

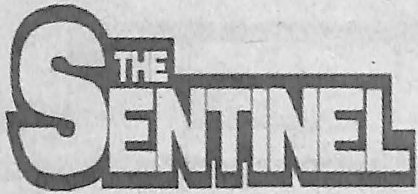
THE SENTINEL

MSVU's Student Voice

Volume 1 Issue 5

MSVU Announces Plans to Open a New Building on Campus





Allyson Marsh
Editor-in-Chief

Contributing Writers
Shalen Hutchings, Jane
McCormack, Krissy
Arbuckle, Kristen Baker,
Taylor Moran, & Allison
McNeil

For information about
advertising please contact
Christopher Drew at
advertising@mountstude
nts.ca

The Sentinel
Rosaria Student Centre
Room 112
166 Bedford Hwy
Halifax, NS
B3M 2J6

phone (902) 457 6686
fax (902) 457 0444
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Newspaper@
mountstudents.ca

Thoughts on the Movie "Karla"

by Allyson Marsh
Editor-in-Chief

Paul Bernardo and Karla Holmoka may be two of the most notorious criminals in Canadian history. Their disturbing case that involved the sexual abuse and murder of Holmoka's own sister is something few can forget.

Exploiting this sensation, whoever made this movie, tries to tell the story to those across our border who don't know of the once young seemingly innocent couple that raped and killed young girls leaving southern Ontario residents in fear.

There is something to be said about the fact this movie had no Canadian participants. We know in this country that the story is a gruesome one, it doesn't need to be shared. Young girls being kidnapped off the streets, held as sex slaves, even being cut into pieces and put into cement blocks is not entertainment. Before seeing the movie Karla I questioned whether or not I should give ten dollars to the people that made

this movie. Is it disrespectful to the families of the victims to pay to see the brutality imposed upon their children?

I now wish I had agreed with my better judgement and boycotted the film. Situated in a psychiatric hospital while Holmoka undergoes screening for eligibility of parole Karla provides the story of meeting Paul Bernardo and how their relationship went from something amazing to something most crime writers would not even imagine. Supplemented by transcripts and recordings done with the real Karla Homolka, the film mostly shows her side of the story.

Holmoka seems to be an innocent girl dragged into the criminal life in an attempt to do whatever possible to keep her boyfriend and later husband with her. A weak, passive, needy personality is shown throughout the story with Laura Prepon who plays Holmoka holding a teddy bear for comfort from her fear and sadness after most of the disturbing rapes and murders take place in her very own bedroom.

The vicious beatings suffered by the hands of Bernardo almost make you wonder of the possibility of

battered wife syndrome, which takes away from the reality that Karla offered Bernardo her younger sister's virginity as a present to her husband and was the one who actually took the young girl's life.

Not until very close to the end of the movie does Holmoka's character seem to take a turn. Admitting she felt nothing after the seeing the third murder victim die you have to wonder if she really ever felt any remorse or was just a creative manipulator trying to avoid as much blame as possible once she was found out.

The movie is in limited release and I think this is a very good thing. No one should have to imagine, let alone have it presented visually to them, the horrendous acts suffered by the victims. Karla Homolka and Paul Bernardo deserve no more attention for taking the lives of girls before they had a chance to really live. This movie is a true definition of a horror film. One that happened in our own back yard. What could have been a film to educate people on one of the worst crimes in recent memory instead leans towards being a sympathetic view of a horrible woman.

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MSVU announces plans for campus expansion

Shalen Hutchings – Executive Vice President

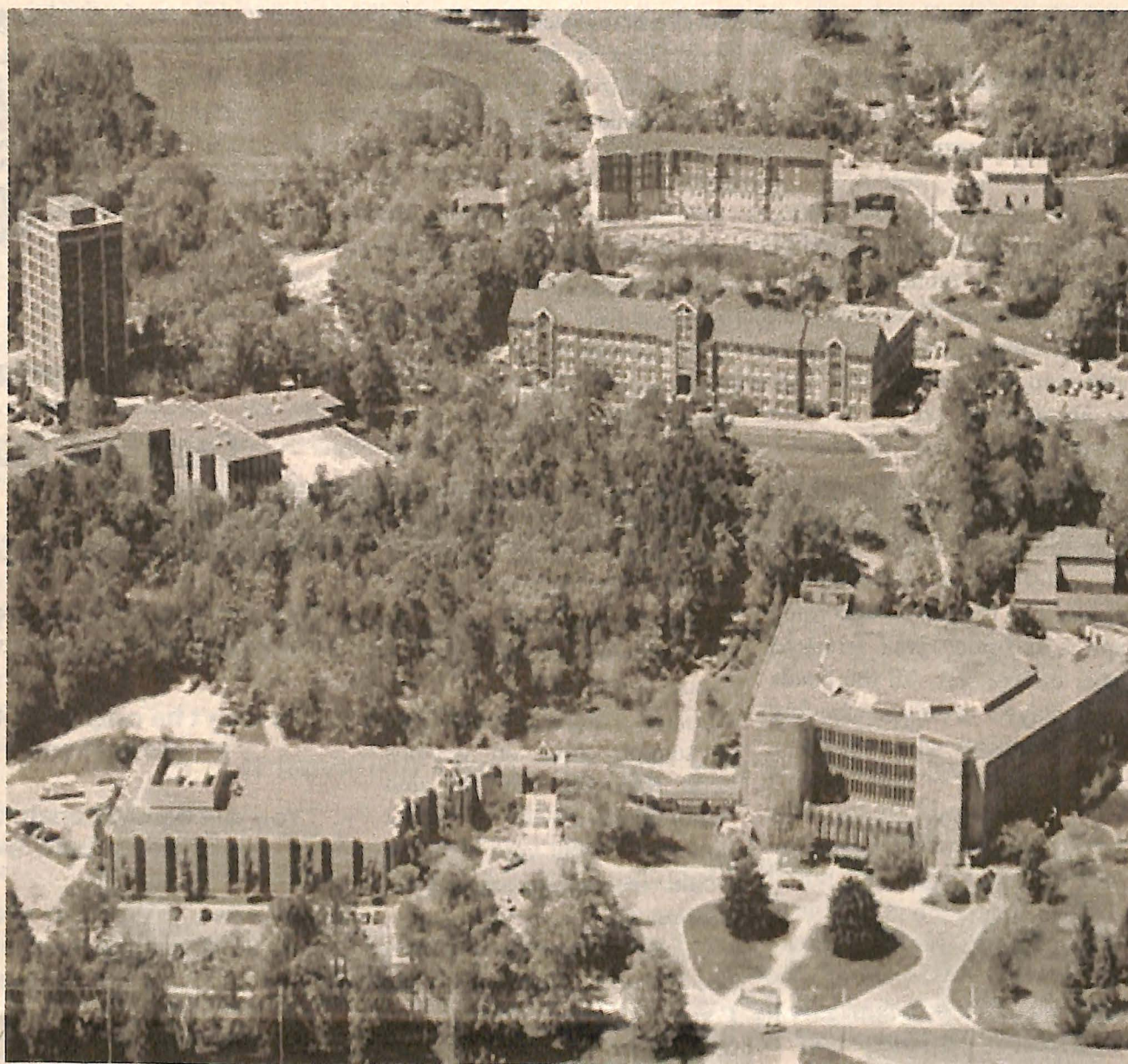
You may have noticed the surveyors working on campus, or heard the rumors of a new project for the Mount. Well the time for the big reveal is here: a proposed academic building! The yet to be named building will be nestled behind the EMF building (a.k.a. the library) and be built into the hill leading up to Rosaria. It is estimated to cost approximately \$12.5 million dollars, 75% of which the Mount will need to achieve through fundraising and external sources.

What can you expect to find in the new structure? Early concept drawings show that the first floor will consist of an E-Learning Centre. The second floor is shown to house five tiered classrooms and a large new bookstore. Floors three, four, and five will house the departments of Business and Public Relations, and will include research space, studio areas, and faculty offices.

There is no definite start date for construction, as fundraising is in the initial stages, however, once construction has been started it can be expected that the building will take approximately 18 months to complete.

The MSVU Students' Union will continue to update you as progress is being made. We also welcome any student feedback and input into the new building which can then be brought forward to Administration.

photo courtesy of MSVU.ca



Recognizing Student Leadership -- \$500 award

Leading the next generation. Making the decision to get involved in student life can seem like a no-brainer. The Mount offers students ample opportunity to get involved through competitive and intramural sports, on-campus politics, societies and associations. Almost all Mount students can claim to be a part of student life on campus, but only a select few are recognized as leaders.

Each year the Mount Saint Vincent Alumnae Association recognizes one outstanding student with the Alumnae-Students' Union Leadership Award. Nominations for the 2006 instalment of the

Award are now open. This is your opportunity to recognize a friend, team mate or work partner for the leadership they've demonstrated throughout the year.

Crista MacNeil, board member of the MSV Alumnae Association and organizer of the Leadership Award, hopes 2006 will be a break-out year for the Award.

"The Leadership Award is open to all students," says MacNeil. "Anyone involved in campus life that demonstrates a commitment to making the Mount a better place is eligible for nomination. That means athletes, members of the Students' Union, association members, anyone. It's an award that recognizes leadership and there is no one formula that makes a great leader."

With that in mind, MacNeil is encouraging all students to take the time and recognize the person that inspires them. "The Student Leadership Award is an honour that will follow the recipient throughout his/her career. Lots of students are worthy of this kind of recognition, it just takes one person to nominate them and make it a reality."

The student leader will be recognized at the annual Student Awards night and will receive \$500.00.

Nominations for the 2006 Award are due at the Alumnae Relations Office in Evaristus 203 by February 17. Nomination forms can be picked up at the Students' Union or at the Alumnae Relations Office. Questions about the Award can be directed to the Alumnae Relations Office at alumnae@msvu.ca.

Water to Wine to Food Resource

by Jane McCormack

On Tuesday 31st January 2006, the Mount Christian Fellowship organised a concert called Water to Wine. The event was held in Vinnie's Pub on campus, and you may think that this is an unusual setting for the group, but they had organised 3 wonderful bands to play on the night. Although the snow storm was imminent, it did not deter some 60 people attending the event. The room was decorated and a reception was arranged after the concert. All the bands that played were outstanding and the assembled guests had a great evening.

The cover on the door was a discretionary donation and the money was being raised for the Mount Food Resource Centre, in Rosaria 114. Anneke Vink, who is one of the Volunteers at the Centre, gave a small, excellent presentation on what the Centre offers to Mount Students. The precise planning and unflawed execution of the evening, netted the MCF a staggering \$200 plus on the door for the night. This amount was an overwhelming achievement, and has provided much needed funding to buy a fridge for the Food Resource Centre. As a result of this achievement of the MCF, we are now in a position we can supply fresh milk, butter, yoghurts, vegetables and fruit. The MCF has helped the centre achieve something that was a high priority for meeting the needs of Students who use the service and those yet to come.

We do not know where to start to thank the MCF, but though all their hard work, determination and enthusiasm it will ensure that we can offer a more nutritionally acceptable supply of food than we could previously offer. We can now supplement what we offer in

non-perishable items with fresh foods. This is an outstanding achievement and it's all down to the tenacity of the MCF membership.

If the Students could thank each and every member of the Mount Christian Fellowship, they would say a huge THANK YOU, so on their behalf it comes from myself and all the Volunteers at the Centre.

Our thanks go to Sarah, Stacey, Chris, Jeff and Rebecca (who's cookies were wonderful) to name but a few, and to all the MCF and visitors to the evening. It's a HUGE achievement against the odds of a snow storm.

If a Society would like to support your on campus Food Resource drop by and chat to Jane or one of the 12 Volunteers about your idea. We would really appreciate your assistance.

If you or anyone you know would benefit from the Food Resource, drop by any day, times are displayed on the Mount Students website, and pick up food items, they are FREE. As long as you are a Mount Student and have a health card, you can have food items. Please don't struggle and go hungry, we are here to help you.

With heartfelt thanks
Jane McCormack
Student Resource Centre
Manager
Rosaria 114
902 457 6386 or via www.mountstudents.ca



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MSVU now a member of WUSC!!

by Krissy Arbuckle

MSVU took a very important step towards internationalizing our campus this year by becoming a member of the World University Service of Canada (WUSC). This initiative was spear headed by the International Project and Research Office, and largely supported by the Students' Union.

WUSC is a network of individuals and postsecondary institutions who believe that all peoples are entitled to the knowledge and skills necessary to contribute to a more equitable world. Their mission is to foster human development and global understanding through education and training.

For WUSC, education is the one universal path leading to a better and more equitable world, the path that both reveals our responsibility to contribute to the common good and makes it possible for us to do so. Their award-winning projects are developed to address local needs and reduce poverty, and are delivered with local partners to ensure sustainability. They also support development education activities and international programs at Canadian colleges and universities.

Another project that is offered through the organization, and one that MSVU is strongly wanting to participate in is Welcome a Stranger. Essentially we will sponsor a refugee to come to receive an education at our university. In some developing countries, getting an education can be dangerous. Whether due to war or political repression, students are often persecuted, imprisoned or forced into exile. Since 1978, WUSC's Student Refugee Program (SRP) has enabled over 850 student refugees from countries such as

Afghanistan, Ethiopia, Uganda, Zaire, Mozambique, Sri Lanka, Somalia, Rwanda and Burma to resume their studies at Canadian universities and colleges.


This requires a lot of effort on MSVU's part. We need to fundraise and do a lot of preparation. We have established a local committee on campus, and are definitely open to recruiting new members. We plan and organize events and awareness

campaigns, as well as just get together to chat about issues that are of importance to us in relation to poverty and hunger.

The WUSC local committee will be holding its first large event March 24. It is a Hunger Banquet, and will be very educational and entertaining, and all proceeds will go in support of future plans.

Anyone interested is asked to contact Krissy Arbuckle, VP Academic

for the Students' Union, at vpacademic@mountstudents.ca or Paula Barry, the International Student Advisor at paula.barry@msvu.ca. Also, feel free to go to the WUSC website for more information on the organization and what it offers at www.wusc.ca. Stay tuned for more details and upcoming events!

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The Art of Networking: Music and Myspace

By Kristen DePalma

The Brock Press (Brock University)

ST. CATHARINES (CUP) - Goodbye old-fashioned band flyers and hello ... Myspace bulletins?

Through its ever-growing interactive network, it seems that the increasingly popular Web site Myspace.com has effectively created a unique music community all of its own. Music forums on the site allow users to discuss any and every genre of music, the classifieds give space for those aching to start a band to advertise for members, the 'top artists' feature warrants users to discover new bands whether they be unsigned, indie or part of a major label - and so much more.

The Myspace phenomenon has given both underground and mainstream bands a venue for self-promotion and a chance to connect with their fans. As long as an artist has access to a means of recording, their music can be heard by anyone, anywhere. While song plays or page visits do not garner any income for the artist directly, it provides them with fast, free, and vital publicity.

Niagara indie rock success, Sleep the Season, have a Myspace account which provides fans with their latest tour dates, mp3s, and updates from the band via blog entries.

"Myspace has more or less closed the gap between musicians and their potential audience," said Ben Audet, drummer for Sleep the Season. "It has made it easier to interact with people who enjoy our music. It has also been a useful tool in which our music can be heard by people who would not normally go and search for new

music."

Rock band We Want Barabbas (WWB) also use Myspace regularly to promote their tours and communicate with their fans and other musicians.

"Myspace has significantly increased our exposure beyond the Niagara region. We are constantly gaining new fans, friends, supporters and colleagues from cities worldwide," said WWB frontman Peter Pawlowski. "One of the best benefits of Myspace is that we can instantly provide the fans in our network with news and promote our shows via Myspace's bulletin feature. Of course anyone can leave a piece of their mind on our page, which is great because we love all sorts of feedback."

The bulletin feature on Myspace allows bands to post information about upcoming shows which then become visible to every user on their friends list. They can also choose to post concert flyers on their user page and the site provides artists with the capability to upload four free mp3s for viewers to listen to.

"For any extraverted band with the skill of shameless self-promotion, like us, Myspace is a wonderful tool," said Pawlowski. "It provides instant access to the most important people involved in any band; the fans, show goers, scenesters and plain good ol' music lovers. Like any tool, Myspace works best if you know how to use it right, and for any independent act the best way to use it is to reach out and gain new fans."

First year Brock University student, Janice Skoblenick, is a Myspace user and sees the site as a link to the underground music scene.

"I use Myspace to find out about bands, for meeting other people, and finding out more information about other people," she said. "I think it's helped promote smaller bands,

like newer bands that a lot of people don't know about, so that other people can find out about them."

For bands just starting out, Myspace acts as an appropriate venue for them to gain an almost instant fanbase and become part of the virtual scene. They can link their page to users in their local area or all the way across the world, exposing their sound to anyone who clicks on their profile.

Alex Harber, a first year viticulture student at Brock, currently shares a Myspace music account with his band.

"It's good because we can find other bands to play shows with and it's also just a way to get out to our friends that have moved away and let them know if we're playing soon in their area," said Harber. "It's really easy to find out about different bands and it's great to be able to listen to song samples to get an idea of their sound."

Local St. Catharines scene supporter and musician, Justin Weaver (a.k.a. Hardcore Warrior) has been a member of Myspace since 2004.

"It's helped me quite a lot because I sometimes find myself talking to people whom I haven't spoken to in years, and my music has been getting a ton more plays on my Myspace account than my Purevolume account," said Weaver. "Myspace is one of the best things to happen to the music industry. I'm glad it's here."

Myspace sponsored the Vans Warped Tour in 2005, where they organized signings and meet and greets with bands on the tour from their tent.

A newer addition to the Web site has been Myspace Records, a music label that signs artists who have become successful through Myspace. The label released their first compilation disc in November of last year, featuring bands like AFI, Dashboard Confessional and Weezer.

Recently, the network launched its "Secret Shows Concert Series," a Myspace project that holds various concerts all across the United States that only people on the Secret Shows friends list are able to know about. Past shows have included performances from artists like Rilo Kiley and Jenny Lewis.

For a networking site which has attracted over 42 million users since its founding by Tom Anderson in 2003, there is no doubt of the great impact that Myspace has had on the communication and music world.

Today's music fans have the ability to interact with a community much larger than ever thought possible and which grows more everyday, altering the way artists market and sell their music on a global scale.

It is safe to say that the social network which effectively combines blogging, message forums, instant messaging, web portals, music sharing and more, has ultimately changed the face of the music industry forever.

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Reflections on Vallium Times Day

By Allison Saunders

Well it has finally passed us, February. I see February as the Wednesday of the winter, that hump that you try to get over to make it through the week or in this case the season. And speaking of hump, with February comes something else—Valentine's Day. Love it or hate it, there is no avoiding it. February 14th comes along with it's hearts, cards and flowers again and again, leaving some swept off of their feet and others feeling a blow to their self esteem. So, as someone who is not the biggest fan of this Hallmark made "holiday" I had a look to find the roots of Valentine's Day. I stumbled upon the History Channel's website which delivered many interesting facts about February 14th. Most stories go back to a Roman priest named Valentine,

who performed secret wedding ceremonies in a time when marriage was outlawed in order to recruit more men to be soldiers. Valentine went against the laws as an advocate for love but was eventually caught and jailed. Although he was put to death, some stories claim that he sent the first "valentine" from prison, signing the love note *From Your Valentine*. There are countless reasons why the holiday is celebrated in February that range from the month being a time of fertility and purification, the 14th is the beginning of bird's mating season and hence a day of romance or that the holiday commemorates the death of St. Valentine. Nonetheless, the mid 18th century is when the letters and tokens of love were first regularly exchanged in Great Britain, and since then Valentine's Day has almost spun out of control. The day of romance, love and passion has become extremely commercialized to the point

where "an estimated 1 billion cards are sent" each February 14th. We all have our different opinions on this day, but I found a tidbit that I couldn't resist including, as a conversation starter. Of the billion cards sent each Valentine's Day, 85% are sent by women. Enough said.

For me, Valentine's Day has become a day of expectations. Men suffer. Women suffer. There are hopes for greatness, or that "awww" moment and there are expectations to deliver that moment. Whether you're someone who brushes the holiday off as any other day, someone who lives for romance or someone who'd rather call it "Vallium-Times Day", or even if you claim to have zero expectations—being empty handed on February 14th can leave you feeling as if your birthday has been forgotten. I don't want to come off as completely bitter, I'm not against the notion of romantic love, but I just think that Valentine's Day has become a day of pressure.

The occasion was named after a patron Saint, who died supporting young love and romance, and to me it just seems blown out of proportion. Single, coupled or married—NO ONE would miss Valentine's day if Hallmark never mentioned it again. No expectations, no pressure, you could express your love on *any* day of the year. Heck, then you'd be original. This should be a day to show your love, or even like, for those important to you, no strings (or roses) attached—whether you're hardcore romantic or resentful and bitter, lying in bed listening to Bon Jovi ("*this Romeo is bleeding, but you can't see his blood...*") .The meaning behind this holiday has been lost among all of the teddy bears and chocolates. So forget Valentine's day. Make sure everyday you tell someone you care about just how special they are.

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2005 Band of the Year: Cuff The Duke

by Taylor Moran

By: Taylor Moran & Dan Stewart

Off the Cuff with one of Canada's most exciting and talented Bands

2005 was a year of big releases in the music industry. The Canadian indie-musicscene continued to garner critical acclaim and attention from listeners around the globe. Cuff The Duke's second, self-titled album has stuck with me from Kanye to Coldplay. Cuff The Duke is singer/guitarist Wayne Petti, guitarist/moog/organist Jeff Peers, bassist/keyboardist Paul Lowman, and drummer Matt Faris.

I was first introduced to the band in August of 2005. I was fascinated by the contrasts the band was able to make work within its songs. *Cuff The Duke* opens with "The Future Hangs" a potential radio hit driven by a harmonica and Petti's clever lyrics: "Conveniently I wait / Avoid these feelings and other mistakes / If only I were taller / I'd see past the clutter and plan an escape". "Anti-Social" is a sharp as glass rocker showcasing Peers' extraordinary ability on guitar and Faris' white-hot drumming. The band changes direction with "The Ballad of Poor John Henry" a ballad straight from the old west. Petti shows his unbelievable vocal range; Pianos, drums, and bass collide to tell a story of an

unlucky loser we all know, and most likely love. The album concludes with "A long night my love" and "It's Over" two epic tracks that sound like they should be fused together. These two songs showcase the band's ability to stretch a song beyond its conventional structure. "It's over" is a slow burner that takes off with a beautiful string arrangement and a pensive Petti declaring "It's over / It's over / It's over my head". These simple lyrics fade into four minutes of musical masterpiece, which

were in and what we needed to do." With just two albums to their credit, the boys from Cuff The Duke are poised to become one of Canadian rock's prominent bands. Although Cuff The Duke has steadily gained more media attention, their not about to partake in any of the hype. Wayne Petti admits seeing his face on television was flattering, but that's about it, "We're totally flattered it is one of those things that your parents see and it's like whoa he's making it [laughs, and

A difficult experience was transformed into a brilliant song, indicating a growth that many bands their age have yet to achieve.

Jeff Peers attributes the band's diverse sound to the different background of each member, "We all come from such obscure places and musical Backgrounds." The band has the rare ability to layer Guitars, Keyboards, Strings, orchestras, and harmonies, while constantly experimenting with the standard structure of a rock song "We haven't got the pop thing down yet" laughs Petti. Cuff The Duke take their songs in many different directions, yet a note rarely sounds out of place. A Cuff The Duke show is a mix of studio precision and live energy. The Cuff boys were intense from the opener all the way to the end. Petti and Peers address their crowd in a gracious manner, creating a comfortable atmosphere for everyone. Peers performed double duty on guitar and moog, while the other band members switched between instruments. Matt Faris was able to give a steady drum beat that you could feel in your gut, despite having a broken wrist. Petti and company delivered one of the best live shows Halifax has seen in recent memory, packing Stage Nine two nights in a row. After hearing the album and seeing them live one thing is for certain: Cuff The Duke is the real deal. Hopefully we will hear from them for many years to come.

Photo courtesy of www.cufftheduke.com



conjures old clichés like "when words fail, music speaks".

Dan and I had a chance to sit down with Wayne and Jeff to share some Keith's and talk about the new record, touring experiences, and sixties Japanese progressive rock. November 19th marked the final date of Cuff The Duke's latest cross country tour. Past tours saw Cuff The Duke share the stage with bands such as: Sloan, Nick Cave, Joel Plaskett, and The Sadies. Jeff Peers credits The Sadies for helping the band get accustomed to life on the road "They just laughed at us, at everyone one of our mistakes that they have made in their existence. While we were on the road for the first time, they would laugh and tell us how to get out of the situation that we

does his best impression of his parents voice]" Despite their recent success, the Cuff boys still have a working class attitude and write songs for the working class man. Songs such as "Take my Money and Run" and "The ballad of poor John Henry" immediately come to mind. Songs such as "Anti-Social" and "There was a Time" explore some darker themes, "We write about some domestic youth issues. We're not telling kids what do to, we're telling them what it's like" says Peers. What sets Cuff The Duke aside from most bands is their remarkable ability to write about personal issues and not become self-indulgent. "There was a time" was written by bassist Paul Lowman, in response to having his sexuality questioned.



In-Flight Safety The Coast is Clear

Reviewed By: Taylor Moran

New Brunswick born In-Flighty Safety is beginning to turn heads with its full-length debut *The Coast is Clear*. With only 2002's *Vacation Land* EP under their belts, the boys from IFS managed to create a precise, beautiful album that many bands spend entire careers trying to make. The album opens with "The Coast is Clear" a dizzying drum beat, teamed with John Mullane's machine-gun guitar, and beautiful vocal landscapes. "A Lot to Learn" is a slow ballad that picks up momentum on the strength of Brad Goodsell's drumming and

Mullane's pensive lyrics: "And the love that we made in those years / turns to dust under our dirty heels". IFS draws the usual lazy Coldplay comparisons; however, this band is good enough to stand on its own merits. The reverb-drenched guitar on "Turn me Around" does sound reminiscent of Jonny Buckland, but that's it. Mullane has the vocal range to sing both high and low; one thing is for sure, his voice bears the sincerity of a man who truly means what he sings. IFS is talented enough to blend piano, keyboards, and glockenspiels without sounding overproduced or pretentious. Each of IFS's four members compliment each other to sound pop, without sounding poppy; melancholic, without being whiners. I look forward to watching In-Flight Safety become strong contributors to Canadian indie-rock scene.

Photo courtesy of
www.inflightsafety.ca

Brokeback Mountain Shalen Hutchings

Brokeback Mountain has been one of the most talked about movies in months. It has impressed audiences and critics, and leads the pack in Oscar nominations. As with all hyped films, this one also has its fair share of controversy as well; it has been banned in various cities across the country due to its content. I've wanted to see *Brokeback* for a while now, so when it opened in Bayer's Lake I made the trek in to see it. The theatre was fairly packed for a weekday, which I was glad to see.

Most people know the story of the film by now – two cowboys, Jack Twist (Jake Gyllenhaal) and Ennis Del Mar (Heath Ledger) are hired to spend a summer in the 1960's on *Brokeback Mountain*, caring for a herd of sheep. While on the mountain, the two fall in love and begin a love affair that spans over 20 years. Also starring are Anne Hathaway and Michelle Williams as the wives of the two men, who must come to terms about their husband's secrets.

The film is visually stunning, with an Alberta landscape standing in for mountains in Wyoming. The acting is excellent, although I must be honest that I did not feel that Heath Ledger was as amazing as reported; I felt Michelle Williams delivered the best performance in the film. One thing I did not like was the makeup for certain characters. While Gyllenhaal

and Hathaway appear to age as the year's progress, Ledger and Williams do not follow suit. During later parts of the movie, the Del Mar children don't look much younger than their own parents.

One plot point is something that surprised me – how fast the love between Jack and Ennis blossomed. I felt the film was progressing at a very steady pace, with signs of flirtation between the two but no outright actions taken. I was a little surprised when Jack and Ennis finally became lovers. To me it almost seems as if a deleted scene may have existed prior to their first love scene, as the two go from friends to lovers quite quickly. Once this moment of surprise had passed, I settled back in and greatly enjoyed the years after the summer on *Brokeback*. To me these scenes were even more interesting, as it gave a broader sense of the society in which the two men live. Even though both men are cheating on their wives, it is hard not to sympathize with them, as it is almost a necessity given the time and place in which they live.

I have heard that many schools and groups have made special trips to see this film, to give people a broader perspective on the world and the people within it. I believe this is *Brokeback Mountain*'s real strength – getting people talking. By placing this film into mainstream theatres it and proving that it can be successful, it leaves the door open for more

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A 5 Year Retrospective of the

Once upon a time, in a University not so far away...

The Students' Union has come a long way in the past 5 years. Once a fledgling group of students, just looking to make a difference here and there, the Students' Union is now an organization with a plan, respected by its fellow schools, and emerging as a known leader into various student political arenas. As we head into the final stretch of this academic year, we thought it may be nice to catch up with current MSVU students, and to give some history of the past Students' Union achievements, in that area that has always remained priority number 1 these past 5 years... the MSVU Campus, and the students of MSVU!

? Information SERVICES

Rosaria Student Centre / Seton Academic Centre

5 years ago there was one Information Desk in the Rosaria Lobby. It offered fax services, provided directions, and acted as the main point of reception for the Students' Union.

Today there is a noticeable difference. We still have Fax services, but now they are available at **2 convenient locations**. With the help of the University, a second, and newly renovated, information desk is now open to serve students and the members of the Mount community in the Seton foyer.

The Students' Union has also added a large number of new and cost effective, student minded services over the past 5 years. Now students have access to services such as:

binding, laminating, photocopying and printing services, including 2 coin operated, five cent photocopiers, one in Rosaria and one in Seton.

In addition to these services, the Students' Union information desks now offer **stationary supplies** such as envelopes and paper (both white and colored), as well as a **mail drop off service, Society services, gown and hood rentals** for Graduation, **Bus schedules and maps**, Information on the **student health and dental plans, campus maps** and the **International Student Identity Cards (ISIC)**.

Both the Information Services desks and the Students' Union have come along way in 5 years, and there's no plans to stop anytime soon. The only place is up for this service, and we intend to reach high!

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Due to the decline of student space on campus, the once unused games room was converted into the Crows Nest,

an evolving space where students can **relax, study and meet** in a comfortable environment during the course of their day.

Over the past few years, the Crows Nest has grown in popularity as well as in services to accomodate students with:

A/V technology, comfortable seating, group meeting space, a warm and inviling atmosphere, movie showings, background music, and, with the generosity of the University, a new computer system with specialty software for any students with challenges.

the Crow's Nest

Fountain PLAYCENTRE

The Fountain Play Centre has always been one of the Students' Unions best kept secrets. However, much has been done over the past 5 years to finally let the secret out.

One of the main driving forces behind the Play Centres success in the past few years has been the commitment to providing our students with a **solid volunteer experience** where they are always appreciated and **receive training** they can take with them.

In addition, the Play Centre has also broadened its scope and has reached out to the MSVU community with such great events as its annual **Kids Carnival**, a now beloved community event.

The physical properties and mission of the MSVU Cornerstore are the most noteable of the changes and successes of this longstanding Students' Union service.

The Corner\$Store

In an aim to create a feeling of "home", **new colors** were added as well as a **new mission** to not only provide students with a **low cost alternative**, but to also provide students with somewhere they could obtain **healthier items**.

In addition, we have expanded our offerings to include:

phone cards, school supplies, stamps, envelopes, cough and cold medecine, University clothing, and our Breakfast Corner!

So What's New???

In 5 years? A lot! The Students' Union has been working hard to ensure that the MSVU campus has everything a student could need.

Over the past 5 years we have been successful in providing:

A New **Student Resource Centre** that includes both a **Food Resource Centre** as well as a **Diversity Centre**

The Sentinel, our NEW student Newspaper

The Mystonian, our NEW annual Yearbook

Increased **student employment**

A **Textbook Trading Fair** and **Online Trading Post**

A **Dental Plan** to compliment our now very stable Health Plan

Peer Tutoring opportunities

The **Jobs 4 Students Expo** each year in September

Increased **media attention** for MSVU students through local **newspaper campaigns** and stronger campus and media relations

Music and **student workspace** in the Rosaria lobby

International Fees tied to domestic inflation

www.mountstudents.ca
our student resource website



In 5 years, Vinnie's Pub has made many changes and additions to become the success it is today. Each year **additional upgrades** have been made to ensure that the Vinnie's space changing and growing. Some of these upgrades over the past 5 years have included:

a brand new light system, new auxillary lighting, adding couch style lounge areas instead of just tables and chairs, and new paint

In addition to physical upgrades, the Vinnie's **menu** has grown to also include **mocktails, smoothies, coffee's, martini's and margarita's, energy drinks, pizza and wing wednesdays.**

Finally, a number of popular **annual events** and regular programming has elevated the Vinnie's profile among students of MSVU as well as other schools. These include **Open Mic Night, the Mr. Mount? contest, Newfie/Caper revival, and our St. Patrick's Pub.**

AND DON'T FORGET

Some of the real work that takes place within the Students' Union is not as easy to see, and happens behind the scenes. In the past 5 years, the many student Executive and Council members have worked hard to establish a new **HR Policy** for our student employees, spent many long days increasing the internal lobbying efforts (**traffic and parking issues, turnitin.com & better accessibility** on campus), made changes to the **Council complement** to be **more inclusive**, held **Union Fairs** to establish better communication with the student body and have created a series of regular **Union Evaluations** to better understand how students feel and what they want to see from their Students' Union. Student input is always of the utmost importance!



ALEXANDER KEITH'S
CUP CHALLENGE

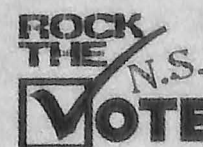


Mardi Gras



★ ★ ★ Student Life ★ ★ ★

The work behind the increase and diversity of the student life on campus at MSVU is easily one of the most visible successes of the Students' Union. Hard work and long hours were dedicated to bring students such great annual events as the Eastern Regional **Campus Idol** contest and the **Mardi Gras Super Pub**. In addition, the MSVU **Frosh Week** and **Shineramaha** campaign has risen to become respected at our neighboring schools, political events such as **Parlia-Mount** and **Rock the Vote N.S.** has helped bring awareness to the student body, and now in its fourth year, the **Alexander Keith's Cup Challenge** continues to get better and more exciting each year. These events, alongside such Students' Union organized events as the annual **Student Awards Night** and **Winter Carnival** have helped bring campus life at MSVU to a whole new level.



Want to be a part of the next wave of successes? Then get involved! The Students' Union annual general elections are almost here. Consider running for an Executive or Council position and help bring about the next 5 years of student success.

What the Career Planning Centre Can Do for You!

by Allison MacNeil
Career Planning Centre Assistant
(Career Planning Centre – Student Affairs Department)

You've entered university, registered for courses, went to all of your classes, took notes, studied like a maniac, tackled midterms and final exams and are back for another crazy term to do it all over again - basically you've finally settled in to the university way of life. And now you have to start thinking about your future career?! "But I'm only in my first year", you might say. Or maybe you're almost finished your time at the Mount and have no idea what kind of jobs or careers are relevant to your degree.

We all know how confusing and stressful it can be to choose a career path - not everyone knows what they want to do for a living. But it's never too early or late to get a head start on exploring possible career choices and looking for work. And that's what the Career Planning Centre is here for - to help make your job search as easy as possible!

In facing the challenge of making a career decision, the Career Planning Centre (CPC) can help provide answers to some of your most pressing questions:

What do I want to do?

What can I do with my degree?

How can I develop clear and realistic goals while keeping my career dream in mind?

On your job search, make sure you visit www.workopoliscampus.com (access code: occupation) and visit the CPC where Career Counselors and Student Assistants will help you with:

Resumes and Cover Letters

Accessing the Hidden Job Market

Interview Skills (including Mock Interviews)

Online Job Resources

If you would like help in any of these areas come visit us at the CPC Evaristus Hall, Room 218. If you would like more information on the services offered by the CPC, please visit our website at www.msvu.ca/careerplanning. We look forward to seeing you! Also, watch out for promotions regarding the Summer Job Fair, which will be held on February 15th. It's never too early to start your job search!

Copper Penny

278 Lacewood Drive 443 - 7024



● Caribbean Party ●
Thursday March 16th

