

the Sentinel

The Return of MR. MOUNT?!

Would The Real Brandy Michaels
Please Stand Up

I'M GRADUATING...WHAT NEXT???

INSIDE "MOUNT SECRETS"

PLUS: Mount Cup, Spooky Westwood, Rez Decor

From the Editor

By ASHLEY DAWE
Editor in Chief

Dear Readers,

We are already publishing the third issue of The Sentinel this year; time flies doesn't it? Midterms are just ending and we are closing in on the one month until exams mark. We will not be publishing an issue for December, but will pick up in January with the fourth issue of The Sentinel. If you think something is missing from our publication, please don't hesitate to contact me at newspaper@mountstudents.ca. We can get someone taking care of whatever you think needs to be done, or you can write it yourself.

The eleventh of this month marks Remembrance Day, and I encourage everyone to get out and go to some of the fantastic services and events that HRM has to offer to mark this special day. At least take a few moments from your day to purchase a poppy to

support our country's veterans and to reflect on the significance of this day.

I guess that's about all for this month. Please enjoy this issue of The Sentinel. We are proud that our writing base is growing each issue, bringing you a more diverse and energetic newspaper experience.

I always look forward to hearing about how we're doing, so drop me a line any time. I hope you're having a great year and until next term this is your editor signing off.

Ash

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THIS MONTH'S CONTRIBUTORS

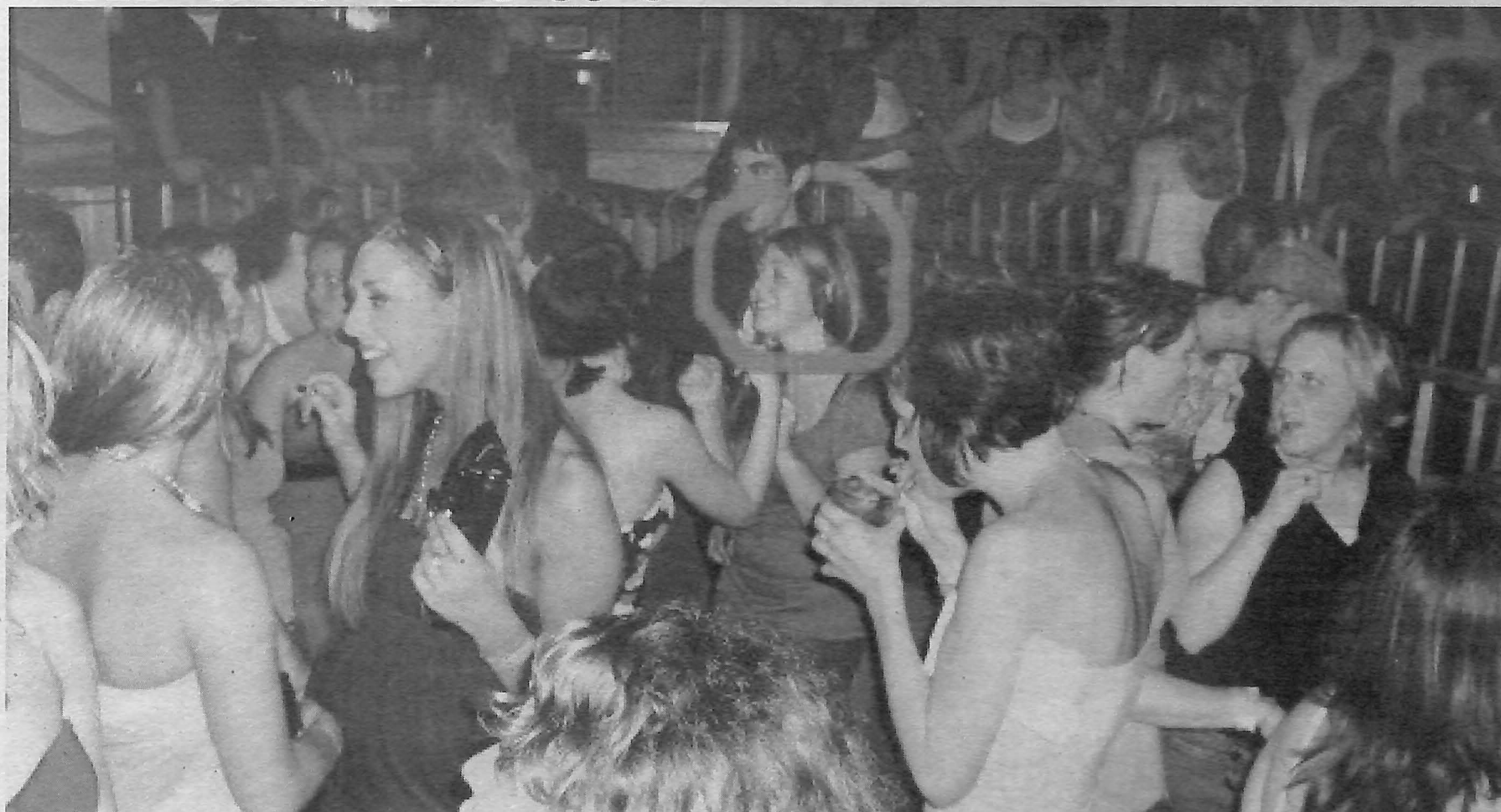
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SHAWN MCKIM
ALISON STEEVES
MENG ZHAO
LYNDSAY WAREHAM
ALICIA EARLE
ATHLETICS/RECREATION

Vinnie's FACE in the crowd

Are you Vinnie's Face In The Crowd?

If you are, congratulations! Bring this picture with you and stop by Vinnie's and pick up your prize pack today!



MSVU or Trump Towers?

By BLAIR THOMPSON

Students enrolled in the small business class at Mount Saint Vincent University are experimenting with small business event management. The event is a home game for the Halifax Wolverines Junior A hockey club. Groups with the highest revenue on the game nights receive an A+.

The students are involved in many aspects of the game from advertising to give-a-ways, greeting spectators to locking the doors at the end of the night.

More important than marks, all proceeds will be going towards sport. Tickets are on sale for \$6 for students, \$8 for adults.

This game is an excellent way for MSVU students to support fellow students. Game night will be November 13th, 7 pm at the forum! Bring friends and family.

For more information; Contact Blair Thompson.

blairthompson@hotmail.com

Apply Now for Library Awards

By MEG RAVEN

Library Awards Apply Now! The Mount Saint Vincent University Library Awards are annual awards of \$200 each to an undergraduate student who demonstrates outstanding research skills in using information and resources located in or accessible from the MSVU Library when completing a research assignment (essay or annotated bibliography) for course credit at the Mount during the 12 month period preceding the January 31, 2008 deadline. Students may apply in two categories: Category A: For a Mount student who has earned 7.5 credit units or less, from ANY institution. This award is aimed at students who have not completed more than one year and one semester of studies anywhere. Category B: For a Mount student with more than 7.5 credit units. This award is supported by an endowment from the Mount Saint Vincent Alumnae Association. Application procedures and forms will soon be available in the Library and are online at: www.msvu.ca/library/award.asp

Tutors at MSVU I'm Graduating; What's Next?

By AMY EATON

The MSVU Tutor Database, developed by Amy Eaton and Sherene Kirincich, is thriving this year. The database now includes over 30 tutors from several different subject areas.

The tutor database includes the contact information of students available to help other students who are experiencing academic challenges. Tutors are available to help with a variety of subjects including math, statistics, English, psychology, research methods, accounting, business, economics, public relations, political science, philosophy, history, French, religious studies, biology, nutrition, physics, and chemistry. Tutors can also help students with paper writing, study skills, time management, and research skills. If students need help in a subject area that is not currently included in the database, all efforts are made to find a suitable tutor.

If you are in need of a tutor, you can contact Amy Eaton at vpacademic@mountstudents.ca or 457-6558. You will be given the contact information of all tutors who are available to tutor in your subject area. The scheduling and cost will be worked out between you and the tutor. If you are interested in becoming a tutor, you can also contact Amy. Please send your full name, year of studies, subjects to tutor, email address and phone number.

Students Helping in Afghanistan

By DAVID PORTER

Afghanistan is quite far from here, 10 032 kilometres, yet our daily lives are impacted by the current state of affairs there. The circumstances in Afghanistan have touched us as it is a country that has been trying to find peace and order for decades. Often we do not know how to assist these people, but when an avenue opens up we should take advantage of it. An opportunity has.

Alaina Podmorow of Winfield, British Columbia is in grade four and has founded a group called Little Women for Little Women in Afghanistan. Here is what is printed on the front page of her website;

Health Care. Children are without books and teachers. Many women and

By CHARLOTTE CARTER

I'm graduating; what's next? This is the question pending for the estimated 800 students graduating from Mount Saint Vincent University in May. For many of us the answer seems far off. For some, one of the Co-operative Education Programs may have launched them on a career path; for the majority, the "inexperienced" students, the way ahead looks less certain.

Within the next six months, all 800 of us will come to this fork in the road. We will make different choices; some will travel (if the funds allow it); some will look for a temporary "easy job" that allows them free time to explore other interests; others will head back to university to continue their studies.

For the group of us who will be looking to put our studies to immediate use, there is a company in Halifax that specializes in offering support to students adjusting to the workforce.

People Plus Consulting is small organization that is designed specifically to help those who are legally entitled to work in Canada to build on their career skills. The goal of People Plus Consulting is to "empower people." This is done in a series of training sessions that help students focus on assessing their own skills, interests, and career goals. The company conducts workshops for improving resume and cover letter writing skills, computer skills, and cultural sensitivity. Sessions also include information on how to look for

those elusive jobs that never appear in the classifieds, Workopolis, or the job bank. Clients are also coached in how to present themselves in a job interview. The client may choose to have a "mock interview" videotaped. As well, professional instructors assist clients with market research and the preparation of job applications. In short, People Plus Consulting offers students the option, for no fee, to get the support they need to land them that first job after graduation.

The organization is located in the Halifax Shopping Centre and has been in operation for sixteen years. According to the manager, Tammy Carter, the one-week workshop that covers everything from basics to interviews is the best bet for the student who is not sure of "what to do next."

Graduates of the People Plus Consulting programs are entitled to continued access to the company's computers, printers, telephones, and professional advice.

So, for students whose anxiety is interfering with their studies, check online at www.peopleplusconsulting.com for weekly workshops, or single training sessions. People Plus Consulting is sure to give you that little push of encouragement that will get you through the next semester, and help you find your desired job!

children fear for their safety.

In Afghanistan today, there is hope for the future thanks to the help of Canadians like you.

However, without a long-term commitment to advancing human rights and opportunities for Afghan women and their families, this hope could be lost for the people of Afghanistan.

Help us ensure the rights of Afghan women and girls are as real and lasting as those of our own mothers, daughters, and sisters. All 100% of funds donated go to women-centered projects in Afghanistan. Join us!

Read more about how you can host a Breaking Bread for Afghan Women pot-luck dinner with your friends and

family. Donations from your guests will contribute to the cost of a teacher's salary for one year in Afghanistan.

Now perhaps most of us are a bit busier than a grade four student, so the Peace and Conflict Society has decided to help out. We are starting a fundraising campaign targeted at the salary of a year's wages for one teacher—\$750. That is all.

Knowing what this university was built for makes this effort seem all the more important. More information will be forthcoming as the details get sorted out. Stay tuned, focused, and ready as these people need to know that we are there for them.

Here is the website if you are interested, <http://www.w4wafghan.ca>

Exciting Events for International Month

By MENG ZHAO

Opening Ceremony Fair Trade Street Fair

Thursday, November 1, 11-2p.m. @ Seton Academic Link— Come to a trading market where you can trade, buy, and learn more about fair trade.

Feast for Famine

Monday, Nov.5, 6-8p.m. @ Vinnie's Pub— MSVU's World University Service of Canada (WUSC) local committee is holding a fundraising event to raise awareness of global poverty.

International Film Extravaganza

Wednesday, Nov.14, 4-7p.m. @ Rosaria Cafeteria— "Blood Diamond"

International Student Day Social

Thursday, Nov.15, 4-7p.m. @ Vinnie's pub— Come out and meet international students at MSVU and learn about life and education in other countries.

International Education Day

Friday, Nov.16, 9a.m.-12p.m. @ Aud. B— You are invited to watch 2 video screening and a discussion about international education.

Multicultural Night

Friday, Nov.23, 6-10p.m. @ Multi-purpose Room— The international Student Society's gala event include international cuisine and performances. Get your ticket now!

Global Opportunity Fair and Workshop

Wednesday, Nov.28, 11:30a.m.-2:30p.m. @ Faculty Lounge (Seton 404)— Learn more about opportunities for you to travel, study and work abroad. Bring your lunch, refreshments provided.

November is International Month at MSVU

By ANNA SUUTARLA

A cultural explosion is going to happen at Vinnie's pub on November 11. The international students' society is putting on the multicultural night once again. However, this time it is going to be different. New members have brought fresh ideas and new visions to the society that has often been mistaken to be the Caribbean Society. The theme of the night is "East meets West."

The multicultural night will present all kinds of dance troupes and vocals as well as a few surprises. Public relations officer of the International Students' society Aaron Edness says, "If you miss all the other events we put on during the international month, make

sure you are there on November 11 for multicultural night!"

International students represent 55 different countries at MSVU.

November is a great month to discover different perspectives these students bring to the table. International student Adanna Joseph from Trinidad is getting excited for the multicultural night, "It's going to be a night to remember!" she exclaims.

Get your ticket to Multicultural Night at the Info Desk for \$20. You will not only get a dinner, show, and after party, you will witness a cultural explosion!

tickets:
\$10 in Vinnie's Pub
advance @ MSVU
& \$15 @ the door
REQUIRED! 10PM
NOVEMBER 23, 2007
ET DJ TOMBSTONE Productions

Café Workers Going Bald to Raise Hope

By ANNA SUUTARLA

MSVU cafeteria workers Nadine, Joan, and Mahsa are sacrificing their hair to raise funds for a coworker's cancer medication and to increase awareness of breast cancer. They will shave their heads on Thursday, November 8 at 1pm at the Rosaria Cafeteria.

The idea came naturally to Mahsa, a third year chemistry student. "There are so many things I want to do before I die, and this is one of them." The three friends jumped on Mahsa's idea straight away. Now one month and \$1000 later they have no regrets. Even the reality of sporting a bald look at upcoming Christmas parties doesn't scare the determined trio: "It's just hair; it will grow back!" Joan exclaims.

"Everyone thinks that they are invisible, that the bad things won't happen to them," Mahsa says. The truth is that breast cancer is the most common cancer among Canadian women. "If shaving my hair can make a difference in the life of someone in need, I would shave it any day. Beauty comes from within; it is not someone's appearance that makes them beautiful," she concludes.

Show your support. Come to the Rosaria cafeteria at 1pm on November 8.

Reviving Rosaria

By JENN JACKSON

The Rosaria Student Centre is appropriately named... a *student* centre. It is a place to work, play, volunteer, exercise, eat, and hang-out. It is our place, and we need to take advantage of it! It is not just a building used to get to Evaristus or the Assisi Security Desk; it is the centre of our university as students.

Working at the information desk has allowed me to have a great perspective on the school and its students. In this position I am able to observe many things, and I take advantage of it! One of the things I find most amusing are the complaints about the mountainous hill to get to this desk. People are huffing and puffing, and once they actually get here, they can barely speak. Don't get me wrong though, I have to walk up that hill everyday and it can take a toll on you especially when you have a backpack that weighs as much as you do. But is it worth it? OF COURSE!

The services offered in this building are not like any other on campus. It is, of course, the location of Vinnie's Pub. The Pub is a party place by night, but

by day it is a great spot to play pool, have some yummy baked goods, play N64 (hello Mario Kart!) and PS2, or just relax after a long day at school. If you don't have time to go to a grocery store, you can visit the Corner Store and buy all of the essentials including food, soap, condoms, and even pre-paid cell phone cards.

If you are looking for 24 hour internet access, the Crow's Nest is the place to go, located directly behind the Corner Store. Another hidden place found in this building is the Diversity Centre. Here you are able to study at anytime, have meetings, and make tea or coffee the list is endless! Want to send or receive a fax? Make photocopies? Print off a paper? Or just plain find out about something? Come to the Information Desk so we can help.

If this does not seem tempting enough, you will be happy to know that the Rosaria Student Centre is the location of the only bank machine on campus! It also has a Video Difference box for movie rental returns.

Starting to consider the jump (or steps in this case)? I have a couple back pocket moves for you to think about. Try going to the fourth floor of Seton and out the doors by Auditorium D, towards Evaristus. Then you can simply follow the driveway to the back of Rosaria and take a man-made path to the concrete steps outside the building. Or, if you are on the third floor, go out the doors towards Rosaria and instead of taking the hill, take the path through the woods. No big hill to take! Then it's basically flat ground from there.

The students are what make this place a friendly environment to have fun with your friends, do some school work, or just soak up the atmosphere. So venture up the hill and see what we have to offer!

U-PASS Thumbs Up

By SHAWN MCKIM

It's 10am. I show the driver my bus pass and find an empty seat. Sometimes I have luck; sometimes I even have to stand. But I always get to school on time. And thanks to Mount St. Vincent's new U-Pass, I didn't have to fork out like 500 bucks for the year just to get to school and back.

If you haven't heard already, we won. We got the U-Pass after several years of debating, fighting, and begging Metro Transit to let us take part in what the other Universities probably take for granted now. I got mine the day before school started and was all ready to start a new year, not having to worry about coming up with \$60 every month. But then, about a month in, we hear the bus drivers are going to strike! Who's next? The professors?

However, they all came to an agreement and we could carry on with our bus riding adventures, which I might add can be funny, creepy, or downright scary. So this is an ode to all of the faithful bus students at Mount St. Vincent University. And to anyone who was against it why? I'm sure that since you live on campus, you have a car and enough money to gas it up every week (and let's not even get into that), and are doing just fine without the U-Pass. Yeah right. I'll see you on the bus!

News from the Info Desk

By ALICIA EARLE and THE INFO DESK STAFF

FALL TEXTBOOK FAIR A HIT

Thanks for your support. Most of you got your books cheaper than last year, and you even made back enough money to pay for this year's books!

One of the best parts has been that both your Diversity Centre and your Information Services just recieved \$1,000 each! Both services were in need of this boost and look forward to spending it on your needs!

Stay tuned for another Fair in January. Info Services are re-thinking some of the Fair details, but it'll be just as efficient and better!

DEPRESSION SCREENING GETS POSITIVE RESULTS

The depression screening hosted by your Information Services in conjunction with your Psychological & Counseling Department in the Link on World Mental Health Day (October

10th) was successful!

Thanks for your interest and participation. This was the first year Alicia and Joanne have organized this event, and everyone was pleased with the turnout.

Remember that you can always make an appointment with an MSVU counselor for free and at any time of the year that department is there for your use.

THANK YOU FOR MY U-PASS!

Although HRM's transit schedules aren't the best, and the buses aren't always on time, my U-Pass kicks butt! Since MSVU acquired privileges to the U-Pass, a new bus route has been in effect, Route 16, and has reduced my traveling time from 2 1/2 hours to 1 hour! Thanks for advocating for and obtaining the U-Pass!

I PAY A FORTUNE TO PARK ILLEGALLY ON MY CAMPUS

Guess what? I loathe parking at MSVU. I paid over \$100 for parking that doesn't exist. I drive around campus for the first half of my class desperately (and aggressively) searching for a space to park my car, legal or not. I'll tell you what I, an MSVU 4th year student, want to see change, lower the parking fee and create more parking spaces. The end.

HIKE'N'PUKE TO ROSARIA

Just thinking about hiking the hill to Rosaria (don't even mention Evaristus) makes me want to throw-up. It's not the fact that I'm out of shape, or that I may be a little lazy, or that it takes 10 minutes extra, but that I get rained on the whole way and we're not talking mist, we're talking softball sized drops from the leaves of trees! As delightful as this isn't, I arrive to class panting and looking like an animal! But I'll tell you what, just give me a little shelter, a tunnel over the sidewalk maybe, anything, and I'll keep my woes quiet.

Local Artist Noriko: Challenging Conventional Ideas into New Creations

By ANNA SUUTARLA

Noriko Tatsugashira came to Halifax about a year ago. She came looking for opportunities to grow as an artist; she came looking for a broader perspective on life.



Fate brought Tim Dunn and Noriko together. Tim is a professional model for artists, a poet and editor. He is also a source of inspiration for Noriko, a source of fresh ideas. Exclusively in the Sentinel, here is a preview of Noriko's latest work.

Painting is a form of physical meditation for Noriko. In this portrait Tim is listening to peaceful music, he is meditating as well. "I could relax when I drew this. I learned to let go, to forget all my worries. Relaxing allows me to produce the best quality work," Noriko says. "It was easy to draw Tim in this pose. When he sits close and we look into each other's eyes, it is too intense. Eyes say everything. When I look into his eyes, too much information passes between us."



This is another very peaceful portrait of Tim. "When I painted this portrait I felt calm, my thought process was clear," Noriko says. "It is not always easy to get into the peaceful state of mind. 'Sometimes I don't feel happy with my work. Sometimes I just want to escape. One time I actually ran out of the studio. I had too many things going on in my head,'" Noriko explains.

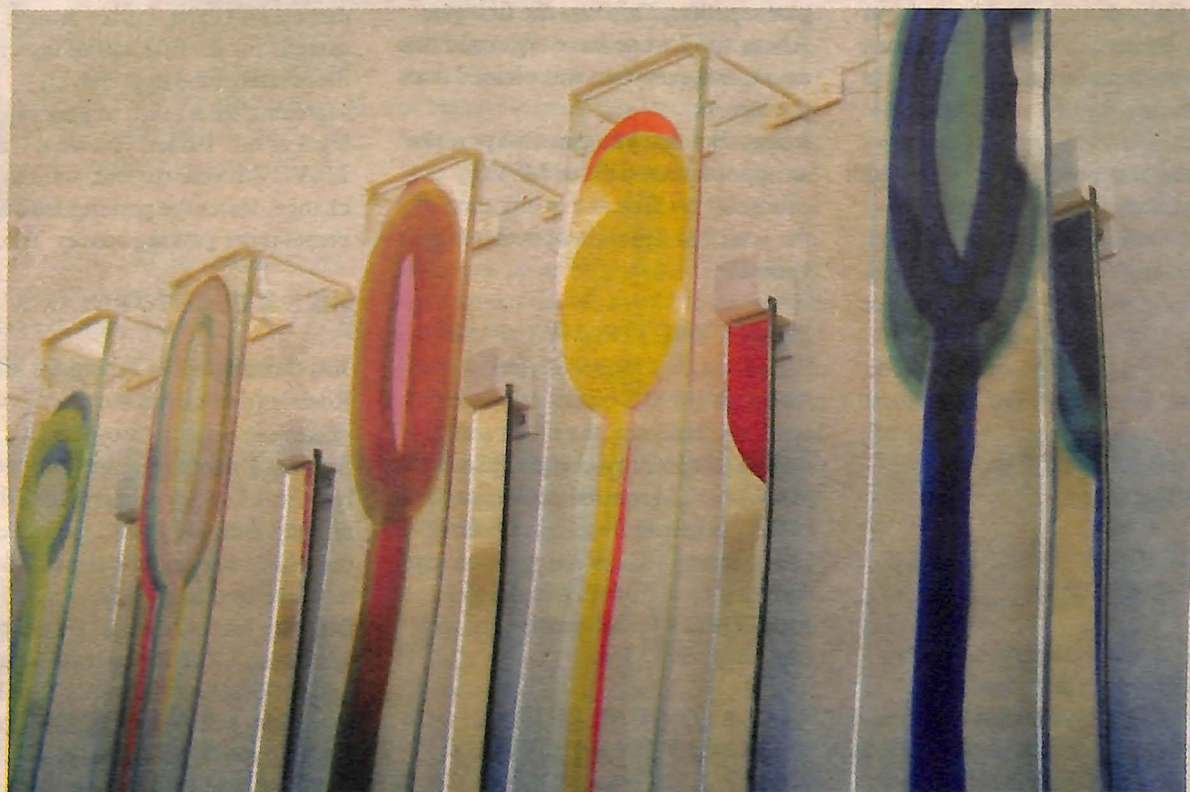


This final portrait of Tim shows another side of him. "He looks beautiful in this pose, somehow different," Noriko explains. The left side of his face represents hope. The right side represents negative thought, sadness. "I am such an emotional painter, sometimes I get hurt when I am painting," Noriko admits.



Noriko is such a social young lady, she is always interacting. Meeting new people inspires Noriko. With her artwork, Noriko strives to "challenge the viewer's ideas." She strives to "create something new, something no one has seen before."

This is Noriko's final project before graduating from Okinawa Prefectural University of Art in 2006.



The Sentinel Presents the Artistic Stylings of Justin Swindell

Illustrations by JUSTIN SWINDELL



The MSVU Outdoors Society Wants You

By ANNA SUUTARLA

Forget schoolwork, get fresh air and meet new people. Join the MSVU Outdoor Society! The society goes on hikes, horseback riding trips, and plans to go wall climbing soon. For more information contact Joanne Burns (joanne.burns-theriault@msvu.ca).

Here are some pictures of our visit to Duncan's Cove.



We're as close as your phone.

420-0000

We now accept Debit.
(simply request a debit car when you call)

“Accross the Universe” - All You Need is Plot

By SHAWN MCKIM

Across the Universe (2007)
Directed by Julie Taymor
Written by Taymor, Dick Clement
and Ian La Frenais

The Beatles are no strangers to the world of cinema. Their debut to the big screen—which coincided with their debut to American television—was 1964’s “A Hard Day’s Night,” and the Beatles phenomenon has shaken the world ever since. In 1968, “The Yellow Submarine,” an animated musical featuring the Beatles’s music, surfaced and continued their visual presence on the silver screen.

Julie Taymor’s Beatles-opus, “Across the Universe,” the latest in Beatles related films is a heavy-handed visual experience that thrives on emotion, images, and music. Some would argue that these three elements are all you need in a film. But in this instance, all

you need is plot and you have yourself a film.

The film revolves around Jude, played by Jim Sturgess, who travels to America to find his father who had deserted him before he was even born. There he meets new friends and falls in love with a girl named Lucy, played by Evan Rachel Wood. Lucy has recently had her heart broken; her boyfriend died in Vietnam. Jude, Lucy, and her brother Max (Joe Anderson) travel to New York to get away from the boring American life of yesteryear. Lucy takes up in anti-war protests, her brother Max gets drafted by the U.S. Army, and Jude watches it all from an omniscient point of view.

“Across the Universe” tries to handle a little too much at times, but it still succeeds in its visual imagery. Also, the Beatles songs, no matter who sings them, are eternal. What Taymor does

here is offer new interpretations to such classics as “I Want to Hold Your Hand,” sung by a girl this time; “I Want You (She’s So Heavy),” the “I want you” being Uncle Sam’s notorious poster, and “She’s so heavy” is referring to the Statue of Liberty, which the soldiers are literally carrying in Vietnam. Such images are indeed a lot to handle, but Taymor takes a surprisingly objective view of the Vietnam War protests through the strongest episode in the film, “Revolution.”

“Across the Universe” is a bit long and confusing at times; some songs could be taken out and the overall feel of the film would not be compromised. But despite what a lot of critics are saying, Taymor’s journey into the Beatles’s musical catalogue is a rather fascinating one, if a bit contrived.

Three Stars out of Four

One Thing I’ve Learned: Dancing Makes Everything Better

By ALISON STEEVES

While life at the Mount is usually filled with constant sources of excitement and daily inspirations, many of us encounter the occasional downfall that temporarily removes us from the joy of belonging to the best campus around. Sometimes classes have us stressing, our boyfriends or girlfriends can be lame, the future is fuzzy, or financial woes loom ominously over our heads. It is times like these when we want to bury ourselves under the covers, perhaps with a pint (or two) of Ben & Jerry’s Half Baked ice cream (or some other type of pint), and not come out until our blahs have been drowned out with substance overload. Fortunately, there is another way to temporarily forget our troubles, one that usually results in much less regret the following morning. This solution is a whole lotta dance.

That’s right, dance. The art of putting one’s body into motion and letting loose, accompanied by music. This art has been around since the early days and has spread across the globe in a variety of forms. It is traditional in various celebrations, from weddings to rites of passages to high school proms and more. It’s no wonder that dance is

so often incorporated into such celebrations because for some reason this act, no matter which way you choose to employ it, usually leaves one’s mood enhanced, troubles quelled, and spirit seriously uplifted. Thrown into the beats and rhythms of the music and steps of the dance, one’s trivial dilemmas are temporarily suspended.

You might be thinking, “But I’m no dancer; that won’t work for me.” Who hasn’t met a guy or girl who said they couldn’t dance, or in fact thought this themselves? Dancing, however, can be done by everyone in some form or other. It is often misconstrued as some properly calculated sport that need be mastered before being understood or performed. This only applies to particular dances like ballet, celtic, swing, etc. But how many of those kids at the club do you think really know what they’re doing? Just blast some catchy tunes next time you’re near a toddler and you will see that the moves come naturally to us from a very early age. What baby do you know that doesn’t immediately break out into a grin and start bopping its rearend to the beat? Dancing isn’t necessarily about

showing others what you can do, but more a surrendering of oneself to the music and getting lost in another state of mind. While there are always other ways of doing this, dancing is certainly one of the healthier alternatives.

So next time you are feeling low or overloaded with the stresses of student life, push the books aside, hang up the phone, and feel the beat! Drop in on a Hip Hop or Salsa class down at the gym, grab some friends and head over to Vinnie’s, or better yet, shut the bedroom door, crank the latest from JT, grab your hairbrush from the dresser, and immerse yourself in the uplifting art of dancing.

Mount... Sееееcrets!

By CHRIS DEWOLF

- There is actually a basement in Seton. Unfortunately, it’s just as boring as the rest of Seton.
- The Textbook Trading Fair is a front you just have to know which books to buy.
- Assisi is not, in any way, haunted.
- John Mayer once visited the school in error. When asked if he would perform anyway, he said “No.”
- The Distance Learning Center is also a front you just have to know which classes to take.
- The Bookstore is architecturally unsound but is only dangerous near the place where the pens are kept.
- The Mount’s third-favorite recording artist, according to Facebook statistics, is John Mayer.
- If you take advantage of Rosaria’s easily accessible roof for research purposes, it is likely that you will be told to “get [...] down from there.”
- “Evil,” the class, is never as fun as anyone expects it to be. This is because it is a class.
- John Mayer once had a short-lived TV show. It was called “John Mayer Has A TV Show.”
- On the campus map in the lower floor of Rosaria, there is a designation for a structure called “Marywood.” It existed in 1969 but was later destroyed. Let this be a lesson, Birch 3.
- John Mayer taught himself how to play guitar in two weeks!
- There used to be a statue of Jesus in the woods between Rosaria and Seton. Where did it go? I don’t have an answer to that, but we can’t blame this one on Easter.
- I was recently overcharged at the Rosaria cafeteria, but I deserved it this time.
- No matter how successful you are, you will never be quite as talented or as happy as John Mayer.

Checking In with Mount Cup 2007/2008

By KENNEY FITZPATRICK

The 2007/2008 MSVU Mount Cup residence challenge is well underway and is heating up. Out of the gates, the Assisi and Birches residences attacked. While the defending champions Birch 2 have their eye on retaining the prize, the Assisi teams are putting the pressure on, forming a formidable block towards the top of the leader board, denying the Birches the top spot. But it is Westwood who, having never placed at the top before, have come along and stole first place honors for the time being. We may be only six weeks into the competition, but this contest is shaping up to be the best Mount Cup yet.

Current Standings

First:	WESTWOOD
Second:	ASSISI 7 & 8
Third:	ASSISI 11 & 12
Fourth:	ASSISI 5 & 6
Fifth:	BIRCH 3
Sixth:	BIRCH 2
Seventh:	BIRCH 5
Eighth:	ASSISI 9 & 10
Ninth:	ASSISI 3 & 4
Tenth:	BIRCH 4
Eleventh:	BIRCH 1



A Day at the Office with a Drag Queen

By BRUNO PERRON

For all of you who do not know, Vinnie's Pub has an exciting drag competition called Mr. Mount. This year a familiar campus face hosts this show and challenge.

I was blessed with a visit from Mike Collins last week. He came to my office with a few of his friends to talk to me about one of the greatest events of the year at Vinnie's. Some of you know him as the zealous and hilarious pizza maker in the Rosaria Cafeteria. Others might know him as Marilyn Monroe, Katharine Hepburn, and Mae West. He has been in the entertainment business for over thirty years as pretty much everything including a performer of the art of drag.

He came to see me to record an audio interview for the November edition of CrowRadio. Mike quickly traded

personalities with Ms. Monroe, Ms. Hepburn, and Ms. West exhibiting his showmanship and his amazing artistic talent. The interview was in promotion of the annual Mr. Mount Show that will be hosted by Vinnie's Pub & Lounge on December 3, 2007.

He was very diligent in explaining the change of scheduling from early April to early December. He understood that the Students' Union wanted to balance some of its more successful events throughout the year. Mike himself, and his cast of multiple personalities, savored the challenge of writing and hosting the annual show adapted to a Christmas theme.

The Hepburn personality was quite clear in announcing that this year's spectacle will include a special guest host somewhat related to the Holiday

theme. This year's Mr. Mount will include all the usual old-school drag queen and king shenanigans and more crazy dark creative secrets out of Mike's mind.

On December 3, 2007, Vinnie's will be the place for laughs, smiles, giggles and wiggles. The Aramark pizza king (or queen) is devoting time and effort to this event with a special mission in his heart. Part of the cover from ticket sales will be going to the Aramark fundraising campaign dedicated to supporting one of their own during her struggle with breast cancer.

Strawberry Salsa

By LYNDASAY WAREHAM

Strawberry Salsa

1 quart strawberries, finely chopped
1 green/red or yellow pepper, chopped
2-3 green onions
1/3 cup Catalina dressing
Tabasco to taste
Chopped parsley

Mix together and serve with taco chips or crackers.

Love

By JEREMY NEILSON

I've got a serious problem with the word "love". Now I will first state that yes I am well aware "love" is an emotion that is created by our growing need to satisfy some sort of strong desire to be with someone else, and I am not doubting its existence as an emotion and prevalent force within our current society. But I am doubting our ability to properly utilize a tool of social existence to its fullest. Also for the record I am discussing "Baby, you're so beautiful and magical and blah blah blah" love, not "mommy I love you" or "my kitty is so pretty and I love her" love.

Now before we carry on I would like to acknowledge the impending comment from critics that I am an asshole who is just depressed about being single. 1). I have never been in "love" before. I've been in relationships but never have said "I love you." Yes, maybe that sucks, but I sure ain't depressed about it. 2). Again I am not doubting the emotion's existence, but how our

society tosses around the word. 3). If I truly was afraid of all you meanies out there, I wouldn't be writing this right now, would I? Now that you've witnessed my fantastic foreshadowing skills, let continue this rant, shall we?

I've never been in "love," but I've seen people who are, or at least think they are. Sure some people can go years before saying the word, but some people wait 76 hours and 52 minutes to throw themselves over the cliff hoping the other catches them before they go splat. Now we need to give this emotion our respect because although with the emotion comes Utopian promises, and butterflies, and rainbows and such, it can also find cloudy skies with a 95% chance of suck.

But still we show no caution. Our lust for power and greed has taken us down a path to use the word for social consumption and to better our own wallets. Valentine's day happens to be one of the most active days for

commerce known to our kind. Did we forget that the origin of this day happens to be attributed to a priest named St. Valentine who was caught, arrested, and then beaten to death by Claudius II of Rome for marrying men and preventing them to serve the military. And speaking of military, I'm pretty sure such disasters as the battle of Troy were fought because of "love." And last time I checked, "love" was the undoing of William Wallace in the 15th century. King Arthur, he killed his best friend because of "love" (well Lancelot was having an affair with his wife, but still, there was some "love" there).

It's funny because I'm sure those historical people did their duty for the real emotion. They did it justice. Other words in human dialect are muttered, not spoken. Those words have started civil wars, rebellions, and have lead to horrible events to which I dare not speak of. Seeing as this word "love" has an obvious history with things of that nature, you'd think we would show

some respect. But instead we throw it on a card and grab some flowers in hopes of another person uttering those same words back. Because if we don't hear that word, our world could end. Our very existence could break and crumble and we as human beings, the alpha species on earth, will cease to exist at the hand of rejection.

That's the power of the word. "Love" is an emotion that only some of us may be lucky enough to feel, and therefore shouldn't be thrown around like your uncle Ned's hair piece at Christmas Dinner. I hope you all find it some day, but I truly hope we don't beat a word so senseless that the emotion it tags follows suit.

Spooky Westwood Decor on Display



Athletics and Recreation November News

By ATHLETICS and
RECREATION

FITNESS NEWS:

Are you interested in trying a Pilates class? If so, there are two classes offered in the Fitness Program that is free for students on Mondays and Wednesdays, 1:15-2:00pm. Drop-ins are welcome.

Do you want to know... if a supplement is going to be effective? How to burn the most calories during a work out? Which is better, Water or a Sports Drink? What should you consume for Pre and Post work out foods?

Student Nutrition Services will be in the Fitness Centre to answer your questions on:

Nov. 19th 2:00-3:00pm
Nov. 20th 12:00-1:00pm
Nov. 21st 9:00-10:00am
Nov. 22nd 10:00-11:00am

Curious about body fat percentages?

We would like to try out our new calipers for body fat testing. While visiting the Fitness Centre a Trainer can take a 3-site measurement to determine percentage body fat. See the trainer on duty at various times during the week of December 10-14th.

Facility Hours:

Remembrance Day Weekend:

Friday, November 9th 6:30am-8:00pm
Saturday, November 10th 7:30am - 8:00pm
Sunday, November 11th 1:00pm - 8:00pm

Holiday Facility Hours:

December 20 - 6:30am-8:00pm (Gym Unavailable)
December 21 - 6:30am-1:00pm (Gym Unavailable)
December 22 - 26 Closed for Maintenance
December 27 - 7:30am-8:00pm
December 28 - 7:30am-8:00pm
December 29 - 7:30am-6:00pm
December 30 - 8:00am-8:00pm
December 31 - 7:30am-4:00pm
January 1 - Closed

Boulderwood Stables



Friday, November 16 at
2:00pm

\$30 Trail Ride

\$35 Trail Ride, Swimming, and Hot Tub

Register at the Mount Fitness Centre, Rosaria Student Centre.

SHREK the

THIRD Sunday,

November 18th @ 6:00PM

Location: Seton Auditorium D

The Santa

Clause 3 -

The Escape Clause

Sunday, December 2nd @
1:00PM

Location: Seton Auditorium D

AIDS AWARENESS DAY



INTER SOCIETY & RESIDENCE VOLLEYBALL & PIZZA SOCIAL

FRIDAY, NOVEMBER 23rd FROM 12-2PM

TEAMS OF 6-8 PLAYERS

REGISTER TODAY AT THE MOUNT FITNESS

CENTRE FRONT DESK

Brought to you by the
Athletics & Recreation Office

ATHLETICS & RECREATION Intramurals

DROPH INTRAMURALS

Open Rec Mondays: 9:30-11:00pm

Soccer Saturdays: 6:30-8:30pm

Basketball Mon-Fri
12-1:30pm & Thursdays 9:30-11:00pm

Badminton Mon-Fri 12-1:30
and Tuesdays: 8:30-10:30pm

3on3 BASKETBALL

Monday, November 19th @ 9:30pm

Teams must have a minimum of one
of opposite
sex

on the court at all times. Available
to all Mount Students and Facility
members with valid ID's.

INDOOR CRICKET

Wednesday, November 28, 2:00-3:00pm

Drop by for a game of Cricket
Equipment is provided. New and
experienced players welcome. See
Joanne for details.

Mount Saint Vincent University hosts the
2007 Big Kahuna / adidas
CCAA Women's & Men's
Soccer Nationals
November 7th- November 10th



Location: Mainland Common

Game Times:

November 7th-9th: 10:30am & 1:00pm

Bronze Medal Game:

November 10th at 11:00am

Gold Medal Games:

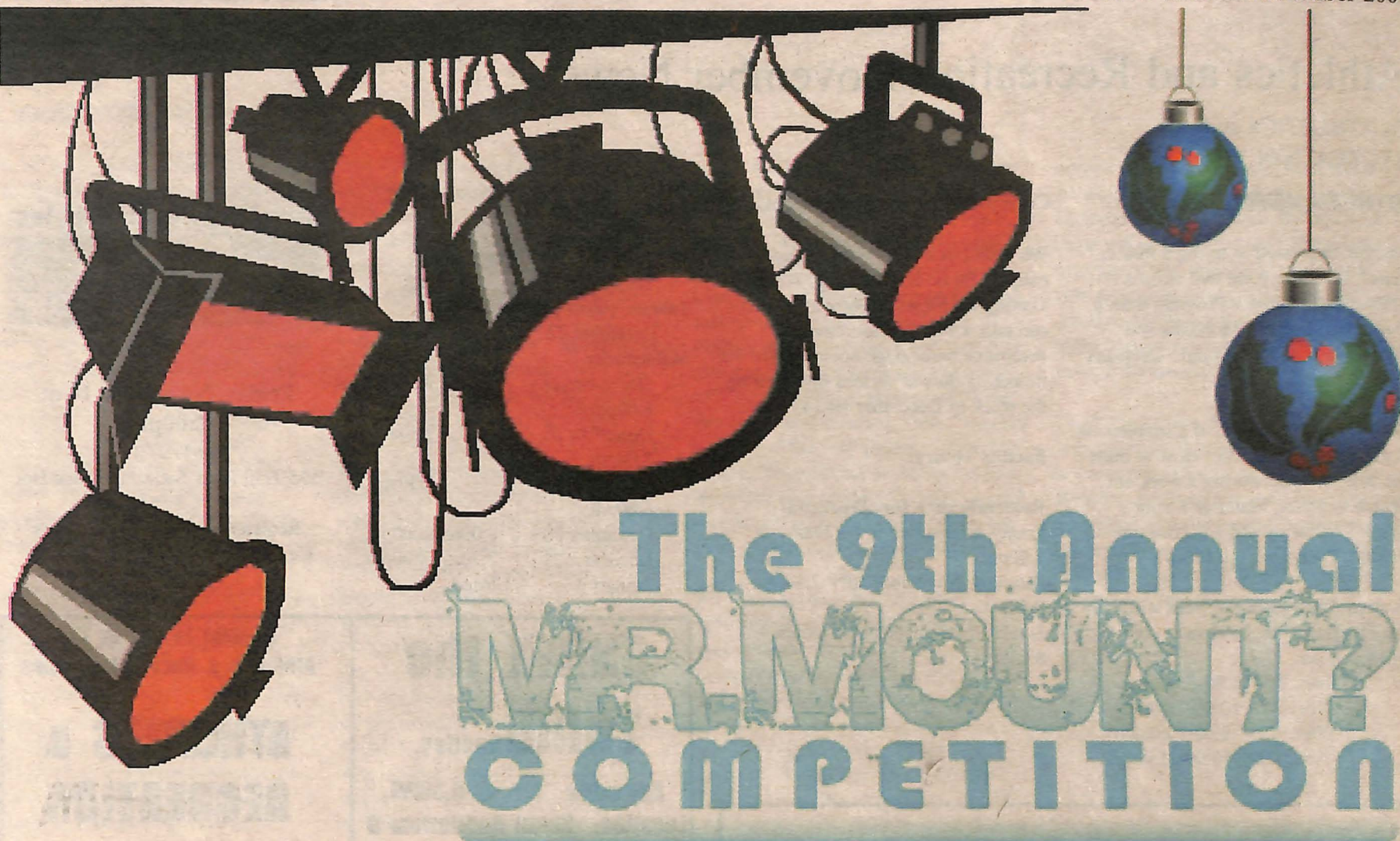
Women's Game: November 10th at 1:30pm

Men's Game: November 10th at 4:00pm

For more information visit:
www.msvu.ca/soccernationals

To volunteer for this event please e-mail: joanne.burns-theriault@msvu.ca





The 9th Annual MR. MOUNT? COMPETITION

LAST CLASS BASH X-MAS EDITION

*Where the ladies
are the men...
and the men are
the ladies!*

\$250 First Prize

email vinnies@mountstudents.ca to enter

**MONDAY
DECEMBER 3
9 PM START
\$5 COVER**

