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• Volume 98/ Issue 07 Nov. 26, 2007 •

• Brandon University's Student Newspaper •



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Building Educational Excellence
Tuition Freeze and Infrastructure Renewal



How High is Too High?

National Addictions Week Educates Population



Tyson Stelter
ACC Correspondent

High on Life..

This motto rings through communities across Canada and the world. It's universal. People see it, hear it, and understand it. Being High on Life makes you aware of addictions and being aware of addictions makes you High on Life.

Last week, from Nov. 18-24, was National Addictions Awareness Week. This specially designated block of time gave the public and communities throughout Canada the opportunity to engage in activities and address the issue of addiction. It also focused on knowledge, communication and supporting communities in making healthy choices.

"The theme for the week is

Lets Talk About It," said Gerry Cadman, a rehabilitation officer for the Addictions Foundation of Manitoba. "The message is there. It's an open, inviting statement that will help us present healthy alternative choices."

According to the AFM, binge drinking is more harmful to brain cells than any other pattern of drinking. And 89 per cent of male Senior Four students have reported using alcohol or other drugs. As well, young people are at a greater risk for substance abuse when they're exposed to serious family conflicts.

To get involved in addiction awareness, contact the Addictions Foundation of Manitoba at 1-204-729-3851 or visit their website at www.afm.mb.ca

Christmas Without Borders

Candlewood Books Import from States

Nira Diamant
ACC Correspondent

The high Canadian dollar combined with the approach of the bustling Christmas shopping season means people are looking for the best bargains they can find.

Some residents of Brandon are eager to cross the border to drop their hard-earned dollars. This is due to the fact that a lot of retailers here haven't matched the prices of their American counterparts.

But one business in the Wheat City has discovered a way to use the Internet, in tandem with the ability to import products, as a benefit to help consumers get better deals.

Candlewood Books has installed public access terminals which will allow customers to browse Amazon.com. From there, they can choose the items they want and the bookstore will import the products across the border. A small fee will be charged for this service.

The system is similar to shopping for products on-line, only you won't be required to give credit card information over the Internet. You simply put items you want into the on-line cart on-line, and then go up to the bookstore cash register. You then pay for the items you ordered, and are informed when

the items you requested will arrive.

According to Candlewood spokesman Mike Buie, the bookstore is the only business in Brandon that has public access terminals at this point. Buie said that the only drawback to the system is that the consumer has to physically come to the store to access the terminals. The system can't be accessed from your home computer.

But he's hopeful the benefits to the system outweigh the need to visit the store. And he said there are several benefits the system can provide to residents on this side of the border.

"The consumer won't have to waste gas going to the States," Buie said. "They also won't have to deal with customs and duty at the border."

Buie wants customers to take advantage of our higher-than-par dollar, and hopes the dollar's value, combined with his store's innovative approach to combating the southward shopping trend, will keep business here at home. But time, and the holiday shopping season, will tell.

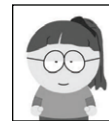
Candlewood Books is located in the Town Centre. For more information on the public access terminals, contact the bookstore at (204) 728-6908 or by e-mail at info@bookfiles.com

The Quill

Mold Free ...Since Yesterday



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NEWS in BRIEF

~ This week is Positive Space Week here at Brandon University. Hosted by the LGBTQ*, there will be a day of Remembrance on Tuesday. Other activities remain to be announced. Anyone interested in volunteering should approach the collective on the second floor of the Knowles-Douglas Centre. All BUSU buildings and events are positive space, as is The Quill.

~ The Science Faculty Council has voted against the current 4.3 GPA scale. They feel a new system is called for; one more in line with the University of Winnipeg or the University of Manitoba. The Arts Faculty Council voted for the system due to its inclusion of 13 divisions to award. The systems at UW and UM have only eleven. This issue will be reintroduced to the Arts Faculty Council due to the confusion with a GPA out of

4.3 instead of 4.0 or 4.5, with regards to industry and post-graduate studies. If a system of either 4.0 or 4.5 GPA, with 13 divisions, were proposed, the Arts Council could potentially agree with this. If any system were applied retroactively, this would ally the concerns of many students.

~ The special Tuition Freeze Policy Meeting will be held November 28th in the Elephant Room (3rd floor, KDC). The meeting will start at 5pm and is scheduled to end by 7:30pm. Students are invited to educate themselves on the issues at hand and attend the meeting. This meeting will set BUSU's official position on the Tuition Freeze for the rest of the year.

~ They want to suck your blood! Canadian Blood Services is looking for more donors. Blood donations are important any time of year and as the Christmas season nears, what better gift to give? The Manitoba goal is 18,000 donors and as of the end of October, there were 14,472. Donations can be made at the Canadian Blood Services

office in the Town Centre and appointments can be made by calling 1 888 2 DONATE. The Quill is a member of Partners For Life and if you would like your donation to count towards our total, please tell CBS when you go to donate.

~ Winnipeg city councillors on Wednesday defeated a motion to introduce term limits on council positions, but approved a proposal to increase water and sewer rates by almost 12 per cent.

~ East Timor's first lady, Kirsty Sword Gusmao, has called upon both major federal parties in Australia to support her adopted nation no matter what happens in Australia's upcoming federal elections. The East Timorese leadership and people appreciate that there is a link there," she said. "But there is no sense of fear that with a change of leadership here that Timor will be forgotten. I certainly expect that a change in government would not in any way diminish the support that we've received. We are very hopeful that there will be a long-term commitment to maintaining a presence in Timor because we don't foresee that we are going to be able to resolve a lot of these issues that are very complex in the near future." She also challenged both sides of government to invest more in East Timor's education. "Australia is uniquely placed to be offering a really substantial scholarship program, given that the future is in capacity building, in training and opening up educational opportunities for our young," she said. "At the present time the number of scholarships that are offered are really quite insignificant and I would love to see that cooperation, particularly at that level of education, enhanced."

Think WE: Pass it On

Naomi Leadbeater
Staff

There are so many messages out there today. Be You at BU, Think We, We've already won the lottery . . . Why not just ignore them all and concentrate on your own little world? Well for one, we're all in this together, like it or not and essential to Craig Kielburger's discussion on Thursday November 15, 2007 at the Victoria in is the fact that we need to think about the world and everyone and everything around us with a compassionate heart.

The Plan by Investor's Group follows a philosophy of philanthropy; benefiting the population, youth, the environment at the local and national level. It was fitting for Craig Kielburger to visit Brandon with Investor's Group as the organization is a leader and a great example for the rest of the country. Brandon University in conjunction with Investors Group has hosted many speakers over the past two years. Craig Kielburger was host to a large audience of youth and adults young and old on Thursday evening from a variety of backgrounds including professors from the university, high school students, elementary students, the university crowd and business men from the community. So what's he all about?


Kielburger is in my opinion a visionary, and has been since the age of 12 when he had his moment of truth. A newspaper article that literally changed his life and has since then changed the life of many around him. Craig has been nominated for the noble peace prize and has won the Children's Nobel peace prize and the Nelson Mandela Human Rights Award. He is also the second youngest Canadian to be given the Order of Canada – the youngest being Terry Fox.

While I am not one for donating hoards of money to charities, I do understand the

significance of child poverty and war torn countries around the world. Kielburger is the founder of Feed The Children and the author or co-author of 5 books. He has had the wonderful opportunities of meeting and getting to know Mother Teresa, Desmond Tutu and also works with Oprah and her Angel Network. While he knows many famous and revered people, Craig appears very down to earth and emotionally connected to those around him. He seems most affected by the children he meets and the horrendous poverty he encounters around the world.

Craig started the evening with a warm up, and a story about children in Sub-Saharan Africa. A commonality around the world is apparently American TV and while most children do not speak English, they can say one phrase – "Give me High-5!" This is how Craig was greeted on one of his many trips to volunteer and build schools in developing countries. It seemed fitting that his audience in Brandon should show the same compassion for those around us by performing this small act with 5 people sitting near-by.

One of the focuses of the speech was the fact that we all have a purpose, we may not know it, but we must keep searching and be open to it whenever it appears. For myself, I know I haven't found it yet, I can almost put my finger on it, but it's still out of sight. The evening for me was reason to keep going and keep searching both within myself as well as in the world around me. At a time close to exams, it is tempting to turn oneself off and not think about the world outside your office/room or school. Hearing someone else's story made me realize once again that I have a purpose, even if I don't know it yet.



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Counsellor's Corner

Grief & Loss: Finding Peace and Wisdom in the Dark Emotions

--Bruce Sarbit

The Landscape of Grief

When someone we love dies, a part of us dies too. Everyone has his or her own way of grieving. Anyone who's ever lost a parent, child, lover, spouse, or close friend, knows that grief is one of the most powerful emotional forces there is – powerful enough to shatter the self we've carefully constructed. We become present to our lives in a new way. There is a simultaneous shattering of ego and expansion of consciousness that is a common experience for people who are grieving. The normal ego maintains its illusion of control and invulnerability until disaster strikes and it all begins to unravel. This ego dissolution is the first phase of the extraordinary healing process we call grief.

In grief's alchemy, however, the first phase is not about moving on but about being broken, a searing experience that cannot be pacified by all the compassionate counsel in the world. Healing through grief doesn't start when we give up feeling bad: it begins with the agony of loss. The merciful numbing shock must wear off and the reality of death takes hold. Grief must sink in. In the alchemy of grief, going down always precedes coming up. Understandable but misguided attempts to speed up the process tend to derail it. Generally, a grief deferred is a grief prolonged. There are no short cuts in the alchemy of the dark emotions.

Grief is a universal response to death and loss, built into our neurological systems. Whatever the nature and extent of the loss, we grieve because we are not alone, because we are interconnected: and what connects us to one another also breaks our hearts.

What people in grief need most is to be compassionately accompanied, to feel that those who care about them are willing and able to tolerate the pain that they are in, to be there with them, to be present. A touch, a simple expression of caring, and the ability to sit with the grief goes a long way. Because emotions are contagious, however, grief is hard not only for the mourner but also for those who care about her/him. This is why many people who are grieving at some point come up against the judgments, inhibitions, and unsolicited advice of well-meaning others.

Grief, like despair, is an emotion that asks us to depart from the "normal" – to be still, like a pool of

frozen water in the winter. From out of this apparent stillness, an imperceptible movement occurs, from sorrow for what has been lost to gratitude for what remains. The trick is to let go and descend into grief's cold waters.

Gratitude comes from seeing through the eyes of grief. We can stop clinging to life and just live it gratefully.

Emotional Exercises for the Alchemy of Grief

Step 1. *Intention: To grieve is to heal*

If you're grieving the death of a loved one, bring a clear intention to this process. Let this be a time that you trust your heart to guide you. What is your best or highest intention with regard to the grief in your life? How can you grieve this loss and honour it, while still nurturing yourself?

Step 2. *Affirmation: The value of grief*

Affirming the value of grief may seem counterproductive of counterintuitive in a culture that values "moving on" from loss as quickly as possible. On one side of a page write down every "negative" thought you have about grief and sorrow, about grieving too much or too little, or about how you express your grief. On the other side of the page, write a set of affirmations in your own words, about the value of grieving. Example: Mourning is a universal expression of interconnection and loss. It is wise to feel sorrow and express it. My grief is a measure of my love.

Repeat these affirmations as needed, as a reminder to give yourself permission to grieve.

Step 3. *Bodily sensation*

Grief can be a very depleting emotion – physically and mentally. Soothing is much needed. Start with a deep soothing breath. This form of conscious breathing will bring you sustenance when you are faltering or feeling anguished, empty or fatigued.

Step 4. *Contextualization: Widening your story of grief*

In the alchemy of the dark emotions, finding the larger context of your pain is an essential step. But it may be very hard for you to see the "larger picture" at this time. You may be hurting too much. Perhaps all you feel is longing and anguish. Perhaps you're just numb. Perhaps the meaning of this death or loss is

absolutely incomprehensible to you at this time. Perhaps it just feels senseless and tragic.

Give yourself time, and trust that you will find some way to make meaning of this loss. Mentally place yourself in a wider circle of those who grieve and contemplate grief as a universal emotion. At the same time, find a way to get support from others who have endured or are in the process of grieving similar losses. Such support has been shown to be literally life-saving.

Step 5. *The way of non-action: mindful grieving*

The way of non-action is allowing sorrow to be sorrow. "Medicate, distract, and avoid" is not a recipe for alchemy. But be kind to yourself if you need to do any of these things. Distraction is an important balance to grief's cruel shattering. Find simple, soothing ways to distract yourself: Call friends. Watch an innocuous, non-violent or humorous movie. Take a walk with someone you trust.

Step 6. *The way of action: Don't let your grief stop you*

Grief, like despair, invites stillness. One would think that "action" is either irrelevant or impossible. But certain kinds of actions can help, if they are done authentically and when you are ready.

One kind of action is to not let tears or visible signs of grief stop you from going where you want to go, doing what you need to do, or talking to whomever you need to talk to. Give yourself the permission to break through your conventional patterns of relationship and take some risks to connect.

Step 7. *The way of surrender: Let grief flow*

The simplest exercise for the way of surrender to grief is through prayer. You don't have to be religious or believe in God to pray. You just need the intention to commune with something larger than your ego. The only requirement is the need to receive help. When you pray, you get out of your own way and let something larger guide.

If you are struggling with issues of grief and loss we invite you to contact one of the counsellors in Student Services for assistance and support: call 727-9769 for an appointment.

Excerpts from: Healing Through the Dark Emotions: The wisdom of grief, fear, and despair by Miriam Greenspan, Shambhala Publication Inc. Boston, Massachusetts, 2003.

View from the Right

---Dave Barnesky

On a wintery morning in late January of 1988, nine justices made a historic ruling wiping every law protecting the life or health of unborn children in Canada off the books. Since 1970, 2.73 million Canadian children have had their lives snuffed out through the use of generalized abortion. More than 24 times as many Canadian boys and girls as died in the First and Second World War combined.

Since the ruling in 1988, no mainstream party has had the moral clarity or political backbone to enact even the weakest law protecting the health of unborn children. In Canada, a pregnant mother can drink to excess with no consequence, since the child has no legal status. Surely we could protect the child in that happenstance. Abortion is a black hole in Canadian politics, something people are genuinely afraid to discuss nationally. I think the pro-legalized abortion advocates, to whom the status quo is good and desirable, like the political dynamic surrounding the issue. Many "pro-choice" groups refuse to debate publicly with groups and individuals concerned about the lives of unborn children. Why would they? Status quo is what they want, any discussion might shake it.

The deeper issue at play here is a question about the

role of the government in people's lives. Government has the power to choose what natural rights it chooses to acknowledge, but just as importantly government has the power to choose which of us has those rights. Abortion is the ultimate expression of state power, as government simply declares one group of human beings as not being eligible for constitutional or legal protection. I believe strongly that it is one of the proper provinces of government to protect the lives of individuals. I don't for a minute believe that sacred duty stops because the state chooses to declare one group of people, unborn children, unworthy of protection.

The time to be timid is over. Let us, as a society, be daring and brave. Let's have a great national debate on the question and value of human life. Let's bring scientists and scholars, philosophers and thinkers together and have a national discussion on the issue. Abraham Lincoln, who freed the slaves in the United States, understood that no nation can remain free when some men can decide that others are not worthy of freedom, and life necessary for that freedom. Generalized use of abortion is the silent holocaust of our time, and if it really necessary and good, we shouldn't be afraid to have an open discussion about

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Sex Ed In The City

--Kerry Law



Can two HIV infected people have unprotected sex?

No! Even if both people are infected, each must still practice safer sex. There are different strains of HIV/AIDS which can further complicate the disease. HIV/AIDS can also be transmitted through blood, ejaculate, and pre-ejaculate in males. In females the HIV virus is present in vaginal fluids, breast milk, and blood (including menstrual blood). A woman can also pass HIV to her baby during pregnancy, birth or breast feeding. The two main ways a person can spread the disease are by having unprotected sex or sharing needles (for drugs or tattoos). Remember that anyone can become infected with HIV/AIDS regardless of their age, sex, race or orientation.

In recognition AIDS Awareness

Week Nov.26th-Nov.30th, STI/HIV testing will be available for people at various times and locations. It is free and 100% confidential! There will be two public health nurses set up at the following locations to do testing:

- Public Health 800 Rosser Ave. (in the Town Centre)-Monday Nov. 26th 2:00pm-7:00pm
- 7th Street Health Access Centre-Tuesday Nov. 27th 2:00pm-3:30pm.
- Brandon University McMaster Hall-Main Concourse-Thursday Nov. 29th 11:30am-2:30pm.
- Sexuality Education Resource Center 161 8th St.-Friday Nov. 30th 11:30am-1:30pm. (lunch provided)

Check out our web site at www.serc.mb.ca

Are you gay, lesbian, bisexual, transgender, or questioning and under 25 years old? If so, call 727-0417 and join the Rainbow Youth Alliance!

Information provided by the Sexuality Education Resource Centre. Do you have questions about sexuality? Send them to kerril@serc.mb.ca.

The information contained in this article is not intended as medical advice. Should you have any questions, please consult your health care provider.

Edge of Sanity

--Cara Edge

As I was driving home from work today, I heard a line from a song on the radio that caught my attention: "Life is what happens to you when you are busy making excuses". I immediately recognized it as a play on the infamous lines from John Lennon: "Life is what happens to you when you're busy making other plans". I have always considered the Lennon quote to be very applicable to my life: despite the meticulous plans that I have made, life always seems to have led me down a different path. However, the simple switching of a couple words brought a whole new meaning to me, which quite honestly made me feel a little guilty.

On Sunday, I was alone in my house, unable to drag myself from the computer and off Facebook, when the phone rang. A quick look at the call display revealed it was a charity, undoubtedly looking for volunteers or money. I rolled my eyes and answered it. It was the Heart & Stroke Foundation, asking if anyone in my household would be interested in being a canvasser in the month of February in our neighbourhood. Immediately, without thinking for one second, I responded that I would personally be unable to; however, I could not speak for the other members of the household, who were not there at the time. Perhaps she better call back at a later time to ask them. She thanked me kindly, and hung up. I resumed my creeping on Facebook and didn't think twice about the conversation again, until I was in the car today.

It suddenly dawned on me: why, exactly, could I not take a night out of my schedule to canvass for a charity? My first excuse was that I was a student and would have homework to do. I quickly debunked that lie: if I can easily find time to head to SUDS, or to a movie, why can't I do the same for a charity? My second excuse was that it would be in the middle of February, and it would be cold. Again, it was quite easy to refute that excuse: if I'm not freezing out there, it will probably be an old woman, and I'm at least young enough to have a good immune system

to ensure I remain as healthy as I can. My final excuse was that I already am on the board of directors for a non-profit organization; I am doing my share of the work. Again, it was no challenge to argue against that reasoning: if I spend one evening a month in a meeting, and one day a month at an event, am I really doing enough?

It's so easy to make excuses like these and remain in our comfortable homes, with our comfortable lifestyle and our comfortable thoughts. Sure, when BUSU creates an event on Halloween to collect food for the food bank, we throw on our costumes, and wander around the streets for a bit, before heading back to SUDS. We might donate to a particular charity when a friend happens to know a friend of someone who had been affected by a certain disease. We might even toss around the idea taking some time to help out at a shelter, if we can find the time. These aren't even our best intentions - they are simply ways that we make ourselves feel better for having some of the luxuries that we do (and yes, some students, even living on student budgets do manage to get some luxuries here and there). There hundreds of people in Brandon significantly less fortunate than us, and yet we all like to think that we're doing the best we can to help them, but only make excuses for doing nothing.

I don't know exactly what my plan of action is at this point: I'm still not motivated enough to actually call up the Heart & Stroke Foundation and volunteer to canvass. I haven't sought out other opportunities to actually put some of my time and energy to work. I haven't even given it much thought as to what I have to offer. It has been barely 2 hours since I heard the words to the song, and already, I find myself making excuses for why I can't do more to help others. Perhaps it is simply that realizing that there are problems in the world that need solutions makes us, in our comfortable lives, feel uncomfortable, and it is just easier to create excuses, than to face real life head on.



Naturally High

To Sleep...Perchance to Dream Pt. FOUR



--Sylvia Ubell B.Ed

5-HTP is 5-hydroxytryptophan, a form of the amino acid L-Tryptophan. This amino acid is found naturally in high amounts in white turkey breast and is a precursor to the production of the feel good hormone - serotonin. That's why people mellow out and have a nap after a turkey dinner!

The supplement source of 5-HTP is an African seed called Griffonia. 5-HTP safely raises the level of serotonin which is responsible for making our mood stay balanced so it is often called the Happy Hormone. It can be used in smaller dosages throughout the day to settle depression and frazzled nerves, and balance moods.

5-HTP helps sleep because serotonin levels can increase melatonin levels. Smaller amounts during the day can be helpful for that evening's rest. For those who experience more trouble sleeping and wake tired, try a 100mg enteric coated tablet about a half hour before bedtime for three nights. If that level is not enough, double the amount for the next three nights. The amount is dependent on body weight and how little serotonin is being produced already.

One busy mother with four young children uses 50mgs of 5-HTP at each meal and finds she is more patient and less agitated. She was not sleeping well as she was understandably on "light sleep alert" after years of dealing with her young

family and then would be too tired herself to deal with her well-rested children the next day.

She takes extra 5-HTP at bedtime and finds she is much better rested. An increase in serotonin level can help people stay asleep, rather than waking in the middle of the night. This mother still wakes up if the children really need her but then she drops back to sleep quickly. 5-HTP works at different dosages so this young mother used less in the day when she just wanted to relax with her children rather than being stressed out. Likewise to achieve a dosage for a more restful sleep she gradually increased to the level that best suited her.

Because serotonin levels fall over the winter with less sunlight and lower levels of Vitamin D, some people get S. A. D. - Seasonal Affective Disorder. 5-HTP can help people get over feeling down in the dumps during midwinter. Women with PMS related hormone changes with cravings for sugar, starchy carbs and chocolate (and crabby men too!) may find it balances their moods. These cravings can be related to a lack of serotonin so 5-HTP can provide a calorie-less solution!

One "side effect" of 5-HTP is some people will start remembering dreams. This is normal and desirable because they are going into deeper REM sleep that gets your body more

rested. I find the vividness of dreams will be more if I have stopped 5-HTP for awhile and then started again and will gradually get less vivid after a few nights back on it.

It concerned me at first until I started thinking about who dreams a lot - children - and they have lots of serotonin. It really surprised me that I started remembering dreams in great detail, with vivid colors and intricate storylines like I used to before I started having kids and falling into bed exhausted. I'm enjoying the experience.

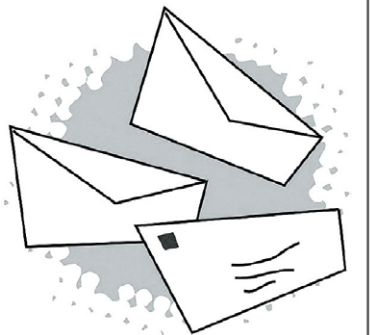
An added bonus is that I also don't hear every one of my husband's snores when I take 5-HTP! More studies are forthcoming on 5-HTP's ability to take the body into deeper REM sleep cycles providing much more restful sleep.

The Stress-Relax line contains a chewable tablet called Tranquil Sleep with L-Theanine from green tea for relaxing, melatonin for regulating the circadian rhythm and 5-HTP to keep you pleasantly dreaming during your REM cycles. It's the one I used successfully for jet lag this summer. Sweet dreams!

Sylvia Ubell is an alumni of U. of S., and owns and operates TWO FARM KIDS NATURAL FOODS with her husband, Greg.

GOT SOMETHING To SAY...?

Letters to the Editor
Email: eic@thequill.ca
or
drop off @ 2nd flr
Knowles Douglas on
campus

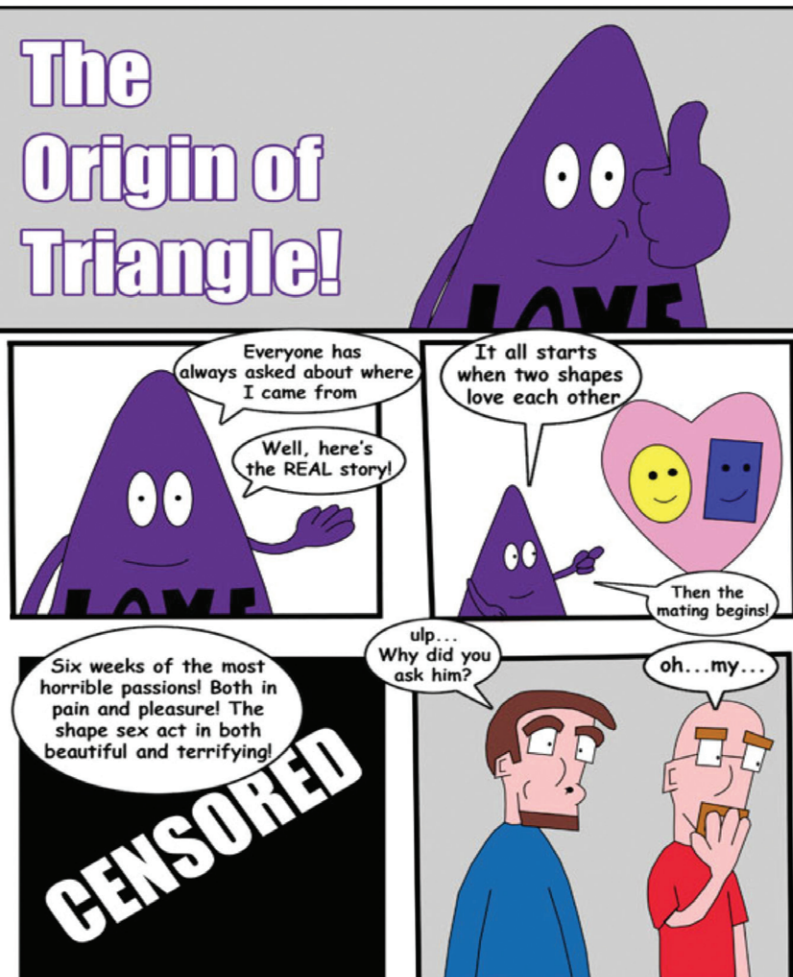




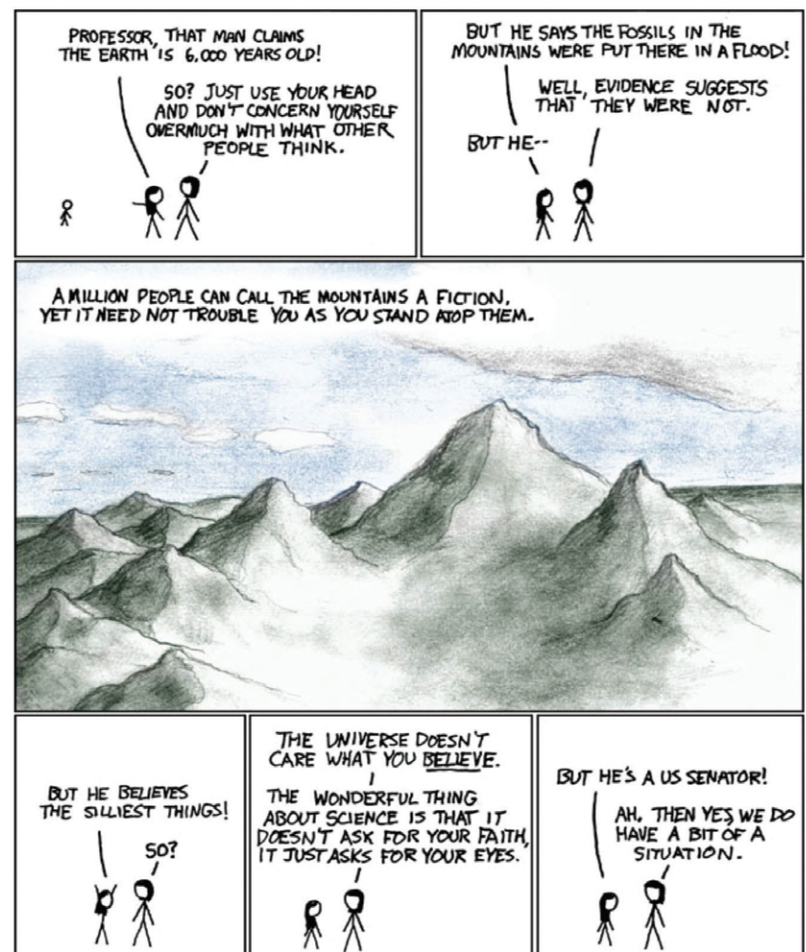
Chris & Smith

The Horrible Truth

#477



BELIEFS



www.xkcd.com

Horoscopes

(In random order because people are cuspy...
Since 1910)

Aquarius

Deck the halls with balls . . . of what? That's dirty, you need to cleanse your mind over the Holidays.

Aries

Joy to the . . . hell yes your hot, on fire even, Heaven n' nature will sing your praises.

Libra

Let there be peace on . . . in your life, who are you kidding, stop messing around an make compromises. Jeez.

Virgo

Oh what fun it is to ride . . . wow, people are dirty this week. Take some deep cleansing breaths, it's a horse pulling a sleigh and nothing more. There is no subliminal meaning to that song.

Sagittarius

Rudolf the red nosed reindeer, had a very shiny nose, but yours is growing from all those lies you've been told. Straighten up or Santa will leave you coal.

Gemini

Merry Solistice. Yes, believe it or not there is a carol with these words in it. It is your job to seek out new things and be enlightened this holiday season.

Leo

Carol of the bells, sweet . . . wait I forget the words. Practice makes perfect, if you know what I mean. Although, in some cases, too much practice is a bad thing and you wear your self out more than necessary. Also, sometimes there's just no amount of practice that is sufficient and you have to actually live in the real world . . . not your practice bubble.

Pisces

Grandma got run over by a reindeer. . . you should phone everyone you love and make sure they're alright. Say Happy Holidays while you're at it. And yes we know you're pagan. We are writing our own horoscopes here.

Capricorn

Torches, torches ru-un with your torches. If you at all like flames, be careful with your candles this holiday season, I see hot things in your future.

Taurus

I saw mommy kissing Santa Clause . . . he does exist you just have to find the faith in yourself and you'll see him to. I saw him last night . . . He's very good at what he does. . . Surprisingly good at unwrapping packages too

Scorpio

Jolly old Saint Nicholas lean your . . . ear, yes ear this way. You need to focus on listening it will pay off in the future for you.



Wear Blue and Yellow December 1st and support your Bobcats!!! 3pm till 10pm @ the BU gym

The chick at Tim's gave me like 15 Tim Bits when I ordered ten... I think she wants me

You know what I like? ... umm.. Muffins??

You know, you only have 1 ½ weeks of this crap left right?

So random, Oh my god. Take this box, I'll trade you for a coat rack

THIS PAGE . . . Well not this page. This is a buffer for the page that follow this page . . . anyway on to scene 42 which is a lovely scene and if you look closely you'll see a pair of swallows . . . GET ON WITH IT!!!

My ass is so hot, it's fogging up your car windows.

TE Three Lines Free

I just got an email that ruined my life.

They should have more books starting with "X". I mean really why wouldn't you want a book starting in the later "x". . . . but back on topic. Wait what was I talking about? Right, also what is with Backgammon?

By the way, this is written by . . . and I still claim no responsibility . . . LA LA LA LA LA LAAAAAAA . . . COME PLAY WITH US!

Once upon a time there was a little rubber ducky named Jamel . . now Jamel didn't like getting wet . . . snape . . . snape . . . severus snape . . . Dumbledore.

This is a story brought to you by your neighbourhood Dustman and the letter "Q" also the number MXCIIXIIMVXIIIVVCIIX.

OMG, it's the Butterdome! It actually looks like butter! (in high-pitched squealy voice)

My bologna has a first name it's NAOMI, which is strange really because what kind of brand name is Naomi really? It won't sell at all who want bologna named Naomi. Weird

World AIDS Day
Saturday, December 1st

AIDS Vigil
Tuesday, December 4th
12:30 - 1:30
in the Ceremony Room
(Health Studies Building)



Support WUSC's Bike
for AIDS fundraiser
Dec. 3rd in the
Mingling Area.



BUSU NEWS & HIGHLIGHTS



Nathan Peto
BUSU President

The National Day of Remembrance and Action on Violence Against Women:

December 6th marks the National Day of Remembrance and Action on Violence Against Women. This day commemorates the anniversary of the 1989 École Polytechnique Massacre, in which 14 women were singled out for their gender and murdered. This day of tragedy is now marked as a day of hope for change. I encourage all students to attend the December 6th Vigil at City Hall at noon. However, if you are unable to attend, please take a moment of silence to commemorate the national day of remembrance.

BUSU and Brandon University Administration Fight For More Lab Equipment Funding:

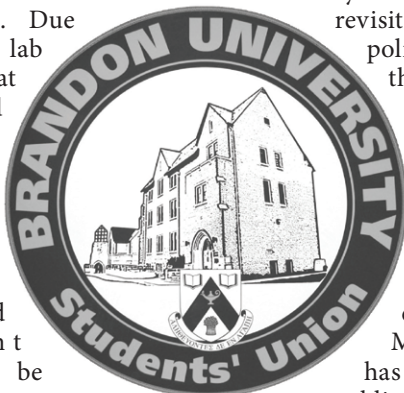
As many students who have taken labs here at Brandon University

know, our laboratories are poorly equipped with equipment that is often broken, beyond the age of relevance to current standards, or simply not available. The University often faces an uphill battle when trying to buy new equipment due to the lack of increases in money provided from the province for equipment and renovation in the past ten years. Due to this, the lab equipment that students need to be properly trained for the modern workplace continues to be out of reach. Needed equipment continues to be added on to an ever growing wish list which now totals approximately 2 million dollars. Frustrated with this situation? Want to help put this equipment deficit on the agenda for the Provincial Government? Well here is your chance! BUSU and Brandon University have joined forces to circulate a petition asking for emergency funding to bring our lab equipment up to appropriate standards. Petitions will be circulating via students, clubs, BUSU council, and BU Faculty and Administration. If

you want to circulate this petition or sign it yourself please come up to the BUSU offices in the KDC and talk to our friendly staff and council.

Tuition Freeze Policy Review Meeting:

Members of Council have formally requested that we revisit our standing policy to support the Government's policy of a Tuition Freeze. Due to the significance of the Tuition Freeze policy with respect to post secondary education in Manitoba, council has organized a public forum to allow for presentations from the student body and other interested parties. The Special Meeting of Council will take place in the Elephant Room on November 28th @ 5pm. We strongly encourage members of the student body to attend this meeting to voice their concerns and bring forward suggestions. If you have any questions regarding the upcoming meeting please feel free to contact the BUSU office at 727-9660 or busu@brandonu.ca



The Agenda is as follows:

Special Tuition Freeze Policy Meeting
November 28th, 2007
Elephant Room – KDC

(Agenda as Recommended By BUSU Council November 21st, 2007)

- 1.) Call to Order
- 2.) Approval of the Agenda
- 3.) Introduction of BUSU Council
- 4.) Presentations to Council

Presentations to Council

Presentations will be brought forward from the membership and concerned parties to the Brandon University Students' Union Council. Presenters will be allowed up to ten minutes to present and following the conclusion of the presentation the council will be able to ask questions. Presentation time will be allocated on a first come basis. The allotted time for this segment of the meeting is one hour, but may be extended with a motion from the council.

- 5.) Ten Minute Break
- 6.) Policy Review

Policy Review

The Brandon University Students' Union currently has a standing policy to support the Government of

Manitoba Tuition Freeze. A request, by members of the Council, has been made to review our support of the Tuition Freeze Policy. Discussion on this issue will be focused on the following topic:

Will the Brandon University Students' Union uphold the current policy of supporting the Manitoba Provincial Government's Tuition Freeze Policy?

When discussion on the above topic has concluded, a vote will occur on the continued support of the current policy. If the vote is in favor of upholding the policy then the meeting will conclude. However, if the vote is to no longer support the policy, then the Council will either raise another motion in regards to a Tuition Freeze Policy, operate without an official position, defer the future debate on clarifying an official position to a future meeting. The meeting has been scheduled to conclude at 7:30 pm, but can be extended with a motion from council.

- 7.) Announcements
- 8.) Adjournment



FIRST AID FOR STUDENT AID

Let's fix Canada's and Manitoba's systems of student financial aid
Canadian Federation of Students • www.cfsmb.ca

Visit the First Aid for Student Aid table in the Mingling Area and share your student loan story!
You could win an iPod Touch!



Student Art Show Shines at the Glen P. Sutherland Gallery of Art

David Kusnick
A&E Editor

Charcoal, conté, acrylic, ceramics and oil paints were just some of the various mediums on display at a diverse and eclectic student art show displayed from November 12th to 23rd at the Glen P. Sutherland Gallery of Art.

The annual student exhibition showcased artwork from current art students enrolled in many of Brandon University's assorted fine arts courses including painting, ceramics and various drawing courses.

One of the showcase items on display at the exhibition was the annual collection of hand paintings from the first year painting course taught by Professor Kevin deForest. Becoming an annual first year painting practice, the wall of hands was comprised of numerous small hand paintings created by each student through different painting techniques. The end result of these numerous small hand paintings is a strong palette of colours, styles and unique personalities arranged together.

The student run exhibition



Hasitha Welihinda

also highlighted several larger scale works, including some notable pieces created by students enrolled in the Anatomy of Human Form course taught by Professor Colleen Cutschall. Created on cardboard and old paper stock, these large format drawings used multiple mediums to create their large scale personalities. The immediate effect of these large scale works introduced viewers to the exhibition as their life scale dimensions dictated the creative process shown throughout the works on display.

Drawing students from other courses also diverged outside the realm of usual drawing conventions as they employed unique ideas and mixed media

formats. Introductory artwork courses taught by Brandon University's own Professor Steve Gouthro, provided distinct examples of drawing exercises by blending many different mediums and ideas into some truly one of a kind examples of student created artworks.

Professor Lin Xi's ceramic students contributed to the exhibition by adding a distinctive personality in different styles of created ceramic goods such as thrown and sculpted wares. Unfortunately, the creative process of ceramics is extensive due to the multiple kiln firings and drying times. Regrettably this led to only a few clay pieces being highlighted in the show. Clay

aficionados and art connoisseurs alike can rejoice at the upcoming clay show in January. This will undoubtedly highlight the unique ceramic works created by the many students enrolled in the multiple clay courses with Lin Xi.

The student show was juried and hung by members of BUFASA (Brandon University Fine Arts Student Association) and their careful attention to detail. This led to a beautifully arranged exhibition of artworks. The arrangement of works managed to juxtapose many styles of unique abstract works next to that of more realistic representations. The creative talent found at Brandon University let the gestural and



Hasitha Welihinda

Artwork by Kristen Perrott

expressionistic qualities of a diverse collection of art works shine though in the exhibition.

The next exhibition to be featured in the Glen P. Sutherland Gallery of Art is Angela Graham's thesis show, Heirlooms, which will be ongoing from November 26th to December 1st.

It's National Novel Writing Month!

Matt Berry
Staff

Is your November full of free time? Need something to do? Why not write a novel?

The proprietors of National Novel Writing Month (with its online headquarters at nanowrimo.org) challenge you to do just that. If you dare take on the challenge, you must write a total of 50,000 words (no more, no less) from November 1st to 11:59:59 PM of November 30th, about 1667 words per day (Yes, they do realize that 50,000 words is not a very long novel, so don't bother pointing that out). It doesn't matter what the novel is about, or whether or not it's any good, as long as it's 50,000 words by the end of the month and you submit it to the site, you win!

National Novel Writing Month was started in 1999 among a group of friends in the San

Francisco Bay area. Since then, the number of participants has grown substantially, going from 140 in 2000 (the first year the challenge went public) to almost 60,000 last year. Of course, only a fraction of the participants will succeed in writing their 50,000-word masterpiece or non-masterpiece, earning themselves the fabled prize of...a print-out winner badge, a web icon, and your name in the pantheon of winner-type folk. You can't tell me NONE of those things are appealing.

Of course, the real reward for finishing this challenge is knowing that you can write a 50,000-word novel in a month...and then bragging about it to everyone within a close proximity. Now, go out there, type out the first idea you have a draw it out as long as possible. You'll reach your goal in no time.

Manitoba Writers' Guild's Mentor Program Deadline Extended

(Winnipeg) - The deadline for the Sheldon Oberman Emerging Writers' Mentor Program, a program which the Manitoba Writers' Guild administers, has been extended to Friday, November 30, 2007, 5pm. Last year, the Guild received about six dozen applications for the six pairs of mentors and apprentices who were ultimately chosen. The program runs from January to

June and culminates in a public reading in September.

Sheldon was a beloved Manitoban writer and storyteller, who eventually became both an apprentice and a mentor through the program before he passed away in 2004.

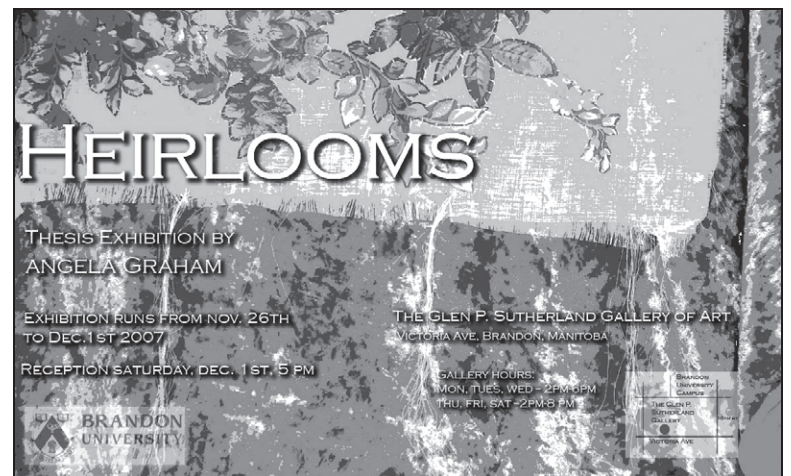
For more info, call 1-204-942-6134 or visit <http://tinyurl.com/2o5len>

Heirlooms – Thesis Show by BU Fine Arts student Angela Graham

--Press Release

Brandon University Visual and Aboriginal Arts Department is proud to introduce Angela Graham's Heirlooms, a multi-media thesis exhibition, from November 26th to December 1st 2007 at the Glen P. Sutherland Gallery of Art. Graham explores the lives of three women, separated by generation, bound together by family ties.

Heirlooms is a multi-media installations of paintings, found objects and crafted heirlooms that Fine Arts thesis student Angela Graham uses to explore the unconscious connections between mothers and daughters. Graham's work invites you to reflect on generational changes in women's roles, to observe how relationships and societal influence can affect a person's identity and to examine how



objects turn into mementos as they become imbued with the history of an individual.

Dates: Nov. 26-Dec. 1, 2007
Gallery hours: Mon, Tue, Wed, -2 pm-6pm, Thu, Fri, sat-2 pm-8 pm
Reception: Saturday December 1st, 5 pm

Contact info: angeladeanne@hotmail.com

Glen P. Sutherland Gallery of Art
2021 Victoria Avenue (between 20th and 21st)
Brandon, Manitoba

Please Note: The gallery entrance is on north side of the building, facing the parking lot.

Glen P. Sutherland Gallery of Art upcoming thesis shows:

• Angela Graham, B.F.A. Thesis

November 26 to December 1, 2007; Reception Party: December 1st at 5:00 PM

• Jen Randall and Tracy Singleton, B.F.A. Thesis

December 5 to December 12, 2007; Reception Party: December 7th at 7:00 PM

• Derryl May, B.F.A. Thesis

December 14 to December 21, 2007
Reception Party TBA

(The Glen P. Sutherland Gallery of Art is located at 2021 Victoria Avenue, between 20th and 21st Street. Please note that the gallery entrance is located at the north side of the building, facing the parking lot.)

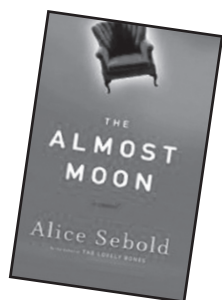
REVIEWS

Book

The Almost Moon

Alice Sebold

Teresa Birmingham
Staff



Alice Sebold's newest novel, The Almost Moon, continues the author's love for the strange, the grotesque, and the unexpected which she started in her first and highly acclaimed novel, The Lovely Bones. This latest work of fiction tells the story of the narrator's love-hate relationship with her mentally disturbed mother, a story that is at once tragic, heartbreaking, and bittersweet. Pushed to the point of no return and overwhelmed by desperation and the continued amplification of her mother's condition, the Helen Knightly kills her mother. The following chapters describe the next twenty-four hours as she frantically, yet at the same time peacefully, tries to figure out what to do. Helen traces the evolution of her relationship with her mother throughout the years of childhood, adolescence, and adulthood, while simultaneously describing the worsening of her mother's mental state. Recounting the terrible agoraphobia and the burden that has been placed on a young child, Helen's story is a gripping account of the terrors of old-age and of the consequences of one's actions.

Throughout the story we meet Jake, Helen's ex-husband and father to her two daughters. Jake arrives at Helen's home after she numbly admits her treacherous acts just a few minutes after the fact. He helps her deal with not only the physical dilemma of the body but with the emotional implications of what she has done. We are also introduced to Natalie, Helen's best friend since childhood. The two women are quite the duo, portraying the ultimate lifelong friendship; one in which everything is shared and protected between the twin beating of their hearts. This story presents the first secret Helen ever withheld from Natalie, a sign that yes, her life will never quite be the same again.

Alice Sebold is a master story-teller, using gripping storylines, the bare necessities of language, and an engaging style to captivate her audience. This is a book that will imprison you in its pages and I'm sure you will find yourself, like me, reading late into the night as time seems to stop in this twenty-four hour timeline of murder and heartbreak.

TV

Cane

Ally Ottenbrett
Staff



On Tuesday I tuned in happily to see Cane, a show that's quickly becoming a favourite of mine this year. I typically gravitate to shows with storylines involving family dynamics and what I really like about Cane is that three generations of the main family on the show, the Ducque family, to be specific, all have major storylines, giving the show a multigenerational appeal. The family dynamic angle is not enough for me to watch a series though, as my detest for Brothers and Sisters and 7th Heaven will prove. A series needs riveting ongoing stories, appealing and well-developed characters and worthwhile settings to make me like it and Cane has all that in full force. This is a Dallas meets Sopranos type of show, so be forewarned--there are plenty of steamy sex scenes mixed with more than a bit of godfather-like plotlines involving murder.

The show revolves around the Cuban-American Ducque family who own a rum and sugar-cane empire near Miami, Florida. The head of the family is Pancho Ducque. His wife is Amalia. They have three natural children named Francisco, Isabel and Henry. Pancho also has an honorary son, Alex Vega, who was taken in by the family as a boy. Alex is married to Isabel and they have three children together named Jaime, Katie and Artie. The show has a downright excellent cast, led by Jimmy Smits, Hector Elizondo, Nester Carbonell and Rita Moreno. The show's name comes from the sugar-cane empire that the Ducques own, and is also perhaps a reference to the Cane/Abel story from the biblical narrative. In the show's case, middle brother Frank (short for Francisco) is resentful of his father Pancho's decision to make oldest brother Alex the new CEO of the family company, despite the fact that Frank is the natural-born son (Alex is honorarily adopted). Frank is also secretly having an affair with Ellis Samuels, the daughter of the rival enemy sugar-cane family, and she's manipulating him into giving up precious Ducque secrets. The Samuels cause a fair amount of problems for the Ducques, so much so that Alex is forced to hire a hitman to get rid of a man they sent after him. I won't get into the plot because it might give a lot away but I urge you to check it out. It airs on Global on Tuesday nights.

Neal & Cara at the Theatre



Stretching Hide

Written by Dale Lakevold
and Darrell Racine

Cara: Ha ha! I have the pen! I hold all the power!

Neal (rolls eyes): On November 8, the English club went to see Stretching Hide, part of Theatre Projects Manitoba at the WCD Studio in Winnipeg. The reason we went to see this play was because it was written by 2 members of the Brandon University faculty, Dale Lakevold and Darrell Racine.

C: I wasn't quite sure what to expect when we walked in and there were 3 men sitting around the table drinking beer and playing Red River-style Métis music. It definitely did help set the cultural background for the play.

N: Ugh – so I have to do the plot summary again. (Neal reads off of the back of the card he has): The Willows, Saskatchewan: A young Métis lawyer introduces his fiancé to the chaotic life of his community one July long weekend. That weekend his law practice and his personal life are threatened when he's accused by the provincial game wardens of poaching a deer for its antlers. With a pre-production history that includes winning the Canadian National Playwriting Competition, Stretching Hide is one of the most highly anticipated productions in the 18-year history of Theatre Projects Manitoba

C: I will admit that I do feel rather odd critiquing a play written by someone who has taught us writing, but here goes: the play was well produced with a clear vision of where it was headed, being packed full of foreshadowing.

N: You say that as if it was extremely heavy handed which I don't feel it was. There was a strong parallel plot structure going on there, but I don't feel that the details of the ending that was foreshadowed were done in an obvious way.

C: Which is really just your way of covering up the fact that I had figured out the ending before you.

N: We saw the play at the same time, but it's not like we were having a competition...

C: ... that's what you think!

N: ...either way, that's how realist drama goes. There are only so many ways that plot in a realist structure can resolve itself. I was pretty sure we weren't going to have a twist in which Athena enters the action and resolves

everything. Realism is about thematic content.

C: I do suppose it also lent an element of dramatic irony which aided in ensuring the audience remained frustrated: knowing the solution but unable to convey it to the characters.

N: Sure... What I was more impressed with was the plot type when compared to the setting. This is an intricate political drama, set in Northern Saskatchewan.

C: So are you saying the people of Northern Saskatchewan are too simple to deal with the intricate details of a problem like this? There's your realism - problems like this exist everywhere, so the setting was ideal!

N: Exactly. Political dramas don't need to be limited to Washington DC, FBI headquarters or whatever, just like tragedy doesn't need to be limited to kings and heroes.

C: Since you're in agreement, moving on. I enjoyed the integration of Métis fiddling through out the play, with different styles for each character. It really enhanced the traits more than a dialogue effectively could.

N: To me, the fiddler seemed like a cultural ghost watching and subtly influencing the moods and tones, which is congruent with the themes of Métis' cultural right to hunt.

C: He did fade into the background, but maintain that invisible presence. I was impressed with how still he sat while not playing – I didn't see him move once

N: (rolls eyes, and shakes head). Well, pathologically obsessive criticisms aside, I can't think of anything negative to say about this play.

C: (cough, cough) Suck up! (cough, cough)

N: It was well produced, well acted, had a gripping plot structure a great setting. It handled its thematic issues delicately without seeming flippant. I certainly hope it is produced again in the future.

C: That's it, next time you're writing this out – you talk too fast!

N: Ok, but you're typing this one up (tears page out of notebook).

TOP 10 LIST

Random Things Found in the Quill Office



10. A plastic giraffe (even plastic giraffes need a place to hang their hat)
9. Creepy owl clock that continually keeps its eye on the editor-in-chief
8. Mold - of various sizes, colours and indescribable smells
7. Mysterious orange drink that tastes like ass (it really does)
6. Strange African wood sculpture slash paddle.
5. Home depot toolbox holding random office supplies.
4. A crocheted Eore that assumably has been to places unknown.
3. The Amazing Spiderman, stuck to a window!
2. The complete Paul Anka collection on vinyl
1. Hasitha



SCOREBOARD

CIS Top Ten Rankings (as of November 20, 2007)

WOMEN'S BASKETBALL

1. Simon Fraser (8-0) - (1)
2. UBC (7-1) - (2)
3. Memorial (4-0) - (3)
4. McMaster (6-0) - (4)
5. Laval (3-0) - (6)
6. Regina (5-1) - (7)
7. Alberta (4-2) - (7)
8. Calgary (4-2) - (9)
9. Dalhousie (3-1) - (5)
10. York (5-0) - (10)

MEN'S BASKETBALL

1. Carleton (4-0) - (1)
2. Windsor (4-0) - (2)
3. Concordia (1-0) - (3)
4. UBC (7-1) - (4)
5. Alberta (5-1) - (6)
6. Acadia (3-1) - (8)
7. Brandon (5-1) - (7)
8. Toronto (4-0) - (9)
9. Saint Mary's (1-2) - (5)
10. Guelph (4-0) - (10)

WOMEN'S VOLLEYBALL

1. Manitoba (7-1) - (1)
2. UBC (6-1) - (3)
- T3. Alberta (5-1) - (2)
- T3. Calgary (6-0) - (5)
- T3. McGill (4-2) - (7)
6. Montreal (4-2) - (4)
7. Sherbrooke (4-2) - (6)
8. Trinity Western (4-2) - (8)
9. Saint Mary's (5-1) - (T9)
10. UNB (5-1) - (NR)

MEN'S VOLLEYBALL

1. Alberta (5-1) - (1)
2. Winnipeg (4-2) - (2)
3. UBC (6-2) - (3)
4. Laval (5-1) - (4)
5. McMaster (9-0) - (5)
6. Dalhousie (3-1) - (6)
7. Trinity Western (4-2) - (7)
8. Thompson Rivers (4-2) - (8)
9. Brandon (4-4) - (9)
10. UNB (3-1) - (10)

Bobcat Home Action This Week

November 30 @ 7:00PM
Men's Volleyball vs. UBC

December 1 @ 3:00PM
Women's Basketball vs. U of W

December 1 @ 6:00PM
Men's Basketball vs. U of W

December 1 @ 8:00PM
Men's Volleyball vs. UBC

Basketball Teams @ U. of Winnipeg November 29th
Women's Volleyball @ Simon Fraser University (30th & 1st)

Sports Sound-Off!

Superman wears Russ Paddock
pajamas to bed.
- Nate

Larkins... Magnums...
- Anonymous

Regina really needs to turn down
the suck.
- :gangles:.

No wonder our teams had a tough time against Trinity
Western, they have Jesus on their side.

Want to have your voice heard? Write in about anything that may
be on your mind. Professional Sports, University Athletics, to BU
Campus Recreation Intramurals; if it's on your mind, it's worth our
time.

Submit your piece to sports@thequill.ca and check out the next
edition of the Quill!

Say what you want, when you want (just remember, keep it fairly
clean kids!).



BU Volleyball Cats Bring It!

Jennalee Burch
Sports Editor

Ladycats Volleyball net first 2 wins over Thompson Rivers:

Crystal Cornish and Teagan Hunter both put forth solid weekends for the Ladycats, which earned them their first victories of the 2007/08 season, taking both games in straight sets.

Friday night, Hunter lead the way with 13 kills and 8 digs in a 25-20, 25-13, 25-23 win at home. Cornish added 10 kills and 8 digs of her own while Nicole Ban chipped in 9 kills and 6 digs.

Saturday night the Ladycats didn't let up on the visiting Thompson Rivers Wolfpack,



Teagan Hunter, 20 kills & 16 digs



Crystal Cornish, 17 kills & 16 digs

giving them another straight set loss, 25-22, 25-22, 25-15. The Ladycats used a balanced scoring attack on the night. Ashley Creighton had 8 kills, while Cornish, Hunter, and Erin Visch-Krahn all pounded 7 kills past

TRU.

The Ladycats record now improves to 2-6 on the season and are looking to sweep the winless Simon Fraser Clan on the road Nov. 30th and Dec. 1st.

Men's Volleyball remain at .500:

The Bobcats split their weekend series with the Thompson Rivers Wolfpack, moving their record to 4-4.

Friday night the Cats battled to a close 4 set loss to the visiting TRU Wolfpack 25-22, 35-33, 25-27, 25-19. Kevin Miller lead the Bobcat charge with 15 kills and 9 digs, while Paul Sanderson and Al Hart both added 12 kills with 6 and 7 digs respectively.

Saturday night saw the Cats bounce back from their close loss the night before to take Thompson Rivers in straight sets 25-20, 25-21, 27-25. Sanderson pounded 14 kills past the Wolfpack, while Hart added another 10 kills of his own.

The Cats next action is at home when they take on the visiting UBC Thunderbirds November 30th and December 1st. Game time Friday night is at 7pm, while Saturday is at 8.



Al Hart, 22 kills & 11 digs

Bobcats B-ball Teams Meet Fierce Competition on the Road

Taryn Hajnrych
Staff

This past weekend both the Men's and Women's Basketball teams hit the road for their first official away games of the season. Friday night the Bobcats faced off against the University of Saskatchewan Huskies, followed by a Saturday night match up against the University of Alberta.

The Lady Bobcats started the game off on a good note sticking with Huskies for the first quarter and almost all of the second quarter. Battling it out shot for shot the ladies went into half time down 41-25.

Coming out of half the Bobcats fought hard throughout the third quarter but didn't deal well with the Huskies full court pressure. A strong effort by the Bobcats in the fourth quarter saw the ladies outscore the Huskies 26-19, but still not enough to catch them in the end. Top scorers for BU were Jayla Bousquet with 17 and Allie Butz with 12. Jennalee Burch contributed 8 points off the bench, shooting 80% from the field. The final score in the Bobcats fifth loss of the season was 81-65.

The Men's team narrowly defeated the Huskies by a score of 85-79. Saskatchewan proved to be tough competition for the Bobcats as the two teams traded the lead back and forth for most of the game. The Cats finished the first quarter in the lead, were down by half time, ended the third quarter up by five and maintained the lead throughout the fourth. Both Adam Hartman and Dany Charlery put on impressive performances hitting numerous outside shots and pacing the Bobcats with the leading scorers with 23 and 20 points, respectively. Guard Yul Michel contributed 16 points and had 9 assists and 7 steals.

Saturday night was a tough match up for the Ladycats as they squared off against the #7 ranked University of Alberta Pandas. Despite more preparation and a stronger effort the Ladycats still came up winless, losing 82-48. The Pandas, who finished last year's season as the CIS finalists in a loss to SFU, were strong competition for the developing Bobcats. Although their effort was great, their shooting percentage was what held the Lady Cats back with an overall team percentage of 22%

in the first half and 28% for the whole game. Leading scorer for the night was once again second year post Jayla Bousquet with 12 and Melanie Thompson with 9.

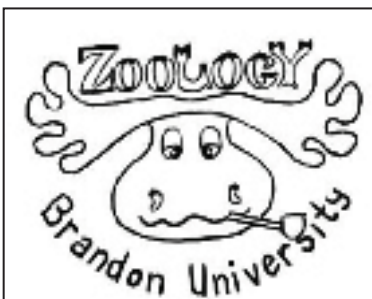
The University of Alberta Golden Bears, ranked #6, handed the BU Bobcats their first loss of the 2007/08 season, defeating the #7 Cats 106-93. The Golden Bears, who shot an impressive 59% as team, held the lead at half time with a score of 62-57 over the visiting Bobcats. Top scorers for Brandon were once again, Adam Hartman with 28, guard Dany Charlery with 27 and Yul Michel with 22. Saturday night was the second time that the Bobcats have lost to the Golden Bears this year; the first loss was in Victoria at the Guy Vetrie Memorial Tournament when the Bobcats fell 86-80.

The next Bobcat Basketball home action is Saturday, December 1 against the University of Winnipeg Wesmen. Note a change in time as the ladies tip off is at 3:00 pm with the men to follow at 6:00 pm. Bring your signs, noise makers, school spirit and face paint if you wish to show your support for our BU Bobcats!

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