rather narrow vision of his primary role prevented him from celebrating, at least for the moment, the irresistible call to teach.

Would an assessment team visiting the campus be told of such an incident? Could or would sophisticated systems of quality assessment address this incident? Probably not. Moral outrage on the part of the student might have been an appropriate response but I am certain she felt

"stone-walled."

In a caring community, a collective moral outrage would in all probability occur, whereas the emphasis on centres of excellence, quality management, performance indicators, etc... often reflect an approach that is probably political rather than moral. The encouragement of quality in universities must move beyond systems analysis.

In the current political climate, some academics feel that as tuition freezes are relaxed or sustained, the quality of the education for which students are paying may be in decline. In such a climate, the values of courage and candor, and a pedagogical caritas will ensure quality more than anything else.

Whatever our positions or titles, we are all teachers and that means being called to a rather sacred responsibility - inviting those for whom we have much affection to extend themselves to the far reaches of their own promise, encouraging them to dig deeply for the meaning in their lives.

When our students leave our hallowed halls, having sat rather quietly for years in our classrooms and offices they may not remember their professors' thick resumes, *Maclean's* rankings or the high marks awarded to departments by SSHRC/NSERC assessment teams parachuted in for a quick quality assessment, accreditation and grant approval.

Reflecting on 45 years of teaching, what students tell me they remember fondly and vividly is whether they were inspired, challenged and touched by those who held their lives and talents in a most sacred trust. Now that is real quality.

Weight no longer

Krista Shackelford



Unshackled

Dear North American consumer,

Congratulations! Dieting is fun! You get to exercise, abstain from alcohol, and consume milkshakes that taste like the bottom of your pet's water bowl.

Are you worried about failing? Well, don't be. We have more money than God - with us on your side, you can't go wrong! Just follow these easy steps:

1. Alter your genes. The majority of models weigh at least 15% LESS than a normal woman their height would weigh. (According to the Body Mass Index.) Is this you?

2. OK... so maybe you aren't one of the 3% of woman who fall into that category. Don't worry, all you have to do is buy our products! Cosmetics is a \$33 billion industry in the USA. People also spend a little over \$32 billion/year on diet soft drinks, artificial sweeteners, low-cal foods, diet supplements, appetite suppressants, and weight loss programs. With this kind of money being thrown at us, you can be sure that we will have you looking perfect in no time!

3. Don't let the pessimists get you down. Yeah, yeah, we've heard it all before. The pinko-feminists run around, burning their bras and shaking their tambourines, telling you that 95% of all diets fail. That cyclic dieting is correlated with high blood pressure, heart problems and depression (College of Physicians and Surgeons of Alberta, 1994). That obesity has a large genetic component. That cyclic dieting increases your chance of becoming obese. That low-carb programs such as Dr. Atkins', encourage your body to quickly lose lean tissue and regain fatty tissue. That the weight loss industry is totally unregulated and that companies are under no obligation to verify results or prove effectiveness (www.about-face.org).

Well, what those wing nuts fail to tell you is that,

4. We care! Yes, we really do. According to Sarford and Donovan, being fat is associated with being unfeminine, antisocial, asexual, out of control, hos-

(not 2004). Some of the individuals in the photo aren't even members of the team anymore. If credit is going to be given, it should be given where credit is due.

Being close with many members of the team, I respect every individual and admire them for how awesome they have become over their years as Golden Hawk Cheerleaders. Each and every member of these two teams deserves to be recognized. This year, both the co-ed and all-female teams worked their butts off to earn their fifth and second place standings, respectively. I just don't understand why the photo couldn't have been from this year's competition. I'd like to show my appreciation towards *The Cord* for their recognition of the cheerleading program and its successes but I just wish the photo could have portrayed what

tile, and aggressive. Do you want people to think you are hostile and aggressive?! Do you? DO YOU?!!!

5. Well, well, aren't *you* just the vision of self esteem. So you think you can be happy at any size, do you? Take a look around! Eighty-one percent of ten-year-olds have dieted at least once. Twenty-two percent of teenage female smokers list weight control as a major reason for lighting up. Eighty-nine percent of adult woman want to lose weight. What makes YOU so special?!

6. Hmmm. You are a tough nut to crack. Maybe you need to read some more ads! The average person is exposed to 400-500 ads per day. One in 11 of these has a direct message about beauty (this doesn't count indirect messages). Do you think you're missing out on our attempt to brainwash North Americans? Check out www.about-face.org/goo for some striking examples of degrading ads. They should make you feel like crap about yourself in no time!

If that doesn't work, check out some magazines! Seventeen Magazine is a good place to start - from 1945 to 1995, most of the magazine's pages have been dedicated to female appearance. Increased exposure to fashion magazines is related to decreased self-esteem and increased eating disorder symptoms.

O.K., By now you must be convinced that being thin is of the utmost importance! Why don't you sit around fretting and eating carrot sticks for awhile? While you do that, we are going to go out for a power lunch at a steakhouse and brainstorm new money-making - er, weight loss - programs that we are sure you will love (or at least pay for)!

Sincerely,
The Weight Loss Industry
"Because we care. And like money." For more information on bogus diet plans, body image and eating disorders, check out the following websites:
www.something-fishy.org (research links, health info, etc)
www.about-face.org (interesting site dedicated to media literacy)
www.mirror-mirror.org (click on eating disorders)
www.nedic.ca (National Eating Disorder Information Centre)

was being highlighted in the article.

Monica Domingos

Defending My Brock

I felt compelled to respond and defend the institution I attend which has recently been embroiled in athletic controversy, cited in the Jan. 6 issue of *The Cord Weekly*. The event that I am referring to is Brock University's forfeiture of its Ontario University Athletics' (OUA) gold medal in men's rowing, due to a student-athlete's ineligibility. The team did in fact lose its OUA banner, but unlike the *Cord's* sports brief mentioned, it did not lose its Canadian University Rowing Championships' (CURC) gold medal (because the error was detected and catalogued beforehand).

- Please see **Letters**, page 6

Letters to the Editor

cord@wlusp.com



An open letter to Mr. Gouett

It was reported in the *Cord* BOD reviews that the decision to not convene the Laurier Student Caucus was based on consultations with existing possible members and this was confirmed in your midterm report. According to the WLUSU Transformers Renewal Strategic Plan Project of 2001-2002, the Laurier Student Caucus is to include "undergraduate Student Senators and Governors," as well as a long term plan for "members from faculty divisional councils."

In your midterm report, you state quite clearly that you had consulted with possible members of the Laurier Student Caucus before suspending meetings for this year. However, as Student Senators, Governors and representatives of the Students' Arts Faculty Council, we take issue with that claim because none of us have been approached in any way regarding the Laurier Student Caucus. Part of the rationale for this decision was also that members were in "constant contact" with one another, but none of us have heard from you as the Chair of this committee. The members of the Faculty of Arts Divisional Council has not heard any reports nor updates as to initiatives that are going on

within WLUSU through the Laurier Student Caucus.

We, as student representatives, contest your claim that you have held discussions with us as "possible current members of the Laurier Student Caucus." We have not agreed in any way, shape or form to suspend meetings for the year and request that you retract your statement regarding the Laurier Student Caucus from your midterm report.

Jason Shim, Chair, Students' Arts Faculty Council, Senator, WLU Senate
Grant Bodnaryk, Political Science Representative, Students' Arts Faculty Council, Senator
Stacey Biggar, Senator
Shirley Manh, Vice-Chair, Students' Arts Faculty Council, Senator
Fraser McCracken, Senator
Andrew Pike, Governor
Anthony Piscitelli, Governor

Covered teeth

I would just like to express my opinion regarding the issue of an optional dental plan offered by WLU. I understand that "opting out" of the plan may be an inconvenience for students who already have coverage under

their parent's plan; however, we must recognize that there are students at Laurier without the luxury of an extended health and/or dental coverage.

And yes, it is a luxury. One which most of us take for granted. I was one of them. Entering the first semester, the last thing on my mind was worrying about dental coverage. With the passing of my father in October, I'm now left without coverage. I now recognize the financial responsibility and stress that comes with being uninsured. I strongly feel that the University and student body should recognize students who are not protected by their parent(s)' plans and can not afford the expensive premiums on their own. I don't want to start using my OSAP for dental cleanings. Thanks.

Sara Conrad

Wrong photo, right idea

Re: "Wingspan" *The Cord Weekly*, Jan. 6 there must be some hawks in the atmosphere. While reading *The Cord*, I was excited to see a photo of the Laurier Cheerleaders because it never seems like there is enough attention paid to the Cheerleaders for all that they do within Laurier Athletics. However, I was confused about the photo because it is from the PCA Nationals 2003

The beauty of Brezsny

Fraser Macdonald



Unaddicted

For a little segment of time, my philosophy profs were probably quite pleased with me. I analyzed and critiqued with fervour and diligence: ooh yeah! Ah, I don't miss those days at all. Seriously, I don't. Of course it's quite valuable to have a critical attitude these days, or at any time, but (and this is a big but) our minds can become too powerful if we aren't careful. Yes, it's good to be confident. However, believing in an idea with absolute certainty can ravage the world, just look at George W. — do you think he second guesses himself?

None of us have an army in our backyards, (apart from the brigade of skunks rummaging through garbage) so there's no imminent danger if we maintain a few false assumptions, right? Maybe for you but not for me. Lately I've become so pissed at the persistent locking of the Laurier campus after 12 o'clock that micro-dictatorship has cropped up as my new pastime. You see, I fulfill my ideations of power by refusing to open the computer room doors: haha, suckers! What? Forgot your student card? Huh, huh? Too bad! It's ridiculous, I have to stop.

All kidding aside, every person searches for a sense of stability in life and often to feel comfortable we try to control what we can, changing the world in the process. Really, it's impossible not to have a serious impact. Being Southern Ontarians, the

majority of us from middle to upper class families, we are all so highly influential. We comprise key demographic groups for marketers, hold or will hold high paying jobs and so many things we do are decided upon haphazardly.

We possess an abundance of opportunities; even an inequitable amount, yet it never appears that way. With a university education, it's easier to reason through things, simpler to pinpoint the actual problem, which is good.

The one catch is that education alone is not sufficient. Knowing how to think creates demands for graduates—the degree assures potential employers that we can get the job done, and so, if we're not careful we suddenly become the product. They choose the best credentials, I mean, person for the job. Quickly our thinking skills are swallowed up by a company's vision, put to work for the purpose of completing some impersonal agenda. Yikes, that sounds pretty cynical. Hardly the effect I'm trying to achieve.

Throughout my four plus years at Laurier I've noticed a tendency in myself and others to become incredibly efficient, to put the nose to the grindstone, to cut to the chase. Knowledge does not have to be a tool to acquire something, or to gratify an impulse, there are many people to learn from and ideas to consider. In that regard, I suggest reading freewillastrology in *Echo* magazine.

I'm far from being the type of person who is influenced by impersonal horoscopes telling the world to buck up because it

seems success is approaching. Nonetheless, Rob Brezsny's integrative horoscope writing style, which merges together astrological knowledge with snippets of philosophical wisdom, has captured my attention.

When I caught myself inadvertently reveling in computer room assholehood this past week, I was handily redirected by Brezsny who instructed me to suspend my belief in the ideas I believe to be the most essential. Not because they are necessarily wrong, but due to the very real fact that no matter how well thought out our plans and ideas are, they can sometimes blind us. It makes perfect sense. I just can't explain it with the same poignancy: "the most dangerous of all falsehoods is a slightly distorted truth." At the very least, check him out, even if astrology makes you incredulous, the readily apparent breadth of knowledge he draws upon will spark any keen thinker's interest.

Truly, it would be ridiculous to be blown away by his writing or any other astrological omen, but it's equally silly, maybe even dangerous, to deny alternative sources of wisdom altogether. Knowledge is power, it really is, yet I hardly give the ideas I am exposed to the respect they deserve. Maybe that's because an undergraduate degree consists of studying numerous thinkers, without ever delving too deep. There are probably tonnes of reasons. Whatever the case, the responsibility we all have is to recognize our learning has only just begun. Knowledge and social position bestowed us with power, the ramifications are endless and worth wondering about.

author of dozens of publications. His dissertations probably aided him in multi-tasking (see stereotype above), including basic reading skills, "a prerequisite for employment in [Brock's] athletics department." In summation, the director and the student involved are not at fault, a simple computer error was at the heart of the university's problem — a problem that has now been recti-

I'm a Smurf

Chad McCordic



Extended Sequence

So apparently I'm Napoleon Dynamite, Stoner-Bear, Papa Smurf, and Emo "as Fuck." My ideal drug is Psilocybin; My nerd quotient is 144. Oh, and if I had 'Anime' breasts they would be "small". OMG!!!!

WTF!?!?!? Lately I've been scanning Livejournal entries. Chris Clemens wrote extensively on it last week, but for those who understandably skipped over his article: Livejournal is a personal space on the world wide web that acts as your personal journal for everyone to read (Huh?). It exists for anyone to post their thoughts on the "Free Will Vs. Determinism" argument in journal entry format. Instead, most people post their adventures at the mall, and how their lives are black as death because Jock-Boy Johnny totally made out with Raychel... :(

Another popular trend on Livejournal is posting results from online personality quizzes. You know the kind: Multiple choice tests which supposedly determine what Superhero you would be, or 'How 80's' you are, or even, you guessed it, what size your breasts would be if you were an Anime character.

Hence my obsessive quest for Internet identity began and the results couldn't all be posted in my intro paragraph.

I'm not sure where this sudden interest came from, because I used to skip them on principle. I didn't need to be defined by a silly Internet quiz! 'I'm not

fied to ensure that this never occurs again.

And by the way, just because Rick "The Temp" went to Brock doesn't mean we watch 'MuchOnDemand'; have 'MuchVibe' broadcast campus-wide or the school shut down for 'Making The Band 2'.

Rob Terpstra, Sports Editor
The Brock Press

A,B,C, or D' and blah blah... in second year I had ideals.

I don't take them quite so seriously anymore and I'm sure most people simply find it entertaining. Not everyone will finish the quiz and think 'What aspect of my superego has reflected itself in my "small Anime breasts" rating?', as I caught myself doing...sniff...

But: All these teeny boppers, bored housewives, lonely nerds and regular university cynics like you and me are posting these results in their public access journals for all to see. Often times the result is posted as some picture (for example: small Anime Breasts) with a caption underneath (...for example: "hehehe...LOL...Totally freekin akurat!!!!!! (sp?) :^P").

Do they actually need these quiz results as indicators of who they are? Are they A, B, C, or D? Are these entries saying, "Look what I am. This is me."?

Probably. And if so, I don't blame them. There's comfort in having confidence in who you are. Life is easier when you know yourself.

But what if you didn't know yourself? What if it's easier to know Napoleon Dynamite than yourself?

As children of postmodernists we're condemned to a life of modern confusion. We're second generation TV addicts making real life seem increasingly far away... maybe we're far away from ourselves too.

I became sad. I wish these people found themselves interesting enough to discover beyond four choices. I wished they knew that they're much more than a multiple choice test. It's hard, especially in our post-post-modern age of tabloids, reality TV and livejournals, to truly know yourself.

Maybe we should go back to paper and a pen. And hide it away...

I started to figure out the quizzes after a while. I smiled and breathed a sigh of hard earned victory...I had "Enormous Anime Breasts." A single tear fell...

Letters, from page 5

I find it hard to believe in the statement, "if you can walk and talk, you can go to Brock," when in fact last year, 25 of Brock's student-athletes were Academic All-Canadians and OUA award recipients (for those who take five or more courses and have maintained 80 per cent or greater in their course work while competing in an OUA or CIS sport).

This figure equals to more than one member per team, a stunning number considering that there are less than 500 varsity athletes at the school — the majority not taking a full course load and thereby not qualifying for the prized distinction.

The figure at the head of the controversy, the director of athletics, is himself a recent national teaching award winner and the

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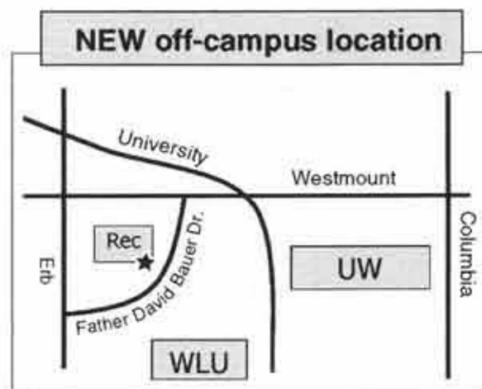
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- Get more exercise
- Learn to cook *give up fries*
- Meet more people
- Get out to the gym
- Get Jim to ask me out ♥

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Spain set to try accused war criminal

Spain is contributing to a growing body of international law to bring global human rights offenders to trial

KYLE BOULDEN
Staff Writer

Last week, a former Argentinean naval officer went on trial in Spain for crimes committed over the course of the country's internal 'dirty war.'

From 1976 to 1983, the war was waged by the ruling military junta against those deemed a 'threat to the state.'

Adolfo Scilingo, 58, is accused of participating in genocide and committing torture. His trial marks the first time that Spain has tried someone for crimes against humanity. The trial is part of a growing global movement to bring human rights offenders to trial. The tribunal is modeled after Holland's efforts, which is currently trying war criminals from the Yugoslavian civil war.

The Spanish government decided to take the case because it is believed that numerous Spanish citizens are among the victims. The Argentinean government has been notoriously evasive in prosecuting those responsible for crimes during this period, and even the high ranking officials who had been convicted were officially pardoned in 1990.

Scilingo, a former navy colonel, appeared frail and sick in

his appearance in court before Judge Baltasar Garzón. He has been on a hunger strike since mid-December, refusing to eat solid food to protest the trial. But many, including a court appointed doctor, believe he may be feigning illness.

Since the mid-1990s, Garzón has spearheaded an investigation into Argentinian human rights violations. Scilingo had originally come to Spain in 1997 to testify before a commission investigating crimes committed by the Argentinian military government. During the original commission, Scilingo admitted to Garzón that in one incident he had drugged 30 dissidents and thrown them out of a plane into the South Atlantic.

Scilingo told *Time* magazine

At least 13,000 were killed during Argentina's 'dirty war,' but some groups contend more than 30,000 died.

in 1995 that "they were unconscious. We stripped them, and when the flight commander gave the order, we opened the door and threw them out, naked, one by

one."

The trial represents a growing global willingness to prosecute human rights abusers outside of their native country. Spain's national court ruled in 1998 that Spanish courts could try global offenders, and the Netherlands and Belgium have tried suspected perpetrators in similar cases.

During the period between 1976 and 1983, Argentina was ruled by a military junta that had overthrown the previous democratically elected government. The military deposed Isabel Martínez Perón, the third wife of famous Argentinean leader Juan Perón, who took control over the country's leadership after her husband's death. Military leaders felt that she had been unable to deal with a growing insurgency, and subsequently ordered a massive crackdown on anyone suspected of undermining the government.

Official estimates put the number of those who 'disappeared' during the period at over 13,000, but human rights groups put that number somewhere closer to 30,000 killed. The majority of these are thought to have been drugged and thrown out of planes into the Atlantic, victims of these notorious 'death flights.'



Contributed Photo

The mother of a victim of Argentina's 'dirty war' protests outside a Spanish courthouse as an accused war criminal is brought to trial.

Iran seeks to solidify control over culture

TONY FERGUSON
Staff Writer

In continued attempts to guard against foreign culture, the Iranian government has launched a formal campaign to eliminate icons of Western culture by putting forward a bill to ban ads featuring Western products.

If passed, the law will ban foreign advertising from television, transport, public posters, billboards, and public signs. But despite the bill's lofty goals, experts believe that enforcement may be difficult because of opposition from prominent Iranian merchants who depend on many foreign products for their livelihood.

Ali Ansari, a Middle Eastern historian at St. Andrews University, believes that even if the bill is passed, "the ban would be well-nigh impossible." Ansari contends that "I don't know how on earth they would enforce it."

Experts believe that the bill is tied to the upcoming Presidential election, which is to be held on June 17. The election will again be a highly contested affair, with Reformers struggling to retain their gains from the previous decade, and Conservatives seeking to widen their base of power.

Iran's government is controlled by Conservatives, but their victory in last year's election was largely a result of intervention by the conservative Guardian Council. Iranian society is often deemed much more liberal than the government.

The ban was initiated by the

parliamentary Cultural Commission, and was also the result of lobbying efforts from the non-government body, the Society for Defending Palestine.

Iran's Islamic conservatives have sought to ban icons of Western culture since they gained power in the 1979 revolution. But previous attempts to ban Western ads have been counter productive to their Islamicization efforts. Bans have had the effect of making Western products more coveted, especially among younger Iranians.

Previous attempts at controlling Western influences were unsuccessful; Western cultural icons became more popular.

Last year, government authorities were upset over a series of ads for Castrol motor oil, which showed the bare legs of popular soccer star David Beckham. The ads were destroyed and effectively banned. But despite this effort by Conservatives, foreign ads continue to proliferate in various locations around Iran.

Still, experts believe that the Conservatives are being too ambitious with the banning of Western culture. "It is an act of grotesque naivete," says Ali Ansari, "[it is] a good example of how wide the gap is between the hard line Conservatives and reality."



Contributed Photo

Iraqis walk past advertisements for their upcoming election, which the U.S. hopes will ensure stability.

- Iraq, from cover

As the Iraqi election nears, the security situation continues to deteriorate with an increasingly large number of suicide bombings and kidnappings. Many election monitors have warned against holding the elections due to the hazardous security situation, and even Iraqi Prime Minister, Iyad Allawi, has admitted that several parts of Iraq will not be able to vote due to the continuing violence.

Yet U.S. President George W. Bush and his administration are stubbornly certain that elections will be held on January 30. With U.S. efforts continuing to stagnate, and more and more allies abandoning the coalition, the election is a key step in America's exit strategy.

With the election, the U.S.

hopes that the prevailing Iraqi regime will gain international legitimacy. This is where Canada comes in. The Canadian government and supporters of election monitors insist that as one of the oldest democratic countries in the world, Canada can use its low-key, non-confrontational approach, to help the Iraqi.

Canadians are suited to monitoring "because we are a little more modest about (democratic) accomplishments than many others."

- Tom Axworthy,
former Principle Secretary

Tom Axworthy, a formal

Principal Secretary to Prime Minister Pierre Trudeau, believes that Canada can serve a key role in the monitoring of the Iraqi elections "because we are a little more modest about (democratic) accomplishments than many others."

Canada has a history of aiding emerging democracies, and has served in a monitoring capacity during transition elections in several other countries, most notably in Mexico's first democratic election in 2000.

Yet, opposition to Ottawa's plan is widespread. Many critics insist that the Iraqi elections should be considered illegitimate due to the hardships voters face in getting to the polls, and therefore Canada, by agreeing to monitor the elections, is giving tacit approval to these elections.

Thatcher pleads out to role in coup

RUBEN GU-KONU
Staff Writer

Former UK Prime Minister's son glad the proceedings are over

The son of former British Prime Minister Margaret Thatcher, a former race car driver whose business ventures have come under fire more than once for alleged arms deals and questionable schemes, was charged last August with financing a foiled coup plot in oil-rich Equatorial Guinea.

Mark Thatcher, 51, was arrested at his Cape Town home on August 25, 2004, and charged with violating South Africa's Foreign Military Assistance Act. "We have evidence, credible evidence, and information that he was involved in the attempted coup, we refuse that South Africa be a springboard for coups in Africa and elsewhere," said a police spokesman following the arrest.

Authorities in several African nations announced in March 2004 that they had foiled an attempt to overthrow President Teodoro Obiang of Equatorial Guinea. Nineteen men have been convicted for their roles in the coup. But Thatcher was not extradited, only placed under house arrest in

South Africa. Last week he plead out to South African prosecutors, admitting that he financed a helicopter used in the plot, but claiming he did not know what the helicopter was going to be used for.

Thatcher was fined three million rand (265,000 pounds) and given a four-year suspended sentence. He immediately left South Africa for London, where his mother lives.

The ringleader of the plot, former British Special Forces soldier Simon Mann, was among those arrested in Zimbabwe, where authorities stopped a planeload of mercenaries traveling to Equatorial Guinea. The men maintain they were headed to security jobs at a mining operation in nearby Congo.

At the trial in Equatorial Guinea, one of the defendants testified that Thatcher met with Mann in July 2003.

Thatcher's investigation and trial has implicated the British government in the events. British Foreign Minister, Jack Straw, came under heavy fire after it

emerged that British authorities were aware of the preparation of the coup. The Foreign Office had been briefed on the plans from intelligence services, and even devised plans to evacuate British citizens in the event of the coup—but refused to warn the government of Equatorial Guinea.

Briefings from Straw, sent to British officials concerning the attempted coup led by Simon Mann, have surfaced.

Until recently, Mr. Straw had suggested that the coup came as a complete surprise and that his officials had "no prior knowledge of the alleged plot." Under international law, he would have had to pass any intelligence to President Teodoro Obiang.

The Equatorial government has issued a 100-page document naming various influential members of the British cabinet with knowledge of the plot, and mentions various wire transfers, including one of £72,700, four days before the coup, to Logo

- Please see **Thatcher**, page 10



Rights attacked in Iran

Iran's Revolutionary Court has ordered a summons for the winner of the 2003 Peace Prize, Shirin Ebadi, and has threatened to arrest her if she doesn't comply.

So far Ebadi has refused the summons, arguing that she does not believe in the legitimacy of the courts and that the due process of law has not been followed. The summons does not assert why Ebadi is wanted.

Ebadi is known in Canada as the leading lawyer arguing on

behalf of Zahra Kazemi, the Canadian journalist who was detained and killed in Iran in July 2003. Ebadi is also the founder of Iran's Center for Defense of Human Rights, and in her most recent high-profile case, she is defending Ruzbeh Mir-Ebrahimi, who was detained for 'subversive' web-blogging.

Ebadi's call for legal reform has made her a target. Despite the profile gained by her Peace Prize, she was recently attacked while giving a lecture on human rights.

ACUNS brings Darfur to Laurier

KRIS COTE
International Editor

In the midst of continued conflict in the western Sudanese region of Darfur, an upcoming conference will bring students, academics and various experts together in an attempt to learn the basis of the conflict and understand the policy options that exist.

The 2005 Student Conference on Intervention in Darfur takes place on January 24, and a limited number of spots are still avail-

able. The conference is sponsored by the Academic Council on the United Nations System (ACUNS) and the Laurier Centre for Military Strategic and Disarmament Studies (LCMS-DS).

A number of key speakers are scheduled to give presentations, including WLU's Alistair Edgar, Abdelgalil Elmekki, a Sudanese scholar and specialist in African and Middle Eastern politics, and Wafula Okumu, who has worked in numerous international organi-

zations including the UN and African Union.

Besides giving participants the background knowledge to the issues of intervention in Darfur, the conference will also allow participants to participate in formulating policy decisions by breaking down into small groups and debating the various policy options.

More information as well as contact information can be found at <http://www.acuns.wlu.ca/>.



Make love, not war

The Sunshine Group, a chemical and biological weapons monitoring group, has exposed a U.S. government program which sought to create a number of unorthodox weapons.

The strangest weapon being a 'gay-bomb,' which would cover enemy soldiers in an aphrodisiac, rendering them sexually irresistible to each other. Officials deemed this weapon "distasteful but completely non-lethal." Another bomb would give soldiers severely bad breathe, hindering their efforts to blend into

civilian populations.

Other proposals included a weapon which would attract wasps or rats to enemy soldiers, or another bomb which would make the enemies skin highly irritable to sunlight.

These weapons were proposed under a 1994 program which had a budget of \$7.5 million (US), but the report also highlights another weapon which has been under development since 1945. The 'Who? Me?' weapon would release a powerful odor of flatulence in hopes of undermining enemy morale.



UK relieves more debt

Having cancelled the debts that African countries owed the UK last year, the British government has announced a new plan to pay 10 percent of the debts African countries owe to multilateral institutions, like the World Bank, every year.

British authorities believe that the program will cost more than \$2.27 billion (Cdn) per year.

British authorities have challenged developed nations to fol-

low their initiative, in hopes that 100 percent of African debt will one day be relieved. To qualify for debt cancellation under the British program, a country must prove that the money it saves will be redirected to health, education and social spending.

But the program is not without its critics. Former MP and government critic Clare Short believes that Africa's problems lie not in indebtedness, but in ongoing conflicts, unrestrained arms supplies and weak state infrastructures.

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Oh, Canada

Richard Togman



Staff Writer

The state of the union that we call Canada is in dire straights. Canada is seriously lacking any sense of unity, common goals or purpose, not to mention Canada has had a spineless foreign policy for so long that it has become the norm.

We desperately need to establish some sort of national destiny and identity for the true north, not so strong or free. Being simply not-American is no longer enough. If Canada wants to be taken seriously in the world and at home, it had better start standing for something.

To highlight the disaster we have so far called Canadian nationalism, here are a few examples:

The most recent disgrace our country has suffered came at the hands of one of its representatives, Danny Williams, the Premier of Newfoundland, during the dispute with the federal government over the issue of offshore oil revenues. The Premier wished to have the oil revenues excluded from equalization payment calculations, while the federal government wished to have them included.

This seems like a rather benign issue and not one which would lead to secessionist talk. However, in response to the federal government's demand that the oil revenue be recognized as revenue, the Premier launched a tirade against our nation. He ordered the removal of all Canadian flags from government buildings and replaced them with the flag of Newfoundland. He

mentioned secession more than once and has attacked the symbol of our nation.

Not only are his actions irresponsible, but they highlight the disastrous state of national pride and respect. It is completely wrong for Williams to treat the Canadian flag with such disrespect. Sadly, the same sentiments can be seen across the country. When oil revenues were in dispute in Alberta, secessionist grumbling was heard in the halls of the provincial government. This is not to mention the daily disgrace with which the Canadian flag receives in Quebec.

Another sad example is Canadian foreign policy. Regarding the ongoing war in Iraq, we neither stated whether it was the right or wrong thing to do. We simply waited for the UN to decide, and when it couldn't, we didn't either. Canada has never come out for or against the war; it has only stated that the U.S. should have used the UN. This sort of moral fence sitting is not only seriously flawed but harmful when Canadians try to determine what they stand for as a nation.

Canadians believe we are a nation of peacekeepers, but we no longer even make the top-ten.

Part of the Canadian identity which we hold so dear is peacekeeping and our support of the UN and other international institutions. However, the number of Canadian peacekeepers serving this year is just 564. This is from a rich nation with more than 30 million citizens. Bangladesh, which is one of the poorest nations on earth, has 7,163 peacekeepers in service. Today, Canada is not even a top 10 peacekeeping nation.

If Canada wishes to establish itself as a country, it must first establish an identity. Creating a truly Canadian identity will not be easy but it will come through making tough and strong policy decisions and deciding our true values and goals as a nation. We might even begin to use the dreaded "S" word of today: Sacrifice. Perhaps then if there is a conflict between the provincial and federal governments, secession will not be the first response of our leaders.

2004: year of eroding rights

Kris Cote



International Editor

America's loss of moral fibre means that it is no longer fit to lead the 'free world'

It is tragically ironic that at the same time as the trial of Adolfo Scilingo, who has been implicated in programs of torture during Argentina's 'dirty war' of the 1970s, began in Spain, former U.S. Secretary of Homeland Security, Tom Ridge, spoke of the need for torture in certain circumstances.

The year of 2004 saw a general and widespread erosion of fundamental human rights, contends Human Rights Watch's 2005 World Report, essentially because of the ongoing torture scandals engulfing the U.S. war on terror.

The ambiguities of U.S. torture policies stem from reported abuses in Afghanistan, Iraq and Guantanamo Bay, Cuba. U.S. officials continue to assert that the American Government does not support torture, and that any acts committed were the result of rogue soldiers.

Charles Graner is the first U.S. soldier to be convicted for

torturing Iraqis at Abu Ghraib prison. While he was sentenced for 10 years, he contends that he was only carrying out his orders. Only time and future declassified documents will tell if Graner was telling the truth.

Despite their best efforts, the American administration is being tainted by the torture scandals and is significantly contributing to the erosion of human rights. The war of terror is fraught with abuse, from contravening the Geneva Conventions in Guantanamo Bay, Cuba, to eroding civil liberties within the U.S. through the Patriot Act.

U.S. officials have failed to reassure the public of their commitment to human rights, and often they have signalled their disdain for this fundamental issue. Alberto Gonzales, a White House lawyer who termed the Geneva Conventions 'quaint' and 'obsolete,' was recently named Attorney-General.

After the Senate passed legislation to limit 'extreme interroga-

tion methods,' the Bush Administration convinced the Congress to overturn the bill. As incoming Secretary of State, Condoleezza Rice argued against the bill because "it provides legal protections to foreign prisoners." The U.S. actions have had global implications, and as Kenneth Roth, executive director of Human Rights Watch, contends, "the U.S. government is less and less able to push for justice abroad, because it's unwilling to see justice done at home." For Roth, "Washington can't very well uphold principles that it violates itself."

Human rights abusers worldwide have taken up the American credo and used it to justify their own malicious actions. Egypt has compared their laws, which actively undermine human rights, to U.S. legislation. Malaysia justifies detention without trial by the precedent of Guantanamo Bay, while Russia compares the abuse of its soldiers against Chechnyans to the abuse at Abu Ghraib. America no longer has the moral authority to chastise human rights abusers.

Earlier this month after U.S. authorities criticized Iranian authorities for their human rights abuses, Iranian officials dismissed the American attack as hypocritical. In Sudan, where abuses are occurring on a massive scale in Darfur, officials have taken a similar line.

It is often quoted that the U.S. is waging the war on terror for 'freedom and democracy,' but in the process the fundamental facets of these terms are being eroded. Human rights are becoming a hollow term, and at the same time the advancements of the civilization that the U.S. claims to be upholding are being overturned.



Contributed Photo

The infamous Abu Ghraib photos and American policies have given other abusers a pretext for their actions.

- Thatcher, from page 9

Ltd, a company run by Mann.

With the investigation into Thatcher closed, South African authorities will focus their investigation on David Tremain and Greg Wales, also British citizens. However, experts believe that the continued investigation will implicate U.S. officials and U.S.

multinational oil companies in the coup attempt.

Thatcher is no stranger to controversy, and it has been reported that he has used his mother's influence to carry favour in his previous business dealings. In 1981, a construction firm that he represented won a contract in Oman at the same time his mother was there on a

trade-boosting trip.

Thatcher was also scrutinized by Britain's Parliament in 1994 over news reports that he was involved in arms sales to Saudi Arabia and Iraq while his mother was prime minister. It was reported by the British press that Thatcher made \$15 million in commission on a \$25 billion arms sale to Saudi Arabia.

Does Canada's disunity pose a threat to its world image?



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To be continued...

BLACKWATER TRIO, JAN 20 SHAKER, JAN 27

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Hamburger Helper and the student response



The mirror of American society?

BRANDON CURRIE
Eminent Helper Historian

As a fellow Hamburger Helper (HH) historian opined, "eating Hamburger Helper is truly an experience that leads to both wonderful and horrible things."

Indeed, Helper is many things to many people, but above anything else it's American. Following in the footsteps of the hamburger and meatloaf, Hamburger Helper is a ground-beef-based American icon interwoven into the fabric of the nation's tablecloths. Just like American global dominance, it can bring out the best and the worst of humankind.

The United States of America, 1970: citizens are bitterly divided over the Vietnam War and outraged by the My Lai Massacre and Kent State killings. There

was an atmosphere of rebellion, divisiveness and, coincidentally, inflated beef markets. America was hungry for rebirth and unity, for a new beginning that would make the greatest nation on earth whole again. Their hunger pangs would be thoroughly satisfied by Hamburger Helper.

Amidst a weak economic recovery that inflated beef prices, the General Mills Company unleashed Hamburger Helper upon an unsuspecting public in 1970. The premise was that just one pound of ground beef, when combined with soft, tender noodles and delicious cheese powder, could be used to make a meal for the entire family.

In an era that saw the establishment of suburbia and the two-income household as a social building block, Hamburger Helper was the culinary face of the new American family. While Swanson's frozen dinners disconnected the American woman from her archetypal domestic duty of cooking a meal for the family, Helper eased her transition into the workplace. With Hamburger Helper, a mother could work a 9-5 job and still afford half an hour to prepare a batch of HH for the family, fulfilling her desire to work and still 'prepare' a meal.

While other convenient food products, namely TV dinners, found their consumers replacing the dinner table with the television, Hamburger Helper was a bastion of family cohesion that encouraged a good ole discussion at the dinner table. The "one pan, one pound, one happy family" marketing campaign is evidence that a three-cheese sauce can be the glue holding together the family unit amidst social turmoil.

While Bob Dylan was singing, "The times, they are a-

changing," the American populace had found their own delicious recipe for change. It started in the kitchen but had expansive powers. Yes, the Helper they were a-eating.

As America gradually rebuilt its identity in a post-Vietnam and an increasingly globalized world, Hamburger Helper naturally followed suit. As the Cold War began to thaw, Hamburger Helper also began to embrace different cultures, and brought them to America's dinner tables on a nightly basis.

By the 1980s, Hamburger Helper had revamped its family-centric image to one of unbridled cosmopolitanism. Appearing with equally poor Spanish, French and Italian accents, the Hand promoted newly created flavours that corresponded to a European stereotype (see picture). Most significant was the creation of the Russian-inspired Beef Romanoff flavour, seemingly named after Russia's fallen Imperial family. General Mills went on to build their own Romanoff Dynasty during the days of Reagan's "Evil Empire" providing a forum for East-West ideological understanding through meat, pasta and cheese.

So as Hamburger Helper enters its 35th year, what does the future hold? It's cookbooks have been translated into Braille and spoken-word for the blind. On ebay, Hamburger Helper memorabilia abounds.

Whatever happens, Helper will continue to reflect America. In the spirit of Manifest Destiny, Tuna, Chicken and Pork have also been colonized by the HH empire.

Much like Iran and North Korea, bacon and mutton may be next.



Helper and its European stereotypes.

Helper: not just for carnivores anymore

ELISE-MARIE WALSH
Brave New Helper

I had never had it before, never attempted to make it, nor had I ever met a group of people more obsessed with it in my life. It had been described to me as a great combination of beef, cheese, and pasta; a heavenly collaboration of tastes that leaves the consumer satisfied for hours. Recently, I was thrown into this beefy world of Cheesy Shells, Three-Cheese Manicotti and Cheeseburger Macaroni. There was, however, one little problem. I am vegetarian.

Twenty years ago, there would have been nothing I could do to make Hamburger Helper a

non-meat product. But since 1985, a company called Yves Veggie Cuisine has changed the lives of vegetarians everywhere.

Yves started making meat alternatives that could be substituted into meals which look and even taste like real meat. One product in particular is suitable for meals such as chili, tacos, and, of course, Hamburger Helper. Yves Veggie Ground Round is "a pre-cooked vegetable crumble" with plenty of protein and almost no fat and no cholesterol or preservatives.

From eating Helper and learning about it from several Helper gurus, something came to my attention: variations are always welcome. Chances to improve

Hamburger Helper for the vegetarian are endless. Adding in vegetables and other toppings make Helper a lot more interesting than the meat-cheese-pasta combo. Here's a list of things to add to liven up your Helper: diced tomatoes add that extra kick of flavour and colour, and chopped onions and peppers give your bland Helper a more gourmet cuisine taste. Another idea would be to put breadcrumbs as a crust on top of your Helper, making it more like a casserole.

So for all of you who are of the greener variety, have no fear as you, too, can have Hamburger Helper because who couldn't use a little help in the kitchen?

The Self-Help Line (or how to get Help)

- By creating what's known as "Helper helper", the technique of adding a box of macaroni and cheese or other pre-packaged noodle with sauce, Helper quantities are quickly doubled. It is not uncommon for two people to eat one batch of "Helper helper" for one full day's worth of meals for two people. Yes, this includes breakfast.

- One box of Hamburger Helper: \$2.50, one pound of ground beef: \$3.50, maximum one-half cup of milk: \$0.50. Total cost: \$6.50 for 4-6 servings of Helper goodness.

- For preparation, absolutely no cooking skills are required other than turning on the oven, stirring a number of ingredients in a pan and giving it a few minutes to simmer. In less than a half-hour, you've officially been Helped.

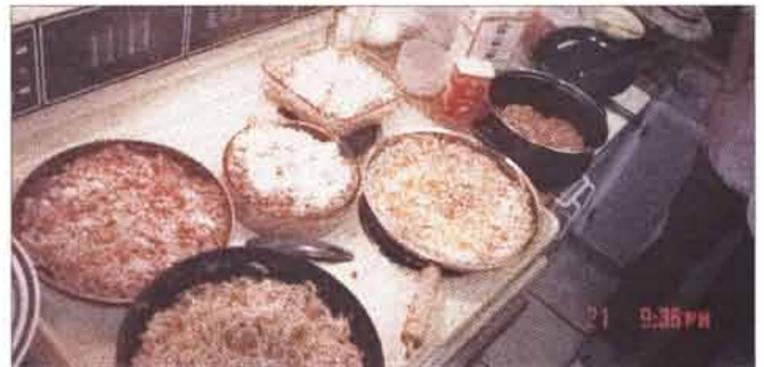
How to host a Helper-off

WILBUR MCLEAN
Helper Mentor

Note: To enter the second annual Hamburger Helper Open, see Classifieds section under 'Personals'



Preparations must be made. Encourage the contestants of the Helper-off to create their entries at home, so as to maximize space in the host home. However, make your own facilities available for use for those in dire straits. Lay out the requirements of each entry well in advance to keep it fair.



Reward creativity. Following the Helper formula will get nowhere in a competition. Use substitutes and additives. Be sure to make presentation count. Nobody wants to eat ugly Helper. Avoid excess. Remember: It's possible to overspice but almost impossible to over-cheese.



Each contestant tries a small portion of all Helpers and rates each Helper except their own on a number of different factors including sauce, amenities, texture and beefiness. Be sure to have an impartial third party tally the scores to avoid a Ukrainian-esque voting debacle.



Select a winner (inset) and present him/her with a predetermined prize. We personally suggest "The Golden Noodle". Then, the clean-up begins. Be sure to keep in mind the hearty leftovers to keep spirits up.



Susie Ziegler

The Cord's own Susie Ziegler takes to the blocks and finds out what the local Bricks and Block store has to offer in terms of Lego and tonnes of fun

SUSIE ZIEGLER
Staff Writer

You are never too old for Lego and the Bricks and Blocks Waterloo location is a testament to that.

An associate of the store claims visitors include "adults big time, mostly [those] into Star Wars."

Since 1996, the store has welcomed locals and tourists ranging in age from zero to adult to discover the humongous Lego displays. The Egyptian themed statues and murals are compiled of nearly 100,000 pieces of Lego. Osiris, who is known as the original god of fertility, is depicted in a mural which took over 160 hours to create. Holy Lego.

"It is the best store. People aren't as crotchety [as other retail stores]."

- Sue, associate of Bricks and Blocks

The Lego store can be found in the St. Jacobs factory outlet mall. It also has locations in Cookstown and Windsor. So if the ambiance of the horse drawn buggies doesn't pull you toward the edge of Waterloo, the flashiness of the Lego store should. Occasionally, the store carries sets that are completely exclusive to the Bricks and Blocks outlet.

They also sell current and discontinued sets, and of course, names like Bob the Builder, Harry Potter and Star Wars are available in legofied form.

Between all the hues and varieties of the standard Lego colour scheme and the freakish sized pharaohs, distraction is imminent. There are workstations throughout the store for those inspired enough to give building a whirl and exercise some creativity. They also have Lego paraphernalia including key chains, bags, pens and alarm clocks for hardcore Lego enthusiasts.

The store itself is quite a friendly stop. Sue, an associate of the Bricks and Blocks outlet, has been in retail for 19 years and says of the store, "It is the best store. People aren't as crotchety [as other retail stores]."

So there you have it, Lego is still going strong and exciting the community even in an age of video games and cyberspace. Between the workstations, murals and statues that took more hours than any person should be conceivably spending around that amount of plastic, the Lego store is extremely entertaining.

Correction: In last week's Cord, the Vocal Cord question should have read: What do you think Laurier students should be doing to help Tsunami relief efforts? Sorry for any confusion.

Horoscopes

Happy Birthday Aquarius!

Take the time to visit with family and friends on your birthday. A more intimate celebration is better suited to you at this time. People admire your fun, outgoing nature and enjoy being with your company. You will be busy over your special day.

Aquarius (Jan. 20-Feb. 18)

If you feel as though you've taken on too many things try and get rid of anything that's not important to your future. You don't need the extra stress of making other people happy at your expense. Do something for you.

Luckiest day: January 24

Pisces (Feb. 19-Mar. 20)

Make sure you work through one problem at a time. Don't combine your issues, that will only make things worse. You need to focus on the task at hand and not be distracted by what is going on around you.

Luckiest day: January 23

Aries (Mar. 21-Apr. 19)

You are going to have to really try and discipline yourself over the next while. Finishing tasks or jobs could be more difficult as a result of what's going on around you. Make sure you take time to do what you want though too.

Luckiest day: January 22

Taurus (Apr. 20-May 20)

Make sure you write down any odd dreams or thoughts. They may make sense later. Be sure to write down any goals you wish to achieve in the next little while. Now is the time to decide what you want to happen in your life.

Luckiest day: January 20

Gemini (May 21-June 21)

A peer will be offering you some positive advice. This person wants to see you succeed so be sure and listen to what he or she has to say. Things are going to become easier for you in the next while. Take advantage of that while it lasts.

Luckiest day: January 23

Cancer (June 22-July 22)

Make sure you are on your best behaviour this week, an authority figure may try and single you out for something you're doing wrong. Make sure you pay attention to any tasks or jobs you are doing for other people.

Luckiest day: January 25

Leo (July 23-August 22)

You are going to have to start looking at your financial situation differently. Make sure you have enough funds to cover the costs plus extra. A surprise expense may pop up out of no where. Now is not the time to spend.

Luckiest day: January 23

Virgo (Aug. 23-Sept. 22)

Odd dreams and unusual events are going to start creeping you out. Don't take anything you dream of too seriously over the next while. Stress may cause you to think of a lot of odd things while you're sleeping.

Luckiest day: January 20

Libra (Sept. 23-Oct. 22)

Now is the time for you to celebrate the little things. Any achievement is worth a party. Since you are a very organized person you can afford to spend time doing things you like. Put yourself first for the next little while.

Luckiest day: January 23

Scorpio (Oct. 23-Nov. 21)

There is going to be a lot of interesting things happening to you this week. Fate may have some life lessons for you to learn but you will not feel grief from them. Over the next while you may want to take a chance on something new.

Luckiest day: January 25

Sagittarius (Nov. 22-Dec. 21)

Now is the time to use your special skills and talents. If you have a special ability which few possess, now is the time to show it off. Apply a creative twist or thought to anything you're doing in the next while and it will turn out better.

Luckiest day: January 23

Capricorn (Dec. 22-Jan. 19)

Don't spend any money now. Things are going to get better financially soon, but you have to make it through a bit of a dry spell first. There's nothing wrong with being frugal. Have a friend help you out with a budget if necessary.

Luckiest day: January 25

Daniel Roth is a Journalism graduate of Comestoga College and is currently a Communication Studies student at Wilfrid Laurier. He has studied Astrology and other topics of that genre for almost ten years.

Food for Thought

Laurie Sadowski
Food Critic

Ah, yes... the life of the university student: filled with grilled cheese, soup, pasta and stir-fry. Let's face it, when mom isn't making dinner, or when you don't have much time to spare, your meals suffer.

You've probably noticed that throughout your university years, you get sick a little more often, you're always eating on the run, or that you don't know how to cook.

Fear not. Using ingredients found in most student kitchens, I've devised some recipes to keep your nutrition in line, taste great, have a small number of ingredients and don't take all day to make.

Tomato Bean Soup

I tend to make a whole bunch of it and freeze it in portions. The initial prep is quick, and taking it out and heating it up is even quicker. If your university diet isn't keeping you regular, a serving of this every couple of days sure will.

- 1 - 28 oz can of diced tomatoes
- 2 - 14 oz cans of beans in tomato sauce
- 1 cup water
- 1 tsp. basil
- 1 tsp. parsley
- 1 cup of grated cheddar cheese

Put everything but the cheese in a large pot. Bring to a boil, then simmer on low heat for 10 minutes. Stir. Serve sprinkled with cheese on top.

Weight watching tip: Use low fat cheese, or skip it altogether.

Easy Chicken Parmesan

A fast and easy dinner when home cooking is in order.

- 1 egg

- 2 oz. bread crumbs (tip: make your own by toasting bread, then blending into pieces)
- 2 boneless skinless chicken breasts
- Spaghetti sauce (as much or as little as you prefer)
- 1 cup of mozzarella cheese
- 1 tsp. parmesan cheese

Preheat oven to 350 and grease a sheet. Beat egg and dip chicken in it. Dip chicken in breadcrumbs until coated. Spread sauce over chicken, then top with cheese, then more sauce. Add desired spices (basil, Italian seasoning, oregano). Bake for 40 minutes or until chicken is no longer pink.

Orange Julius-y

If you love the smoothies from the Orange Julius corporation, these are a dead match of the original. The y at the end of Julius means YUM.

- 6 ice cubes
- 1 cup each: milk and water
- 1 can of frozen OJ from concentrate
- 1 tsp. vanilla extract
- sugar (optional)

Put all ingredients in blender and chop about 10 times, to break up the ice. Blend for a minute. Add

sugar as desired.

Weight watching tip: Use skim milk and nix the sugar. A healthy way to get vitamin C and calcium.

Really Easy Omelettes

If you are not a breakfast eater, these are delicious and quick for any meal. I tend to start making it, get ready for school, then finish it up.

- 3-5 tbsp. total of your choice of veggies (mushrooms, peppers, onions, and asparagus all work well)
- 2 eggs
- 2 tbsp. water or milk
- 3 tbsp. grated cheese

Grease a non-stick skillet and sauté the veggies. Beat the eggs and add in the milk or water. Pour the egg mixture over top of the veggies. When almost set, cover half of the mixture with cheese and fold the omelette over. Cook for a couple more minutes.

Weight watching tip: Use liquid egg substitute instead of eggs - all the taste and half the cholesterol. Using water instead of milk does not knock out any of the taste, but about 50 calories. Try a low fat cheese or sprinkle feta or goat cheese on your omelette instead.

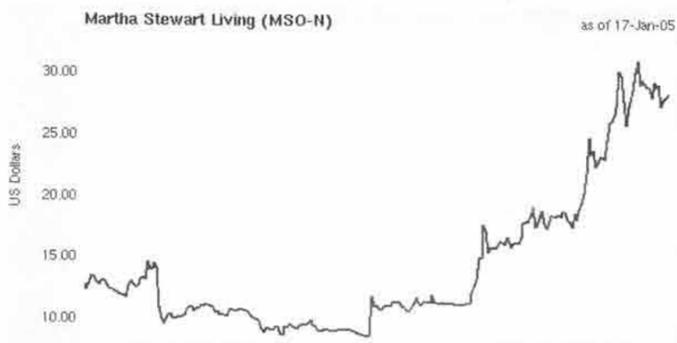


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This omelette is not only easy, but it looks like a quesadilla or taco.

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Insider Trading



MS. SHELLEY MCGILL
Cord Features

Simply Put
 Recent corporate scandals have drawn attention to insider trading. Simply put, insider trading is buying or selling shares in a company based on information that the public does not know. The investor knows this confidential information because he or she is somehow connected to the corporation or has been tipped off by someone connected to the corporation. The information must be important and likely to affect the price of the stock once the public is told. In Ontario, the correct term is "trading on undisclosed information."

Who can be an insider trader?
 The "connected" investor can be an "insider" including any member of the board of directors, the president of the company or any senior officer of the corporation. In addition, connected investors are those in a "special relationship" with the company, such as employees who learn information in the course of employment and outside suppliers or professionals (lawyers, accountants, bankers etc.) who are hired by the company to handle issues involving confidential information.

The tip, the tipper and tippee
 Public investors are guilty of insider trading if they trade after being told confidential information by someone in one of the previous groups. This is known as "tipping" and both the tipper (insider) and the tippee (the person hearing the information) commit insider trading as long as the tippee knows the information is confidential when the trade is made. If the tippee believes the information is public then it is not insider trading.

Safeguards against insider trading: beware of the tip
 To guard against insider trading, the Ontario Securities Commission requires a company to disclose information as quickly as possible to reduce the time that information is confidential. The OSC also requires "insiders" to report trades in the shares of their company. Insiders can still trade in the company stock but the Commission must be told so that suspicious trades can be investigated. The safest course of action is 1) not to trade the company stock until after important information is made public and 2) beware of the tip.

It's really not worth it
 Insider trading is considered an abuse of the insider's position and gives the investor an unfair advantage over the public investor who is unaware of the need to trade until the information is made public. Section 122 of the Ontario Securities Act makes insider trading an offence that is punishable by a maximum of 5 years in jail and/or a fine. The fine must not be less than the gain realized by the trade and not greater than three times the gain realized to a maximum of 5 million dollars. In addition, the offender can be sued civilly for damages by any person who lost money as a result of the transaction. The offender must also account to the company for any profit made.



Must-see insider trading flicks:

Wall Street- A ruthless broker and his ambitious protégé find themselves in hot water as they discover that greed is not God, despite the perks.

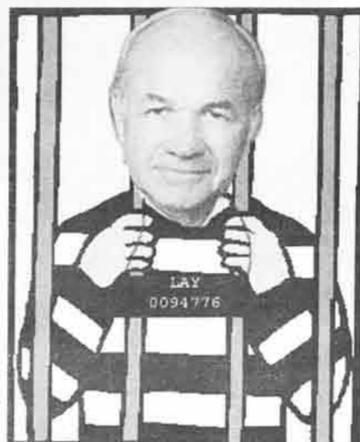
Boiler Room- In one of the few good movies Vin Diesel has ever made, a college dropout takes the fast track to success only to discover the shadier side of Wall St.

Trading Spaces- Dan Aykroyd and Eddie Murphy show the funnier side of insider trading.

Beware of the tip...
 Barry Switzer, then-Oklahoma football coach, was prosecuted by the SEC in 1981 after he and his friends purchased shares in Phoenix Resources, an oil company. Switzer was at a track meeting when he overheard a conversation between executives concerning the liquidation of the business. He purchased the stock at around \$42 per share, and later sold at \$59, making around \$98,000 in the process. The charges against him were later dismissed by a federal judge on a "lack of evidence."

Kenneth Lay, Enron CEO

The Enron scandal brought shame to the whole system of free enterprise.



SAVE MARTHA!

Choose a resource: **The Martha Stewart Scandal: A Tempest in a Cuisinart...**

22,000 ask President Bush to Pardon Martha

Martha to be released on March 6, 2005
 46 days, 1 hours, 15 minutes, and 19 seconds left until Martha is Free!!

Peter Bacanovic heads to Nevada prison

Readers respond to CBS Wickedly Perfect

Supporters have rallied behind the embattled CEO, going so far as to create a website at savemarttha.com.

Martha is one smart cookie

So what did Martha do next? She appealed based on many grounds, including a perjury charge against one of the government witnesses. Her company's stock price suffered in the wake of negative publicity. So, despite the fact that the appeal had not been heard, she volunteered to go to jail and serve her 5 month term. It stopped the bleeding for her company. Take a look at the rise in Martha's stock price since she went to jail in October. As for the brilliant legal strategy, if she wins her appeal she will probably not be tried again. In a jurisdiction where both judges and district attorneys are elected, trying someone who has already served their sentence looks like persecution not prosecution. Martha would then emerge with no criminal record. If she loses her appeal, the sentence is already over so it is old news.

Ironically, the FDA did eventually approve the new cancer drug and the ImClone stock price has rebounded. I have no doubt that Martha will rebound too. By the way, are any of the Enron guys in jail yet?

Martha Humour

"Martha Stewart was found guilty on all charges. You know what that means, stripes are in this year." —Jay Leno

"Martha Stewart denied allegations that she had been given inside information to sell 4,000 shares of a stock in a biotech firm about to go under. Stewart then showed her audience how to make a festive, quick-burning yule log out of freshly-shredded financial documents." —Dennis Miller

"Yes! We finally captured Martha Stewart. You know, with all the massive and almost completely unpunished fraud perpetrated on the public by companies like Enron, Global Crossing, and Tyco we finally got the ring leader. Maybe now we can lower the nation's terror alert to periwinkle." —Jon Stewart

"Martha Stewart showed up at Manhattan FBI Headquarters to have her finger prints taken and pose for a mug shot. Then Martha explained how to get ink off your fingers using seltzer water and lemon juice." —Conan O'Brien

Disclaimer: The following is an opinion piece by Ms. Shelley McGill and does not reflect the opinions of The Cord Weekly's editors. McGill is a deputy judge and assistant professor at Laurier and an expert in the area of insider trading. She is also a self-proclaimed Martha fan and supporter.

Martha was not convicted of insider trading

There are allegations that Martha sold 4000 shares of ImClone stock after being told by her broker that Sam Waksal, ImClone's CEO (and her daughter's ex), was selling a lot of his stock. Waksal was selling because the US Food and Drug Administration was about to reject ImClone's new cancer drug but Martha was not told this. After the FDA rejection was made public, ImClone's share price fell and the difference for Martha amounted to about \$45,000.00 (US).

The position of the Securities and Exchange Commission was that Waksal's sale was confidential information and the broker should not have told Martha. The SEC suggested that Martha should have known the Waksal sale was confidential based on her history as a former stockbroker. Martha was never charged with insider trading presumably because the SEC couldn't prove the allegations. Sam Waksal was convicted of insider trading for selling his own stock but not for tipping Martha. **Martha has become the "poster child" for insider trading without ever being charged with the offence.**

Whatever happened to innocent until proven guilty?

In the zeal to bring Martha down, she was charged with securities fraud alleging that she released false information to artificially impact a share price. What was behind this charge? Nothing-it was thrown out by the judge at the beginning of the trial. The legally implausible theory was that proclaiming her innocence in public was manipulating the stock price of her company, Martha Stewart Living Omnimedia. What happened to innocent until proven guilty

Martha should have watched Law & Order

So why is Martha in jail? During the investigation, Martha was interviewed about the ImClone sale and she offered an alternate explanation for why she sold. This was her tragic mistake (doesn't she watch *Law & Order*?). She had the right to remain silent. However, Martha said she sold because the stock reached the price she had previously instructed her broker to sell at. Unfortunately, the broker's assistant said there were no pre-existing instructions. Martha was charged with obstruction of justice and making false statements alleging that this "lie" prevented the investigators from getting to the truth. The trial was heard by a jury and after the verdict, one juror expressed satisfaction over Martha's insider trading conviction. Another juror commented on cleaning up corporate governance. Both comments reflect confusion over what was actually in question at the trial.

Luck of the Irish help Hawks to two W's

Ireland-native Guinney turns in 39 points to lead Hawks to a pair of victories and a 11 - 2 record

COLIN DUFFETT
Special Projects Editor

Two versions of the same team showed up this past weekend as the women's basketball played two home games. The first team played a sub par game against a very sub par Ryerson squad and managed to squeak out a victory. The second version played a fantastic game against a very strong Toronto team and finished their weekend series with two wins moving their record to an impressive 11 - 2 record.

Laurier 67 - Ryerson 64
Laurier 66 - Toronto 59

Leading the way for the Lady Hawks this weekend was guard Maire Guinney who led her team in scoring on both nights with 16 points and a career high 23 points against Toronto. Guinney, who calls Newcastlewest, Ireland home, turned in her best performance of the season. Her ability to keep her opponents on their heels created open shots for herself and the rest of her teammates. She finished the two game series with 39 points, nine assists, seven rebounds and two steals, clearly making her one of the most visible players on the court.

The Ryerson game appears to have been an aberration. Coming off a loss to the East Division leading Laurentian Voyageurs, Laurier could hardly afford to come out flat against the Rams, a team that Laurier should not have had any trouble handling. But at various key points in the game,

including the very tight finish, Laurier allowed the Rams to stay in the game because of sloppy defence and missed offensive opportunities.

Third year Guard Meaghan McGrath had an uncharacteristically rough night shooting from the floor going 3 of 12 including one for five from beyond the arch for a nine-point total.

"Meaghan didn't shoot very well in the first half but she has to keep shooting," said Head Coach Stu Julius.

Despite her sporadic shooting from the field, McGrath came up with the key play at the end of the night to preserve the win for Laurier when she blocked a three-point attempt in the dying seconds.

Saturday's test against a much better Toronto team saw Laurier play what could arguably be considered their best game of the season. The two squads traded baskets for the better part of the game with Laurier maintaining the lead for the better part of the game against Toronto who used a very successful pressure defence that forced Laurier to turn over the ball on more than one key occasion.

"We played better today. We played more as a team," said Julius.

A concern for Laurier coming out of their weekend contests is yet another possible injury. Laurier rookie Dana PODE O'Born turned on her ankle late in the first half and failed to return in the second half of play.

Julius cited that it was the decision of the trainer that



www.laurierathletics.com

Meaghan McGrath drives past three Ryerson defenders on route to a 67 - 64 victory. One night later the Hawks were victorious once again, beating Toronto 66 - 59.

O'Born not return in the second half, deciding to take a cautious approach. Julius says that O'Born is tentative for Wednesday's game. He also says that she isn't practicing and that the ankle is still sore. The loss of O'Born for a significant amount of time

would be disastrous for a team that has been playing short-handed all season.

A victory over Toronto - one of the better teams in the East Division goes a long way towards maintaining their ground with teams like McMaster and

Western who are with Laurier at the top of their division.

Men drop Toronto like they're hot

Men's team win two on strength of MacKay and Cooney; 4 - 0 since Christmas

MIKE BROWN
Staff Writer

The Wilfrid Laurier Golden Hawks men's basketball team extended their winning streak to four games on Saturday night with a convincing 77 - 57 victory over the visiting University of Toronto Varsity Blues. The win, following a last second 69 - 68 win over Ryerson on Friday, upped the Hawks' record to 7 - 5.

Laurier 69 - Ryerson 68
Laurier 77 - 57 Toronto

while Toronto dropped to 5 - 9.

The Laurier win was never really in doubt; they built a 10 - 2 lead early behind strong post play and never looked back. Red-hot perimeter shooting in the second half was enough to sustain the lead en route to the easy victory, as the Hawks hit 54.8 percent from the field.

Andrew MacKay led the Hawks with 24 points and eight rebounds, while Wade Currie

pitched in 15. Fifth-year guard Jermaine Pendley contributed 12 first half points from the bench, leading the Hawks to a 41 - 25 halftime advantage. Toronto forward Kenny Hilborn led all scorers with 26 points in a losing effort.

After the game, Coach Peter Campbell was very straightforward in explaining his team's success. "I thought defensively we did a really good job and offensively, most of the time, we were very patient," noted Campbell.

He shifted most of the credit to his hot shooters, though, saying they made his job easy. "When they can't miss, you can't screw it up," joked Campbell.

Laurier's superior depth was also a key factor against Toronto, who was coming off a tough overtime loss to Waterloo. Unlike the Hawks, Toronto uses very

few bench players, particularly in their frontcourt. "I think they ran out of gas," said Campbell, who looked to exploit Toronto's fatigue by cycling his guys frequently to keep fresh legs on the floor at all times.

The resounding win was particularly sweet for Laurier after a very mediocre performance against the winless Ryerson Rams. The Hawks fed off their disappointing play to pump themselves up for the Toronto game.

"We knew we had to pick up our act," said MacKay after the win.

Despite opening the Friday game on a 13 - 0 run, it took a Rob Innes lay up with 4.6 seconds remaining and a

subsequent defensive stop by Bert Riviere to edge the Rams, 69 - 68. Todd Cooney put the team on his back with a tremendous performance; he led all scorers with 24 points, shooting 80 percent from the field, and adding four steals, three assists, and three boards.

The Golden Hawks, now 4 - 0 in the New Year, have moved into



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Todd Cooney led the team with 24 against Toronto, shooting 80 percent from the field.

a tie for third in the OUA West with the McMaster Marauders, who they host on Wednesday, January 19 at 8:00.

GOLDEN HAWK UPDATE

Week of January 17 to 21, 2005

LAST WEEK'S RESULTS

01/12/05

W Volleyball 1, Western 3
M Volleyball 0, Western 3

01/13/05

M Hockey 3, York 3

01/14/05

M Basketball 69, Ryerson 68
W Basketball 67, Ryerson 64

01/15/05

M Basketball 77, Toronto 57
W Basketball 66, Toronto 59
W Volleyball 3, Lakehead 0
W Hockey 3, Queen's 1
M Hockey 1, Waterloo 4

UPCOMING HOME GAMES

01/21/05

M Hockey vs. Guelph
7:30 PM
Waterloo Rec Complex

01/22/05

Swimming vs. Waterloo
12:00 Noon
Athletic Complex

W Volleyball vs. Brock
2:00 PM
Athletic Complex

www.laurierathletics.com

Warriors 'outwork' hockey Hawks

DAN POLISCHUK
Staff Writer

Beginning a six-game home stand at Clarica Arena with a match against their down-the-street rival University of Waterloo Warriors, the Laurier men's hockey team looked to put home ice advantage to good use. Unfortunately, a 4-1 loss was not exactly what the Hawks had envisioned.

Waterloo 4 - Laurier 1

Things started well enough for Laurier as they were able to grab the opening goal with a tally from Chris Di Ubaldo. A quick low snap shot from the high slot that eluded the blocker of Warrior goaltender Curtis Darling gave Di Ubaldo his team leading eighth goal.

Things went from good to bad though in the middle frame as the tenth-ranked Warriors stormed back with four unanswered goals - three of those coming on the power play. Their first opportunity with the man-advantage saw a dump in by a Waterloo defender take a strange bounce off the end boards and find the stick of chasing forward Matt Levicki. Levicki quickly deposited the shot between the legs of Laurier



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JEFFRIES TAKES REIGNS FOR THREE MORE

In two years as Head Coach of the Golden Hawks football squad, Gary Jeffries has posted an 18-4 record highlighted by two Yates Cup appearances. For his efforts, the OUA has awarded Jeffries Coach of the Year for the past two seasons and on Friday, Laurier Athletics recognized his contributions in the way of a three-year contract which will see the Coach lead the Hawks until April 2008. The Yates Cup Champs will kick off their 2005 season on the road against Queens on September 5 and five days later at University Stadium against Windsor.

HAWKS LIGHT UP THUNDER

The women's volleyball team got back to their winning ways last weekend with a 3-0 victory over the Lakehead Thunderbirds. The

goalie Justin Day from a very bad angle to tie the game.

Within 30 seconds, left winger Jordan Brenner scored the eventual game-winner after receiving a backhand pass from behind the net and depositing it glove side on Day. Two more goals on the power play by defenseman Geoff Rivers and Brenner, for his second of the game, closed out the scoring. By the end of it all, the Hawks allowed Waterloo 11 chances with the man advantage - six of those in the second period alone.

Laurier Head Coach Steve Martell, while dissatisfied with his team's effort on the penalty kill, commented, "They simply out-hustled us. They were really flooding the net well."

While clearly disappointed with the outcome, Laurier winger Rich Colwill echoed his coach's sentiments by crediting Waterloo with really "working hard."

"They definitely were a lot better than we were tonight," he added.

It will be the Hawks looking to be better for their next opponent - the Guelph Gryphons. With only four points separating the two teams, Friday's face-off will definitely be an important OUA Mid-West divisional game.

win, a 27-25, 25-22 and 25-23 effort, came after three consecutive losses, as the Hawks improved to 10-3 on the season. The women were led by Kaitlin Sauders, who netted 24 points, and Melissa St. Amant who recorded 23 digs. The Hawks remain in second place in the Ontario West, four points behind Western with two games next week, in Windsor on Wednesday and at home against Brock on Saturday.

YOUNGSTERS CONTINUE TO STRUGGLE

With three starters on the bench due to injury, the men's volleyball squad continued its tough 2004-2005 campaign with a 3-0 loss to the Western Mustangs. The young team, which courted four first-year starters on Wednesday, is now 1-10 on the season with nine games left to improve on their 1-19 record last season.

Kicker, you don't belong here

Although endlessly humorous, the football kicker is a disposable commodity in sports

Bryan Shinn



Sports Editor

The phrase is bold, harsh and unforgiving - reminiscent of elementary school bullies, racial discrimination and red-faced shopping at LaSenza with one's mother: "You don't belong here."

Surely, we as a sophisticated society should never encourage this type of treatment of our fellow man, especially in the coveted sports arena. Unless you're talking about anyone who makes contact with an oval pigskin with their right foot on a regular basis, in which case it's universally accepted if not downright encouraged.

The game of football (despite every indication from its very name) is played by alpha-men who run 4.4's, bench press subdivisions and are proud of being interviewed with their shirts off - men who have been with movie stars, or at least know someone who has seen Halle's berries.

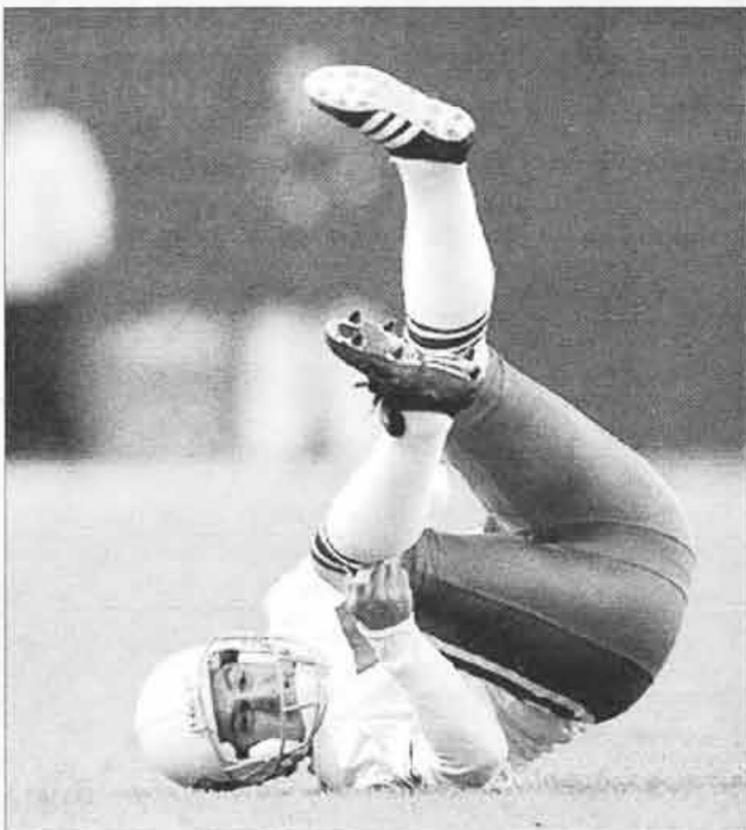
But like a computer programmer sandwiched between a pair of body-builders, kickers more closely resemble pre-Subway Jared's or malnourished third-world children. Lodged in a world of physical specimens are a collective of reject soccer players who inexplicably need only one bar of helmet projection and one soccer shoe to make a living with less charisma than a tube sock.

The kicker has become (check that, has always been) the laughing stock of the entire sporting world - the football equivalence to once-Raptor and buffet-frequenter Oliver Miller.

Consider the Jets' Doug Brien who last Sunday missed two very makeable field goals in the last two minutes of regulation, both of which would have sent his team to the AFC Championship. Or Paul McCallum of the Saskatchewan Roughriders who missed an 18-yarder in November (and subsequently had his house trashed). Or even Scott Norwood of the Buffalo Bills who was wide-right in 1990 for a Super Bowl title.

Each of these pseudo-athletes failed when their team needed them most, knowing full well that 100 playoff conversions wouldn't be enough to be accepted as a legitimate part of the team. And this of course, is the bitter reality for kickers: make the field goal that everyone expects you to make, or miss and endure the wrath of 65 teammates and an entire city that never liked you in the first place.

This outcast syndrome manifests itself in strange, and ultimately sad, ways. Mike Vanderjagt and his place-holder celebrate field goals with a Fresh



Prince-DJ Jazy Jeff-esq hand slap followed by side-snap (which is entertainment to exactly two people). Bill Gramatica

value been so wickedly hilarious and tragically sad at the same time. Even penguins at the zoo, who are worth their weight in comedy gold, seem to recognize the appeal of their own hi-jinks and general trickery.

The game of football is played by alpha-men who run 4.4's, bench press subdivisions and are proud of being interviewed with their shirts off.

It is for this reason that those who care about the sanctity of sports, and sanity of kickers speak up. Petition the NFL Commissioner to find a way of removing the arbitrary acts of field-goals, punting and kick-offs from the game we know, and almost love.

once jumped around like a manic post-conversion until he embarrassed the entire football league when he tore ligaments and cartilage in his right knee after falling awkwardly following one such celebration.

The only way to remove the echoes of "no good" in the ears and hearts of every kicker and to permit some semblance of a real life is to banish them from the game. Forever.

Never in history has a group stood out to such an extreme. Never has a group's aesthetic

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Crossword

BY FRASER KING

- Across:
- Natural fibre, good for rope
 - Fallen branch
 - Anywhere but ___
 - Man pelvises
 - ___-Wan Kenobi
 - Enthusiastic vigor
 - Floating mass of vegetation
 - Put on burns to heal them
 - No beginning or end, 2d
 - Pleasing succession of sounds
 - A shepherd
 - Oxalis tuberosa
 - Sweden's Young Catholics, in Swedish abbr.
 - King of rodents
 - Disagreeably damp
 - I'll make a ghost of any man that ___'s me
 - A winter wind on the Adriatic Sea
 - Came before the chicken
 - What you see out of
 - What you sleep in
 - Shaped like a lobe
 - Snow skiing style with short parallel turns
 - Type of paints
 - People from Italy
 - Reed instrument
 - City in southern France
 - Lowest card in a deck

- Flower with thorns
 - Repeat heard in a valley
 - Female version of Him
 - Biblical garden
- Down:
- Male version of Hers
 - Escape or evade
 - Middle abbr.
 - Type of lock
 - Canadian coin
 - Off-Broadway award
 - Dutch Courage
 - Shorten clothing
 - That which electricity passes through
 - She ___ for mayor
 - What entertainers do
 - Light hardwood
 - Cretan mountain
 - Children's book heroine
 - South Cali beach city
 - ___ that away
 - Used to row boats
 - What eyes do
 - A long, long time ___, in a galaxy far, far away
 - Soap component
 - What bedridden people get
 - Needle box

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
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						37						
38	39		40		41				42	43		44
45					46				47			
48					49				50			

SCRAMBLOR, LORD OF ALL JUMBLES: HAMBURGER HELPER!

Unscramble the four scrambled words and use the circled letters to answer the question on the right.

S E H E C E

U S A E C

A P N

D O F O



WHO HELPS STUDENTS MAKE CHEAP EATS?

Weekly Bad Drawing

By Pete Cram

F	L	A	G		I	S	N	T					
A	I	D	E		O	P	S		M	O	O	R	
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					E	N	C	I	T	E	R		
A	V	E	R						E	C	H	O	
P		N	A	O	S		A	L	S	O		U	
E			A	L	B	A	T	R	O	S	S	T	
A				C	I	S	T		E	X	I	T	G
K	I	T	S							O	S	L	O
					S	U	N	D	O	W	N		
W	A	D	I			A	I	D		I	D	E	M
A	T	O	M			E	N	D		S	U	M	O
X	E	N	O							T	O	U	T

Last Week's Answers

AFTER THE FIRST WEEK BACK, WHAT DO STUDENTS MISS MOST?

NOTES
GLAZE
TALK
PRAY



SLEEP

Sadistic Gamer

by Andrew Craig

VOLUNTEER

Business Student Needed
We are looking for a WLU student to be part of the Launchpad50k.ca business competition at WLU. Minimum experience needed to gain a lot of experience in developing a business plan. This would be great for a business student wanting to pad their resume with more than 'just a degree'. Our business idea-see <OntarioBusiness.ca> Email or phone Chris @ 519-588-197 or Office@OntarioBusiness.ca

FOR RENT

23A High Street, off Hazel. Modern self-contained main floor, 4 bedroom, 1 living room, complete bathroom. Free laundry facilities and parking. No pets allowed. Group tenancy for 4 students. Available May 1st 2005 to August 30th 2006. \$445.00/ student/ month. Utilities included. 12 month lease required. Contact June Smith 416 491 1370 or cell: 416 705 5648.

23B High Street, off Hazel. Modern self-contained 3 bedroom, 1 L/R Kitchen, complete bathroom, unfurnished. Free laundry and parking. No pets allowed. Group tenancy for 3 students. Available May 1st 2005 to August 30th 2006. \$415.00/ student/ month. Contact June Smith 416 491 1370 or cell: 416 705 5648.

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House females six bedroom. Includes 2 car parking, 2 fridges, stove, dishwasher, freezer, washer/dryer, cable TV and internet access. \$2640/month. Call 1-416-515-8570

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EVENTS

Talent Show
East meets West present... RHYTHM NATION-East and West Indian Fashion and Talent Show. January 20th, 2005. Maureen Forrester Recital Hall. Doors open at 7:30pm Show starts at 8. \$5 Advance tickets on sale from January 17-20 in the Concourse. Proceeds go to Tsunami Fund.

Poker Tournament
Friday, January 21, 2005.
Location: WLU Cafeteria
Time: 8:30pm (register at 7pm)
Buy-in: \$20.00

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PERSONALS

No touching!

Sanjay, Sanjay, Sanjay.... see, I told you I could get your name in here somewhere.

The boy
You may say some stupid things sometimes but hey, it is the year of being truthful. What more could a girl ask for. How about a planner? Joke.

The girl

Michael: Now, do you want to steer, or are you too old to sit on your pop's lap and drive?

George Michael: I think I might be.

A big thank you to the biggest dork of them all, you make me smile.

Hamburger Helper Hopefuls,

The second annual Hamburger Helper Open will be held on Valentine's Day Eve, Sunday February 13. If you think you have what it takes, the entry fee is \$2 (to go towards a prize for the winner) and you must come with a Hamburger Helper-based meal. For further information, email twoods188@hotmail.com. All entries welcome.

Wil McLean & Brandon Currie
Hamburger Helper Magnates

Production would like to thank the following for their help in "The Hamburger Helper Issue": Everyone who put last week's disaster to rest with timely deadline making, Mike for a great freshman effort, Ananthan for being lacksadaisical yet doing Features, Rames for the great Martha graphic, Janet for quietly TCBing, Miranda for the brief stint of p'duction, Wil for his Helper companionship and Opinion layout, Leo for the Hooters comment and driving us to Pearson, Bryan and his alter-ego Bill Murray for the words of wisdom, Bryn for the checking-up email, WLUSP and Caitlin for supporting 'Pril and I on our quest to the Great White North, we'll try and represent all y'all well. BC

Chief Notes: I would like to thank the Wil's bartenders, especially Khaled, for letting me take all the flash pictures while they worked (I'm sure it was very irritating) and Mahn too (love that MARN-tini), Bill for updating me on the busy-ness of Wil's, Adam for letting me taste his beer (yeah, that's right, I drank on the job), John for calling me boss/seniorita, early night thanks to all editors, honourable mention to Pinchevsky for having stuff done on Sunday, Carly for taking on an extra title and essentially an extra section, Blueprint Dave for snapping his fingers like a madman at 2:22am and still working diligently on his Blueprint cover, Brandon and April for travelling to Edmonton (tough job, but someone's gotta do it), Angela, Craig, Greg, Arthur (love that pay cheque), football kickers (wait a second), Jennifer for her ad delivery skills, Mum, Dad, Nan, Grandma, Tine & Mikey, Sar & Cait, KO, and of course, Mr. Stefan J. Sereda - I miss you already, but thank you for so many laughs, and jealous reads of your articles... To the trees, my friend, to the trees.

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How: remove food, plastic bag liner, foil etc. then flatten and stuff in an unflattened box



Newspaper

- Includes inserts

How: bag or tie



Magazines & Catalogues

How: bag or tie



Telephone, Hard Cover & Paperback Books

How: bag or tie



Household Fine Paper

- Includes white and coloured writing paper, bills, "junk mail", etc.

How: bag or tie



Corrugated Cardboard

- Identified by 2 outer, thin-walled liner boards and a corrugated waffle in the middle

How: flatten and tie

(max. 75 cm x 75 cm x 20 cm
or 30" x 30" x 8")



All Rigid Plastic Containers



- Only rigid food, beverage, personal, pet care and detergent containers (NO styrofoam)

How: remove plastic caps and lids and place loose in Blue Box. Empty, rinse and place containers loose in Blue Box



Plastic Grocery and Retail Bags

How: stuff inside one bag and place in bottom of Blue Box



Aluminum Foil Wrap & Foil Trays

How: rinse and crumple foil; flatten trays



Glass Food, Beverage, Personal & Pet Care Bottles & Jars

How: empty, rinse and place loose in Blue Box



Metal Food & Beverage Containers

- Includes aluminum & tin cans

How: empty, rinse and place loose in Blue Box



Paint & Aerosol Cans

- Empty and dry paint cans, empty aerosol cans

How: remove lids and place both lids and cans loose in Blue Box



Drinking Boxes, Milk & Juice Cartons

How: remove plastic caps and place loose in Blue Box. Empty, rinse, flatten containers and place loose in Blue Box

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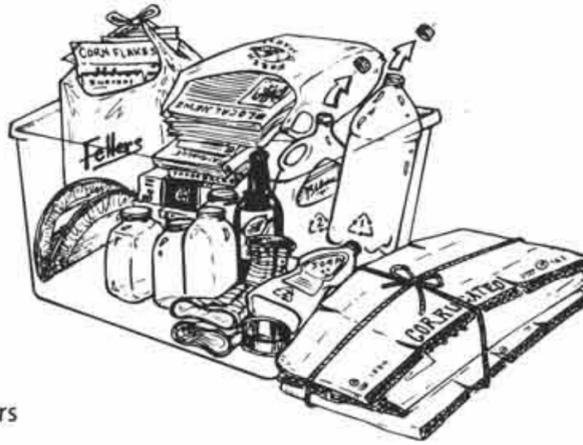
FLATTEN & STUFF

- boxboard (inside unflattened box)

REMOVE LIDS, EMPTY, RINSE & PLACE

LOOSE IN BLUE BOX

- rigid plastic containers
- aluminum foil wrap & foil trays
- glass food & beverage bottles & jars
- metal food & beverage containers
- lids
- empty and dry paint cans and aerosol cans
- empty and flatten milk or juice containers



BAG OR TIE

- newspapers & inserts
- magazines & catalogues
- telephone books
- household fine paper
- hard cover & paperback books

STUFF

- plastic retail bags into one bag
- place in bottom of Blue Box

FLATTEN AND TIE

- corrugated cardboard (max. 75cm x 75cm x 20cm or 30" x 30" x 8")

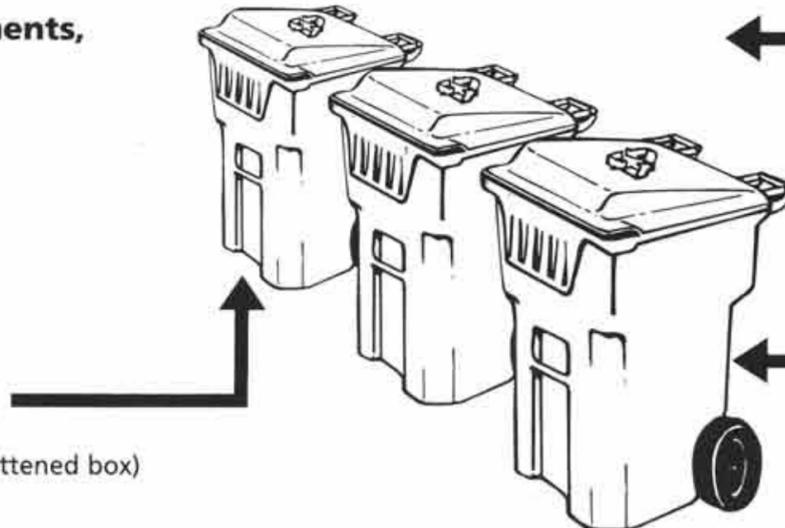
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(For Region of Waterloo apartments, townhouses & condominiums)

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PLACE IN CART LOOSE

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- telephone books
- hard cover & paperback books
- household fine paper
- boxboard (flattened & stuffed inside unflattened box)
- plastic retail bags stuffed in one bag



CARDBOARD CART

- flatten & place in cart loose

CONTAINER CART

REMOVE LIDS, RINSE & PLACE IN CART LOOSE



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- aluminum foil wrap & foil trays
- glass food & beverage bottles & jars
- metal food & beverage containers
- empty and dry paint cans
- empty aerosol cans
- empty and flatten milk cartons and juice containers

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Album leaks: good or bad?

CARLY BEATH
Arts & Entertainment Editor

They're why you heard some of 2005's most anticipated albums in 2004.

Album leaks are quickly becoming commonplace in the music industry, thanks to the Internet and the constant developments in file-sharing. Albums can find their way onto the Internet days, weeks or even months before their release.

It can happen at a few stages of an album's pre-release journey. *Rolling Stone* reports label executives saying that "once an album is sent to the manufacturing plant, it's out of their control." According to the magazine, this is where leaks of Jay-Z and



Contributed photo

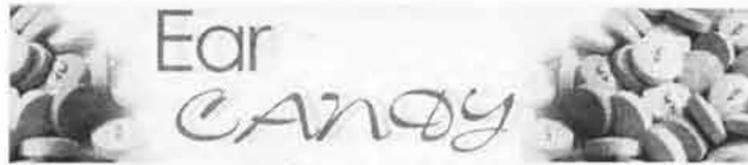
Bright Eyes' forthcoming albums were leaked in November.

Eminem albums may have occurred in 2002 and 2003.

Another source of leaks is promotional copies of albums. These are routinely sent out to music reviewers and radio stations before the release of an album. Jason Kulbel from the Saddle Creek record label says that once you send out promos, people can "put it in their computer and rip it." He says Saddle Creek considered taking preventative measures with the two Bright Eyes albums which are to be released next week, such as sending out CDs that can't be played in computers or ripped, but in the end decided against it. As a result, the CDs *Digital Ash in a Digital Urn* and *I'm Wide Awake, It's Morning*, were available on file-sharing programs in late November 2004.

Other labels and artists, though, go out of their way to make sure leaks don't occur. According to *Rolling Stone*, Rapper NORE built his own recording studio to have greater control over the security of his latest album. Other artists are refusing to send out promoscopies before their albums release. Ninja Tune records has released promos with talking over top of the music, creating a copy of the album that people could preview but wouldn't want to listen to repeatedly. If a leak does occur, many artists rush their album into stores ahead of

-please see **Leaks**, page 23



Gwen Stefani



3 out of a possible 5 cherubs

Title: Love.Angel.Music.Baby
Label: Interscope
Release Date: Nov. 23., 2004

Gwen Stefani's debut solo effort, *Love.Angel.Music.Baby* initially sounds like a peculiar mix of electronica and hip hop, but upon subsequent listens, reveals itself to be a very catchy pop album. A TV ad labeled it a "guilty pleasure dance" record, but I don't see anything guilty about movin' to a fun beat.

Stefani had a clear vision for the sound of her album and it shows in the guests and producers that smother each song. Names like Eve, Dr. Dre, Andre 3000, the Isley Brothers and the Neptunes, give the album star-studded credibility and distinctive hip hop quality, which at times reminded me of early 90s West Coast rap. Simultaneously, each song is laden with electric bleeps and heavy synthesizer, giving them a regenerated 80s feel.

Stefani's voice is not used so

much as a voice, as it is another instrument. She's never been a good vocalist in the way that we would judge a Celine Dion type, but the personal flamboyance in her voice definitely separates her from the pack and adds something intangibly cool to the songs. On *L.A.M.B.*, she sings, raps, shouts, and sometimes it sounds like she's just making noises.

L y r i c a l l y , *Love.Angel.Music.Baby* is not far from what you'd normally hear on a No Doubt album. Stefani, typically, spends five of the 12 songs lamenting or celebrating past and present relationships. Besides her obsession with

Tokyo's youth culture of Harajuku, the remainder of the songs have something to do with sex or money. Gwen is clearly enjoying her success and her new husband, but does she have to boast? Also discouraging is the fact that she named the album after her clothing line.

The only songs of any real significance are the first single, "What You Waiting For?" which is a self-conscious look at the music industry and the process of song writing, and "Long Way to Go," featuring Andre 3000 of Outkast, which scorns the stigma that the general public still places on interracial couples.

All in all, it's a cool mix of musical styles, fun to dance to, and will bring Gwen Stefani even more success.

-Leslie Stokman

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Mario Party 6: the franchise goes on Hip-hop groundbreakers



each game more about how accurately or quickly you can hit your buttons, rather than how well you know the buttons and can put together combinations. The microphone was used in the 1 vs. 3 player mini-games, as I mentioned previously, and was fun to use, although somewhat ridiculous at times.

Game Play: When you start, all mini-games are unknown and only slowly as the game advances, do you finally have the option to play all the games in the Mini-game mode. This version was different through the microphone addition as well as the day and night options. Other aspects that stood out were the different purchase prices of stars between night and day, and the star system in general. Some boards just start by giving everyone stars and the goal is to steal them away from other players, and on some boards, the purchasing place for the stars doesn't move, but stays put and allows you to buy up to five stars at a time. When you accumulate

stars, you are able to buy extra features to the game, such as Toadette, the female counterpart to Toad, who is also a playable character this version. Other character changes include the removal of Donkey Kong (who is now the daytime counterpart to the Bowser space) and the addition of Boo and Koopa Kid to the play list.

Overall: This franchise is one of my best friend's favourites, as well as mine. There are no complexities involved (some games are even based on pure luck), but we have fun playing this game for hours upon hours. We loved the option of playing in the night and day setting, and when we could, the prettier of the two would be played. We found it interesting to see the games change between night and day, and enjoyed the variation. I love this game and highly recommend it if you enjoy easy, but sometimes tedious tasks. It's fun and colourful, and lives up to and exceeds Nintendo's previous releases of this franchise.

- from **Debut**, page 24

Standout tracks: "All Falls Down", "Never Let Me Down", "Through The Wire"

11. Snoop Doggy Dogg - Doggystyle (1993)
Standout tracks: "Gin And Juice", "Ain't No Fun"

12. Beastie Boys - Licensed To Ill (1986)
Standout tracks: "Fight For Your Right", "No Sleep Till Brooklyn"

13. A Tribe Called Quest - Peoples Instinctive Travels and the Paths Of Rhythm (1990)
Standout tracks: "Bonita Applebum", "Can I Kick It?"

14. Talib Kweli & DJ Hi-Tek - Train Of Thoughts/Reflection Eternal (2000)
Standout tracks: "The Blast", "Move Somethin'"

15. Mos Def - Black On Both Sides (1999)
Standout tracks: "Umi Says",

"Ms. Fat Booty"

16. EPMD - Strictly Business (1988)
Standout tracks: "Strictly Business", "You Gots To Chill"

17. Big Pun - Capital Punishment (1998)
Standout tracks: "Super Lyrical", "Twinz (Deep Cover)"

18. K-Os - Exit (2002)
Standout tracks: "Heaven Only Knows", "The Anthem"

19. 50 Cent - Get Rich Or Die Trying (2002)
Standout tracks: "In Da Club", "Many Men (Wish Death)"

20. Big L - Lifestylez Ov Da Poor And Dangerous (1995)
Standout tracks: "MVP", "No Endz No Skinz"

All photos contributed

Mario Party 6



4.5 out of a possible 5 party hats

System: Nintendo Gamecube
Release Date: Oct. 4, 2004

JILLIAN PANCOTT
Copy Editor

Mario Party 6 was released at the end of 2004 for Nintendo Gamecube. The premise of the game is no different than the first five, but the new features and different storyboards give the game a little twist. The overall objective still remains the same: to attain as many stars as possible through the coins won in the various mini-games. However, some of the new twists include the microphone for use in the 1 vs. 3 player mini-games, and the changing from day to night over the course of the game.

Graphics: The graphics are bright and colourful in the daytime, where rainbows and sunbeams are in abundance in the light blue sky. At night, almost all games change to the moon and star backgrounds, and a predominantly navy blue sky. The variety of colours are beautiful and makes the game captivating and fun. The characters are all well-finished and polished, with smooth actions throughout the game. The backgrounds and foregrounds interact well with one another to create a completely beautiful world.

Controls: Controls are outlined before every mini-game or any other action that could be taken. Before entering the mini-game, each character has the required buttons explained, along with hints. Almost every button is used, including the C-stick for multiple car-based mini-games. The controls are basic, making

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Album leaks

- from **Leaks**, page 21

the planned release date to minimize the negative impact on sales.

Not everyone sees album leaks as a bad thing, though. Conor Oberst, the mastermind behind Bright Eyes, views Internet downloading as a reaction to the monopoly of companies like Clear Channel, and the lack of variety on most commercial radio.

"People really do want more than they're given on Top 40 radio. There's still people that really love music, and so they use the Internet... It seems so sad that you would punish a kid [for downloading]," Oberst said recently.

There are many places where the only places to get music are "the one modern rock radio station, and like, the Walmart." He says people in these places "should be encouraged to get on the internet and discover new music."

Oberst's record label has a similar philosophy. According to Kulbel, they create "hype" for the albums. He says that the Bright Eyes leaks probably won't change the way Saddle Creek handles album releases in the future. The hope at the label is that "if you download something and like it, buy the record and support the band that way. If you download something and don't like it, move on and find something you do like," says Kulbel.

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Set Yourself On Fire with Stars

- from **Stars**, cover

The album was written during a month-and-a-half long retreat at a cabin in the village of North Hatley, in Quebec's Eastern Townships, and recorded in Montreal. Campbell says the time in North Hatley was helpful because "[we had] to work because there's not much to do. It just kind of focused us."

The band's unique sound can be attributed to its members' love for different kinds of music, and collaborative writing process. On the subject of musical taste, Campbell claims that "musicians tend not to discriminate much... if it's good they like it, whether it's country music, or metal, or baroque music." The band's individual styles are brought together in the writing process which "is very much the four of us in a room, hammering it out," he says.

While the band channels these diverse influences, the results are by no means derivative. "You're never conscious of trying to sound like who you sound most like," says Campbell. "Let's put in an ooo ooo, that will sound really Motown'. And of course it

doesn't end up sounding Motown", he laughs.

Many of the band members work on projects outside of Stars, including Broken Social Scene Memphis, and according to Campbell this is another thing that affects the band's sound. "They bleed, they really bleed. To me anyway, it seems like one sort of massive project floating around and people give their energy to different things when needed." He clarifies that "Stars is very much a unit and it's very much an idea and we focus on that, but it can flow easily into Broken Social Scene."

"Initially they were words I wrote on a piece of paper when I was stoned, really."

- Stars' Torquill Campbell, on the *Soft Revolution*

While Campbell is now deep into the Canadian music scene, he was also briefly part of another pop culture giant: *Sex and the City*. He had a cameo in the season three episode of the show that also featured Alanis Morissette.

He is amused when the subject is brought up.

"Of all the things I've done - I've played Romeo and Henry V and put some records out, but nobody really gives a damn. What people really want to know about is *Sex and the City*," he says light-heartedly. Funnily enough, he wasn't aware of the scale of what he was involved with. "In New York when you're an actor and you're fucking unemployed for six months, eventually you get one day on a TV show. I had no idea what it was." One interesting anecdote from that experience: crew members would collect the cigarette butts that chain-smoking Sarah Jessica Parker left lying around, and sell them "for 25 bucks a pop on eBay."

While Campbell may not have understood the magnitude of *Sex and the City*, the inhabitants of Waterloo have the chance not to make the same mistake with Stars. The band will be playing on January 26 at the Starlight (Gentleman Reg is the opener), and their live show is a spectacle not to be missed.



Contributed photo

Stars' Torquill Campbell, front left, with the rest of the band. They will be playing the Starlight on January 26th.

Top 20 hip-hop debut albums - D.M.C. to B.I.G.

These artists made a huge impact on hip hop right from the start

Leo Yu



Staff Writer



1. Eminem - The Slim Shady LP (1999)

Let's face it, if Mr. Mathers had failed on this much anticipated album, we would never have acknowledged that white people can rap, and we wouldn't be seeing the current domination of Dr. Dre, Eminem & G-Unit in the rap game. Eminem introduced to the world the most controversial character in hip-hop, as Slim Shady pissed everybody off in this classic debut in his truly original voice.

Standout tracks: "Guilty Conscience", "Role Model", "Brain Damage"

2. Run-D.M.C. - Run-D.M.C. (1984)

Long before groups like Limp Bizkit, Rage Against The Machine and Linkin Park, there was Run-D.M.C. This group comprised of two MCs and one DJ was the originator of the whole Rap-Rock fusion. Their trademark Adidas clothing and gaudy jewelry set the standard for the wardrobe of the hip-hop culture. Utilizing the late Jam Master Jay's scratching and heavy guitars, Rev. Run and DMC rap about the grit of the

streets, but in a way that provides hope to the listener. These guys were true pioneers of hip-hop.

Standout tracks: "Rock Box", "Sucker M.C.'s", "It's Like That"

3. Eric B. & Rakim - Paid In Full (1987)

This hugely influential Manhattan hip-hop duo never had a mainstream single, but during rap's golden age in the late 80s, Eric B. & Rakim were widely recognized as the premier DJ/MC team in all of hip-hop. As Eric B. samples heavily from James Brown's funk-heavy catalogue, Rakim basically invents modern lyrical technique over the course of *Paid In Full*, with his complex internal rhymes, literate imagery, velvet-smooth flow and unpredictable, off-the-beat rhythms.

Standout tracks: "Paid In Full", "I Ain't No Joke", "Eric B. Is President"

4. Jay-Z - Reasonable Doubt (1996)

Before Jay-Z became the Jordan of rap, Mr. Shawn Carter reflected on his life as a hustler growing up in the Marcy Projects of Brooklyn in this classic debut. His lyrical prowess is the album's crowning jewel, as Jay-Z proved to the world that he could flow better than any MCs at the time over the productions from DJ Premier & Ski. This debut started one of the longest reigns in hip-hop, as the Jiggaman has gone from Marcy to Madison Square.

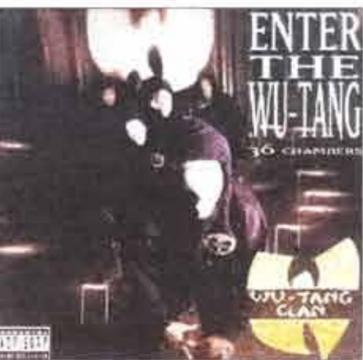
Standout tracks: "Brooklyn's Finest", "Can't Knock The Hustle", "Can I Live"

5. The Notorious B.I.G. - Ready To Die (1994)

Forever connected to the legendary 2Pac, Biggie Smalls secured himself as the new King of New York on this unforget-

table debut effort. Laying out his album in story form, Biggie's songs range from the hardest of hardcore to the smoothest player anthems found in the music world, all laced over flawless production from various beat makers, including the introduction of the then relatively unknown Puff Daddy. This album had all the kids saying "Baby bay-bee!"

Standout tracks: "Gimme The Loot", "Juicy", "Big Poppa"



6. Wu-Tang Clan - Enter The Wu-Tang (36 Chambers) (1993)

What happens when you put nine distinctive MCs together in the studio with nothing but weed and kung-fu flicks? You get a classic album in the making. This Staten Island, New York crew revolutionized hip-hop in the mid 90s (and launched half a dozen solo careers) with its violent lyrics and refreshing production from The RZA. RZA's raw barrage of off-kilter, off-key loops and sound effects set him apart as one of the most unique producers of our time. Wu-Tang was also one of the first rap acts to have their own line of clothing, spawning many Wu-Tang wannabe members among teenagers.

Standout tracks: "Can't It Be All So Simple", "C.R.E.A.M.",

"Method Man"

7. Lauryn Hill - The Miseducation Of Lauryn Hill (1998)

With her 1998 solo debut, Lauryn Hill established herself as a creative source on her own, outside of the Fugees. She broke new ground by successfully integrating rap, soul, reggae, and R&B into her own sound. Hill wrote, arranged, or produced pretty much the whole album, which is steeped in her old-school background, both musically and lyrically. This classic debut earned Hill five Grammy awards in 1999, including Album of the Year and Best New Artist. Her influence can be seen through Alicia Keys, Kanye West and K-Os in the present.

Standout tracks: "Ex-Factor", "Doo Wop (That Thing)", "Everything Is Everything"

8. Nas - Illmatic (1994)

Detailing his cold world and colder heart, *Illmatic* introduced one of the best thug-poets in hip-hop. On *Illmatic*, Nasty Nas aka. God's Son, looks back at a life spent in the culture of the projects, acknowledging joy as much as pain, and taking note of violence as a fact of his environment rather than a focus of his life. With the help of some of the most sophisticated jazz-rap producers around - Q-Tip, Pete Rock, DJ Premier, and Large Professor - Nas has successfully created pure hip-hop in 40 minutes with no filler tracks.

Standout tracks: "N.Y. State Of Mind", "Life's A Bitch", "World Is Yours"

9. Dr. Dre - The Chronic (1992)

The Doctor debuts on a "high" note with this instant classic, as he showcased his ability to pro-

duce and rap at the same time. The subject matter on the LP is the sex, drugs, violence and politics of South Central Los Angeles, chronicled in explicit terms. However, the strength of the album lies in the production by Dre. By blending hip-hop, jazz, funk, and soul, Dre created downright intoxicating grooves. This debut also introduced Snoop Doggy Dogg to the rap world.

Standout tracks: "Wit Dre Day (And Everybody's Celebratin')", "Let Me Ride", "Nuthin' But A 'G' Thang"



10. Kanye West - The College Dropout (2004)

If you haven't heard of this super-producer/rapper yet, you must've been living under a rock this past year. In a rap era which bling, women and violence rule the airwaves, West somehow found a way to rhyme about strippers, God, college life, and social consciousness all in one album, without one undermining another. His perfected skill in "sampling" is beyond exceptional, ranging from modern contemporary sounding hip-hop to old school R&B soul. The Louis Vuitton Don brings a fresh sound to the rap game and this classic debut has already started a comeback of conscious rap in the past year. Look for Kanye to win big at the Grammys with his 11 nominations.

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