

MSVU PRAYER ROOM

now  
open

A blue wooden door with a handle and lock, set against a dark background with glowing green lines. The words "now open" are written on the door.



# News from the Library

By Darrell MacLean

Hard to imagine the focus of this article is on final papers and reports! It is never too early to get started on research for your topic. Our Library website has library guides and on-line tutorials providing step by step instruction on how to use library resources (<http://libguides.msvu.ca/help>).

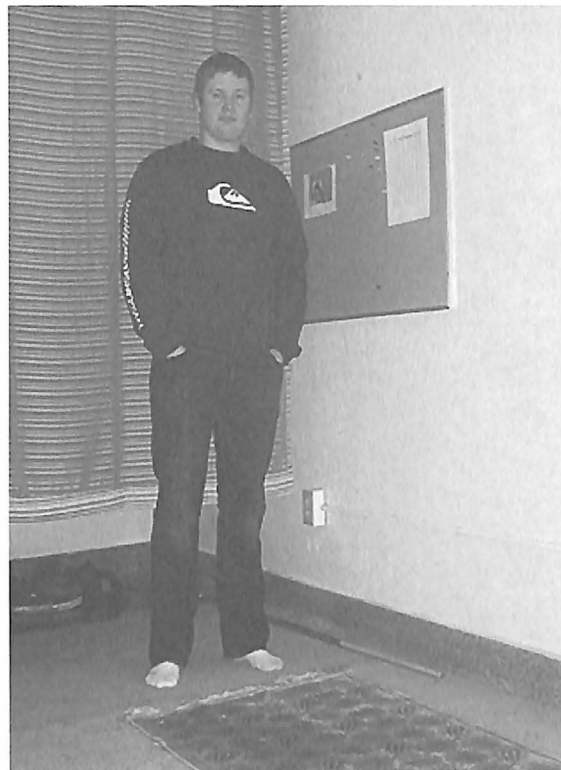
The Help Sheets and Tutorials provide instruction on doing book reviews, writing research papers, how to access the full text of an article citation and advance searching in Novanet. There are also interactive tutorials on plagiarism and website evaluation. Visit the Library handbook site for more information (<http://www.msvu.ca/library/handbook.asp>).

Find yourself with more energy during the research and planning phase than you can muster during the writing phase? If the due date for returning an item is approaching but the paper isn't quite finished you can renew your items online, providing there are no hold requests. To renew your materials online, you must do so at least one day prior to the due date. Go to Novanet Catalogue and log into your library account located on the top right-hand of the page.

Keeping with the research project theme, our Group Study Room is very active this time of year with students doing group projects. To ensure your group can use this space at a time convenient to all members, please visit the Circulation Desk and book the room in advance. For students and groups who would like to practice their presentation skills we have a laptop available for loan for use within the Library as well as an overhead projector located in the Red Zone.

Drop by the Library during our up-coming Open House in November!

## Prayer Room Opening!



Students' Union President Jeremy Neilson says plans for the Prayer room include new signage as well as dedicated promotion."

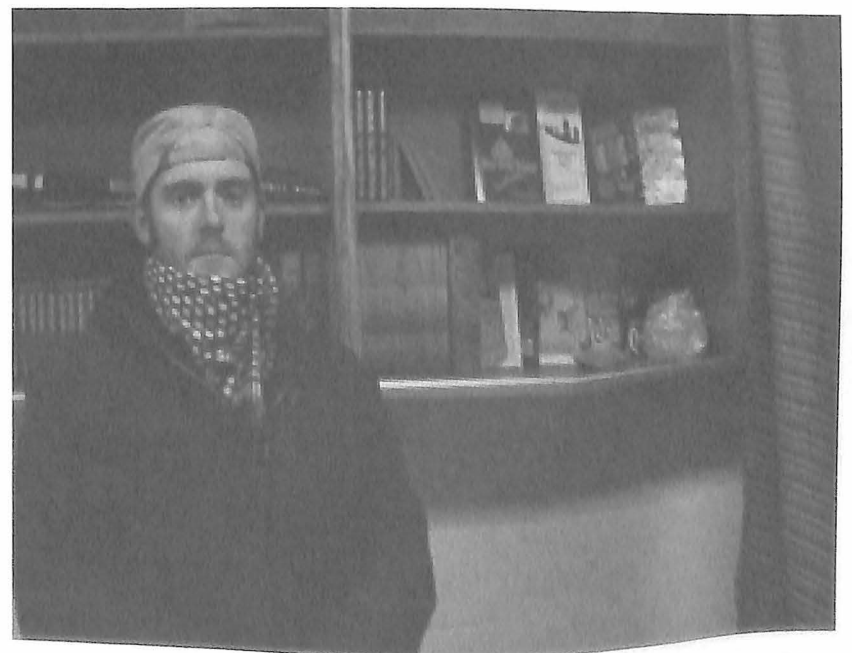
Dear Fellow Students,

On behalf of the Students' Union I want to emphatically announce the creation of our first multi-faith prayer room. The prayer room has been both a project and priority for the Students' Union for close to a year now. At this point in society it's useless to put up walls and render our minds closed to new ideas and opinions. Over the weekend I attended convocation where Dr. Martha Piper drove a clear point home. 11/9, the fall of the Berlin wall not only was a literal achievement but symbolic in the advancement of freedom, while 9/11 seen those walls of oppression be put right back up again. The creation of the prayer room is the Mounts way of breaking down walls. We as a university are moving in a dynamic

direction, with a new academic plan and a capital campaign, and this prayer room is symbolic of that move. There have been steps done by the university to make our campus a multi faith avenue, but simply de-canonizing our chapel was not enough. A space that simply disagrees with the very values a student prays for is not a welcoming environment, and so they went to the bottom of the library, bathrooms, and vacant hallways to do their prayer. But I'm proud to say no student of any faith will ever have to do this ever again. The room, Seton 452 B is available and ready for all students to use. Although we have taken a major stake in this initiative we want to thank the University for being supportive as well as hard working to get the necessary space and materials needed for this to finally go through. I also want to thank the students who have worked so hard to help prepare this room and initiative for the Mount Community. Again I say thank you to all that were involved, your part has made this university a true global community.

Warm Regards,

Jeremy Neilson

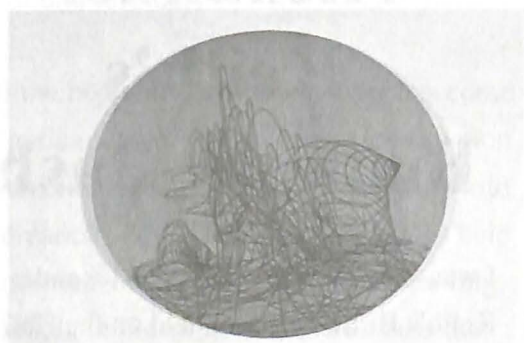
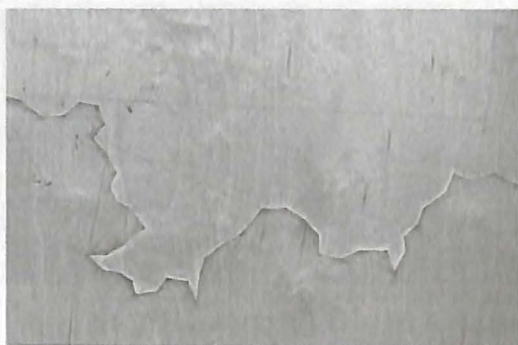
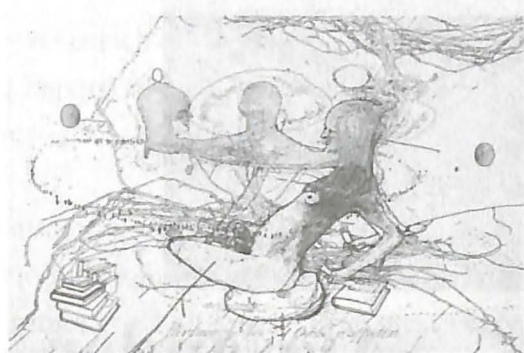


Students' Union Executive member Marcus Macalle inside the new MSVU Prayer room located in the Seton Academic Centre, room 452B.



# SOMEWHERE ALONG THE LINE

10 October through 22 November 2009



You and your friends are invited to attend the opening reception for *Somewhere along the line* on **Saturday 17 October, from 6PM to MIDNIGHT**. The reception is held as a part of *Nocturne*, Halifax's late-night arts festival. For information about the festival, and the free *Nocturne* bus, consult [www.nocturnehalifax.ca](http://www.nocturnehalifax.ca).

Curated by Ingrid Jenkner and Katie Belcher, this exhibition features drawings in two and three dimensions that depict motifs in transition—dissolving, connecting, fusing and forming—amplifying the emphasis on process-oriented execution.

The richly illustrated exhibition catalogue includes essays by the curators and is available for sale at the gallery and online at [www.msvuart.ca](http://www.msvuart.ca).

Participating artists: Lucie Chan, David Dahms, Michelle Gay, Massimo Guerrera, Sophie Jodoin, Anne Macmillan, Audrey Nicoll, Ed Pien and Lucy Pullen.

Clockwise from top left:

Massimo Guerrera, *Partager les outils d'affection (Darboral)* 1998-2008 (Photo courtesy of the Joyce Yahouda Gallery)

Anne Macmillan, *Heather's Coast* 2009 (Photo courtesy of the artist)

Audrey Nicoll, *A Tragedy of Commons (detail)* 2006 (Photo courtesy of the artist)

Lucy Pullen, *Double Meandering Line Drawing* 2002 (Photo: Steve Farmer)


## msvu art gallery

Mount Saint Vincent University  
Seton Academic Centre  
166 Bedford Highway  
Halifax, Nova Scotia

Tuesday to Friday 11AM to 5PM  
Saturday and Sunday 1 to 5PM  
[www.msvuart.ca](http://www.msvuart.ca)  
902 457 6160

Admission is free.  
No charge for parking on weekends.  
Gallery and adjacent cafeteria  
are wheelchair accessible.

Financial support from the Canada  
Council for the Arts is gratefully  
acknowledged.



# Mr. Mount

*Amateur Drag King & Queen Competition*

HOSTED BY THE LEGENDARY

Brandy Michaels

CASH PRIZES

REGISTER TO BE A CONTESTANT

[www.mountstudents.ca](http://www.mountstudents.ca)

FRIDAY: JANUARY 15/2010

MSVU ROSARIA MULTI-PURPOSE ROOM

## SUDOKU

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## The Mount Celebrates International Education Week— November 10-20th

November marks the Mount's annual International Celebration with Multicultural Night, International Student Day and a study abroad fair.

Multicultural Night – The International Student Society is proud to present the 8th Annual Multicultural Night. This event celebrates the many cultures the Mount represents with performances by international students as well as invited guests from the Halifax Regional Municipality and across Canada. This year's theme, "One tribe, One People, One World", is a spectacular gala including an ethnically themed sit-down dinner followed by a showcase of traditional, cultural and international talent. This is the biggest international event at the Mount. Don't miss it!

**Date: Friday, November 20**  
**Time: 6 pm**  
**Price: Students \$20; Regular admission \$30; tables of 10 available**



**Left:**  
Keith's  
Birthday  
Bash  
Headliners  
"The Trews"

**Place: Rosaria Multi Purpose Room**  
**Contact: Nicolle Bowes at [nicolle.bowes@msvu.ca](mailto:nicolle.bowes@msvu.ca) or 457-5405**

Study Abroad Fair – Come down to the Seton Lobby (outside the Art Gallery) to learn about our exciting study abroad opportunities for Mount students and meet international students from around the world. Have your questions answered by International Office staff. Free refreshments will be provided.  
Date: Tuesday, November 17  
Time: 12-2 pm  
Place: Seton Lobby (outside the Art Gallery)  
International Student Day Celebration – Join us in celebrating the Mount's diverse culture and our international students—including entertainment, education and free refreshments. Celebration will be held in Vinne's Pub the week of Nov 10.  
For more information, contact Nicolle Bowes at [nicolle.bowes@msvu.ca](mailto:nicolle.bowes@msvu.ca).

## Alexander Keith's Birthday Bash!

I was fortunate to attend the Alexander Keith's Birthday Bash, held on the Halifax Waterfront, again this year. It proved to be a success yet again this year with great food, entertainment and of course Alexander Keith's refreshments.

The event was celebrated with a concert including The Trews, the Arkells, Wreckhouse and Signal Hill. The Trews were happy to be back home and celebrated their East Coast visit by eating local tuna and visiting the Shoe Shop. The Trews had this message for Alexander Keith if he was alive today, "Thanks for the good time. It's not my favourite beer but it gets me drunk". Hundreds of Keith's fans agreed with this and helped celebrate by sharing a few of Keith's brews among close friends and complete strangers.

Once again this huge event was pulled off without a hitch, with lots of good memories and funny pictures to remember it by...a few green hands as well. Hopefully we'll see you there next year, the countdown is back on.

Cheers!  
Mary Jane





## Tips to get through Mid-Term Season

The Beginning of September and fall brings many things.....fresh crisp air and turning of leaves, much anticipated fall fashion and most importantly - students...thousands of them.

Fall also brings fresh frosh, some people tend to follow this simple physics equation: Fall semester + Fall Frosh= fresh meat= easy lay. Sound familiar?

Well the beginning of the semester has come and gone regardless if your physics equation was successful or not! We are officially into the dreaded...MIDTERM SEASON! To help the midterm season be less of a hair pulling burden, here are a few tips to de-stress during this chaotic time:

1. Eat a balanced diet. This seems pretty basic but it works wonders! You are what you eat....if you eat foods full of fat, salt and sugar you're going to feel sluggish....if you eat nutritious foods you're going to feel vibrant and healthy. Healthy body= healthy mind
2. Get lots of rest...if you don't have adequate rest you won't perform at your best.
3. Exercise, exercise, exercise! Physical activity produces feel good endorphins to improve your mood. And if you don't like exercise.....have sex!
5. Try deep breathing exercises or incorporate meditation or yoga before you go to bed and when you wake up.
6. If you're a tea lover...try a chamomile herbal tea....the chamomile has calming properties and a warm beverage always makes people feel cozy :) I recommend Sleepy Time Tea by Celestial Seasonings.



## Dalhousie University MSc Clinical Vision Science with concurrent Graduate Diploma in Orthoptics and Ophthalmic Medical Technology

This professional two-year graduate program offered by Dalhousie University in partnership with the IWK Health Centre offers orthoptics/ophthalmic medical technology education that provides students with unparalleled research opportunities in the vision sciences along with extensive clinical practice to prepare them for the profession of orthoptics/ophthalmic medical technology.

Orthoptists/ophthalmic medical technologists are allied health professionals who perform a wide range of diagnostic and highly technical procedures and, in consultation with an ophthalmologist, plan, implement and monitor treatment of a wide variety of ocular disorders, including disorders of binocular vision and ocular motility. They are engaged in a wide range of activities including research into ocular motility, education of other eye care professionals, patient education and vision screening.

The program involves 7.5 class credits, two extended practica and a thesis in an area of vision research. Students are permitted to exit the program after two years (prior to completing a Master's thesis) with a Graduate Diploma in Orthoptics and Ophthalmic Medical Technology.

Applications for the MSc (Clinical Vision Science) program beginning in September 2010 are now being accepted. Applicants must hold a four-year bachelor's degree with a minimum B average (GPA 3.0), with at least one undergraduate class in human anatomy and/or physiology, and a class in psychology with a laboratory component. Exceptional students may be accepted without these prerequisites on the condition that they are fulfilled either prior to or concurrent with the program. Work/volunteer experience in the health care field is considered an asset.

Students whose native language is not English must demonstrate the ability to participate in a graduate program conducted in English prior to acceptance into the program. The minimum acceptable score on the TOEFL test is 580 for the written test and 237 for the computer test.

Financial assistance may be available to qualified students.

Deadline for applications is March 1, 2010.

Further information is available from our website [www.dal.ca/cvs](http://www.dal.ca/cvs) or by contacting

Clinical Vision Science Program  
IWK Health Centre  
5850/5980 University Avenue  
PO Box 9700  
Halifax, NS B3K 6R8

[orthoptics@iwk.nshealth.ca](mailto:orthoptics@iwk.nshealth.ca)  
(902) 470-8959

7. Take advantage of some of the Mounts free resources, such as counseling services, movie nights and exercise classes for students!

Remember...the key is to schedule "me" time in order to reduce those pent up tensions, whether that

be a beer with the boys at Vinnie's, a night on the town, or a bubble bath...do something that ultimately makes you happy! (and preferably legal ;))



Looking for volunteer experience?  
Looking to make a difference?  
Looking to make new friendships?

MSVU Best Buddies Society is a charity dedicated to creating friendships between students and individuals with intellectual disabilities. Get involved today!



Apply today online:

<http://www.bestbuddiesdatabase.ca/applicationStudent.aspx>

Questions? Contact us at [bestbuddies.msvu@gmail.com](mailto:bestbuddies.msvu@gmail.com)

What is Best Buddies?


Best Buddies is dedicated to enhancing communities through one-to-one friendships with individuals with intellectual disabilities and students. Our program gives people with intellectual disabilities the chance to have experiences that most people take for granted – going out for coffee, out to a movie, or simply enjoying the company of a good friend. A Best Buddies friendship helps break down barriers and provide opportunities for shared experiences, laughter and support.

In the University program, students are match with peers who have intellectual disabilities according to mutual interests. Buddy pairs communicate weekly and hang out twice a month for at least one school year. The friendships evolve by spending time together at their own convenience.

*If you are interested in gaining valuable volunteer experience while making a positive difference in our community – please contact us to join Best Buddies MSVU! Your support will be appreciated!*

Mount Saint Vincent University Campus Music Explosion

## BATTLE OF THE BANDS!



Are you in a band? Think your band can beat the rest?  
If so, register for this year's MSVU Battle of the Bands!

For Details:  
[cme@mountstudents.ca](mailto:cme@mountstudents.ca)

Registration Applications Available Online at:  
[www.mountstudents.ca](http://www.mountstudents.ca)

or on-campus at:  
The Rosaria Information Desk

## SOLOS...DUOS...GROUPS

# SOCIETY PRESIDENTS MEETING

The Next Society Presidents meeting will be:

Thursday: November 9th @ 4:30pm  
in Vinnie's Pub & Lounge

  
MOUNT SAINT VINCENT UNIVERSITY  
STUDENTS' UNION

*Does your club, society or group have an upcoming event? E-mail Mary Jane at [publications@mountstudents.ca](mailto:publications@mountstudents.ca)*

## UPCOMING STUDENT COUNCIL MEETINGS

Friday: November 13th @ 4:30pm

Friday: November 20th @ 4:30pm

MSVU Student Council meetings  
take place in the Rosaria Student Centre  
Room 401

  
MOUNT SAINT VINCENT UNIVERSITY  
STUDENTS' UNION



# H1N1 Q&As

Updated: October 21, 2009

## Information about H1N1 (Human Swine Influenza) Vaccine

### About the H1N1 Vaccine

#### What is the vaccine?

There are two H1N1 vaccines – adjuvanted and non-adjuvanted. The adjuvanted vaccine is for the general public and the unadjuvanted vaccine is for pregnant women. Adjuvanted vaccine contains an additive, called an adjuvant, which is an ingredient made of naturally occurring oil, water and vitamin E that boosts the body's immune response and makes the vaccine work better for most people. Adjuvants are also used in other vaccines. The unadjuvanted vaccine does not contain an additive.

#### Who should get the H1N1 vaccine?

We encourage all Nova Scotians to get vaccinated. Nova Scotia has ordered enough vaccine for every Nova Scotian who wants it.

The vaccine is strongly recommended for anyone at high risk of influenza-related complications and for those who care for them. This includes:

- People younger than 65 with chronic health conditions;
- Pregnant women;
- Healthy children six months to 59 months;
- Health care workers;
- Household contacts and care providers of infants less than six months of age; and,
- People who are immunocompromised.

#### Does this mean pregnant women and children are more at risk from H1N1?

Yes. Based on our experience with the first wave of H1N1, pregnant women and children under five are more at risk of getting severe disease and complications. That's why it's very important that anyone in these groups is vaccinated.

#### Who shouldn't get the vaccine?

The H1N1 flu vaccine is not approved for children under six months. As well, the following groups of people should not receive the vaccine:

- People who have had a previous severe allergic reaction to any element of the vaccine;
- People with a hypersensitivity to eggs;
- People with a high fever; and
- People who have previously experienced Guillian-Barré Syndrome within eight weeks of receiving a seasonal flu vaccine.

#### How many doses will I need?

##### Adjuvanted:

- Those 10 years of age and older get one dose of adjuvanted vaccine.
- Children six months to nine years of age get two doses, given at least 21 days apart.

##### Unadjuvanted:

- Pregnant women get one dose of unadjuvanted vaccine.
- If unadjuvanted vaccine is unavailable and H1N1 flu rates are high or increasing in the community, women more than 20 weeks pregnant can get one dose of adjuvanted vaccine.

#### Can I receive the H1N1 vaccine along with the seasonal flu vaccine?

Yes. Both types of the H1N1 vaccine can be given at the same time as the seasonal flu vaccine. Recent research has shown that both vaccines can be safely given together. Nova Scotia is going to make both vaccines available starting the week of October 26<sup>th</sup>, 2009. People in high risk groups for seasonal flu will be able to get both vaccines at once. This is more efficient and ensures Nova Scotians are protected from both types of flu. For more information about seasonal flu, visit [www.gov.ns.ca/hpp/flu](http://www.gov.ns.ca/hpp/flu).

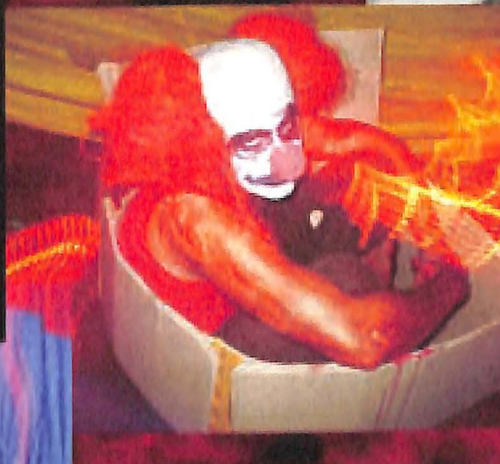
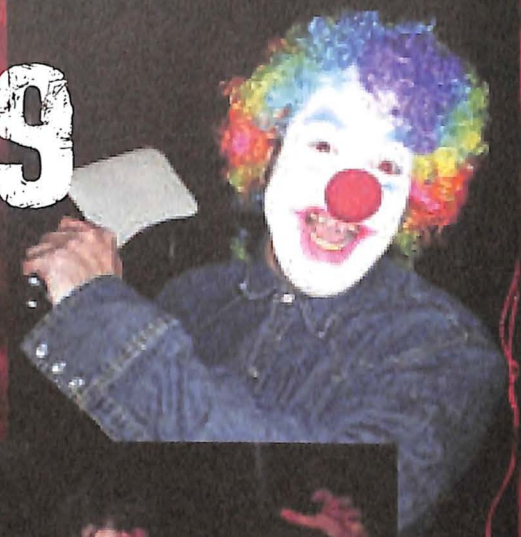
#### What if I've already had H1N1?

If you've had a positive lab test for H1N1, you do not need the vaccine as it's likely you will not get H1N1 again this year.

If you've already been sick with flu-like symptoms but were not tested for H1N1 (nasal swab), you may have had other viruses.

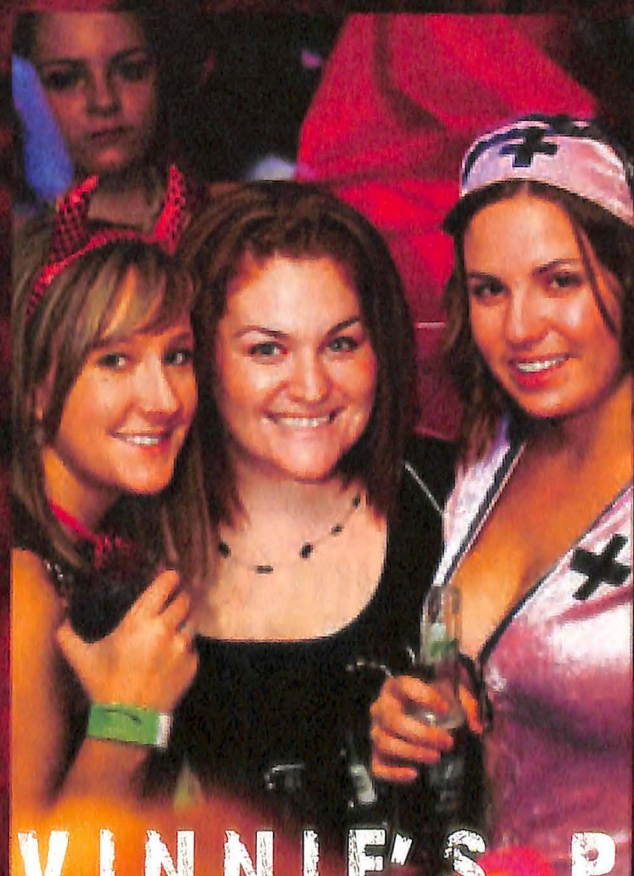


# MSVU ROSARIA HAUNTED HOUSE 2009



FOR MORE HAUNTED HOUSE AND HALLOWEEN PUB PHOTO'S GO TO [WWW.MOUNTSTUDENTS.CA](http://WWW.MOUNTSTUDENTS.CA)





**VINNIE'S PUB & LOUNGE  
HALLOWEEN PUB 2009**



# Suicide Man

by Elgato

"From this height, it takes about a minute, total. And despite what you've heard, you're likely to remain conscience all the way down."

Edmund took a sip from his coffee as he watched Mr. David Nielson's eyes widen. Sweat dripped off Nielson's brow and into the chasm of the city streets below.

"Thoughts like that help me sleep at night", Edmund added, with a grin. He glanced around to the other police officers, who watched spellbound. Edmund's smile fell. "That was a joke, boys. It wouldn't kill you to laugh."

Nielson squeezed his eyes shut and then turned his head to Edmund, the

Suicide Coach. "Alright", he said. "I'm coming down."

Thunderous applause awaited Edmund as he walked into Precinct 9 on the waterfront. Officers, lawyers, convicts and people in queue all slapped him on the back as he strode through to his desk.

"You're the man, Eddie."

"Well done, Eddie."

"Make love to me, Eddie."

It was a good feeling, talking someone out of committing suicide. This was his third day on the job and he was just starting to get the hang of it.

Before this he worked in dispatch. Before that: accounting. It's amazing what doors a GED can open.

In his personal moments he would reflect on the

nature of the job. Hello, is this seat taken? My name is Edmund. I work for the police. Well, in a way.

I never do any arresting though. My job is to talk people out of killing themselves. Yeah, you probably have seen me on the news. Say, you've got beautiful eyes.

"Crowley! In my office! I have someone I want you to meet!"

Snapping out of his fantasy and rising to his feet, Edmund stumbled over to the police chief's office. Sitting behind the desk was his massive suspender-wearing boss, Chief Willis, and to his right, a beautiful lady who Edmund knew his mother would of referred to as being "very Jewish." She held out her hand.

"Hello Mr. Crowley; I've heard of the great work you do. My name is Paz. "

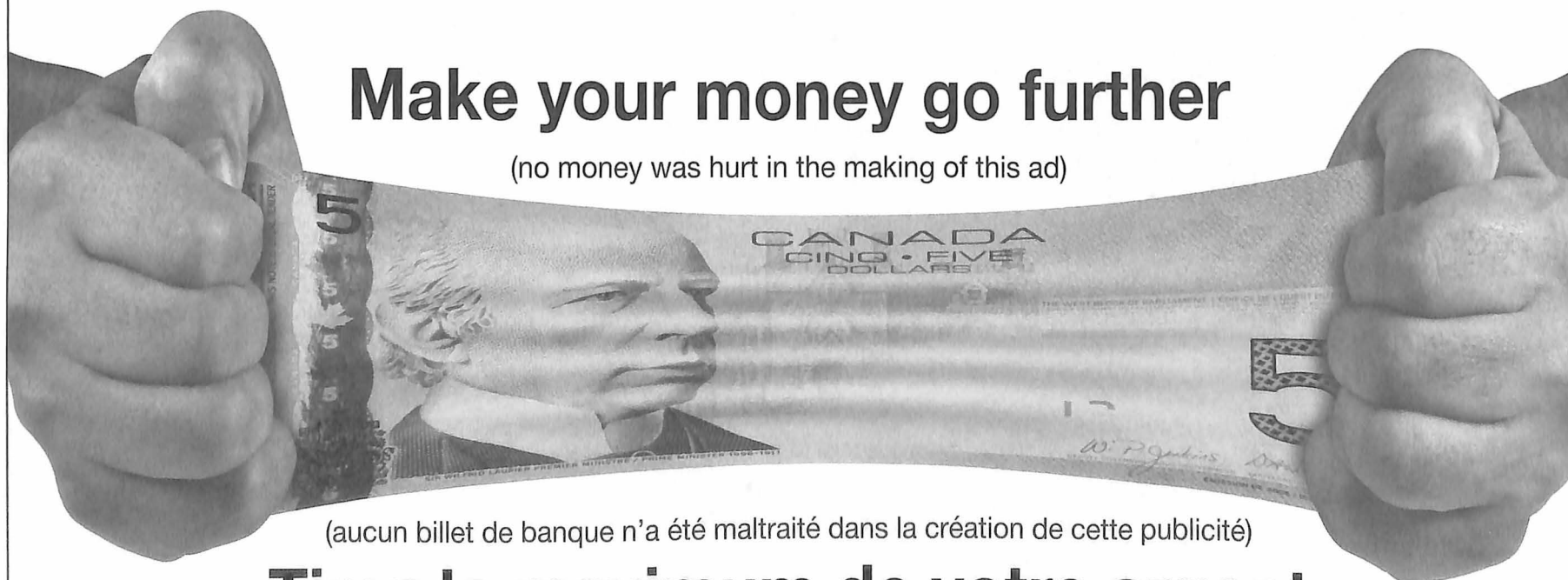


Financial Consumer  
Agency of Canada

Agence de la consommation  
en matière financière du Canada

## Make your money go further

(no money was hurt in the making of this ad)



(aucun billet de banque n'a été maltraité dans la création de cette publicité)

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Des problèmes à étirer votre argent? Nos outils gratuits et nos publications peuvent vous aider à économiser. Consultez [www.CaRapporte.ca](http://www.CaRapporte.ca). S'informer, c'est payant.



Canada

Remain calm, Eddie told himself. Do not start to sweat. Look her directly in the eyes. Statistics show most women don't consider themselves attractive. Ball's in your court, Eddie. Ball is in your court.

Gripping her hand with a great smile stretched across his face, he repeated her name with great gusto. "Paz!" He spat out. "Would that be..." He trailed off. What kind of was Paz, anyway? He glanced at his boss who was staring at him, and then to the woman, whose hand was still firmly in his grip. "Paz," he said under his breath.

He looked at her and said "...a... French name?" From behind the desk, Eddie saw his boss's eyes close, as if he was suddenly in pain.

"Uh, it's Spanish for 'peace', sir." Eddie became aware of the gradual tug of her hand and let go. She straightened her suit and passed him a file. "I represent the government of Costa Rica. We need your help. Have you ever heard of... 'Los Illuminados'?"

Eddie opened his mouth but Chief Willis cut him off. "It's a cult with growing notoriety, Edmund. It's made up of about 600 brainwashed people and growing."

Paz stepped in. "At 12:00PM this time tomorrow the cult will commit mass suicide", "We need you there, Eduardo. We need you to work your non-self-murdering magic."

Ball's in your court, Eddie.

Placing his hands on his hips, Eddie glanced down to the carpet, then up again with an arched eyebrow. His boss watched with an expression like that of a man who was about to have some bad indigestion.

"When's the next gravy-train outta here?"

**WHAT WILL HAPPEN NEXT?! WILL EDDIE TALK 600 LATIN AMERICANS OUT OF KILLING THEMSELVES? WHAT IS THE SECRET NATURE OF THE CULT? WHAT WILL COME OF HIS RELATIONSHIP WITH PAZ? WATCH THIS SPACE TO FIND OUT!**



**Saturday December 5th, 2009  
Pavilion 22, Downtown Halifax  
Register Online @ [www.santashuffle.com](http://www.santashuffle.com)**

## ***Chiropractic Care\****



***Low Back Pain?  
Headaches?  
Neck Pain?  
Stress?  
Tension?***

**Dr. Patrick Milroy, MA, DC Inc.  
138 Bedford Hwy  
Halifax, NS (Next to MSVU)**

**429-3443**

**New Patients Welcome!**

**Massage Therapy\* also Available**

**\*Services covered by the  
MSVU Health Care Plan.**

**Hours: M 12-4, T 12-7, W 7-2, Th 12-7, F7-2**



## Nov Dec Newsletter 09

### December Athletics and Recreation Holiday Hours

December 21 – 6:30-9:00pm

Dec 22 – 6:30-9:00pm

(weight room only)

Dec 23 – 6:30 – 1:00pm

(weight room only)

Dec 24 -27 Closed

Dec 28 – 7:00am -9:00pm

Dec 29 – 7:00am -9:00pm

Dec 30 – 7:00am -10:30pm

Dec 31 – 7:00am -4:00pm

Jan 1 - 8:00-10:00pm

Jan 2 7:30am -10:00pm

Jan 3 7:30am – 10:00pm

### Mount Annual Holiday Skate



Saturday, November 28, 3-4pm

Halifax Metro Centre

Enter at ice level on Carmichael Street

This Annual Skate is for Mount Students,

Faculty, staff and their families.

Free

### 2<sup>nd</sup> Annual Grinche's Gala Holiday Party



[http://images.google.ca/images?hl=en](http://images.google.ca/images?hl=en&um=1&q=the+grinch&sa=N&start=36&ndsp=18)

[http://images.google.ca/images?hl=en](http://images.google.ca/images?hl=en&um=1&q=the+grinch&sa=N&start=36&ndsp=18)

Brought to you by the Rec Society  
and Vinnie's Pub

## Varsity Information:

### Women's Basketball:

The MSVU women's basketball team have a new coach, 7 new and 7 returning players to the team this upcoming season. Fifth year players Katherine Brien, Kaili Van Vulpen, Lyndsay McKinnon, and Amy Peveril will provide strong leadership and experience to returning players and key recruits, Christina Brien, Beatrice Cleveland Thompson, Alexandra McKenna and Sheray Reddick Jackson.

The mix of veterans and rookies has provided early signs of good team chemistry which will help to build a very competitive and cohesive team throughout the season.

Pre-season games against Dalhousie, Acadia, Montmorency, Vanier and Champlain have helped to prepare the lady Mystics to prepare for the upcoming regular season, which starts Nov 1 at Mt Allison University. The team looks forward to your support throughout the season.

### Men's Basketball:

The Men's basketball team will be working towards

a 5th consecutive conference title when they take the floor this year. The early challenge for the team will be to find a way to replace the

scoring and leadership void left by all conference players Jason Carlson and Abe Toulany who wrapped up their careers last season. Fifth year and all conference players Steve Morris and Adam Jeweks are two players that Coach Plato will be counting on to lead the team into battle this year.

Key returning players, John Caulfield, Carl Wickstrom, Sean Boulay and Anthony Zinn added to transfer players Todd Williams from UPEI and Luke Reynolds from SMU will also be counted to continue building on past success.

Pre-season games against ST.FX, SMU, Lee Academy out of the US, Memorial University as well as their annual trip to Montreal to compete against the top college teams in eastern Canada at the Hagen Basketball Tournament at Dawson College will provide a great opportunity to compete against high caliber teams in preparation for the upcoming regular season. The Mystics home opener will be Nov 7th vs UNBSJ.

*Lifetouch*®

**ON-CAMPUS  
GRAD PORTRAITS**

Lifetouch Photography will be on campus during the week of November 23rd - 27th and set up in Rosaria Room 114. Yearbook shots can be at the same time.

Book your sitting now at [www.mountstudents.ca/](http://www.mountstudents.ca/)

# MOUNT

Class of 2010

Grad Ring Presentation and Reception  
January 20, 2010  
6.00 -8.00 pm

*Building a new tradition at the Mount*

Purchase your grad ring by  
**Monday, November 9<sup>th</sup>**  
to receive your ring at the  
Grad Ring Presentation and Reception

Rings presented by  
Alexa McDonough, MSW, DHumL  
Interim President & Vice Chancellor  
Mount Saint Vincent University

Reception sponsored by:  
Alumnae Relations,  
University Advancement  
MSV Alumnae Association  
MSVU Students' Union

For information:  
alumnae@msvu.ca  
902.457.6433

## Free Movie

**THE BIRDS** (1963) directed by Alfred Hitchcock

Sunday, November 22, 7:00pm in Seton, Aud D

*The Birds* (1963) is a suspense film directed by Alfred Hitchcock based on the 1952 novella *The Birds* by Daphne du Maurier. It depicts a small town in the San Francisco Bay Area which is, suddenly and for unexplained reasons, the subject of a series of widespread and violent bird attacks over the course of a few days.



Vacationing in northern California, Alfred Hitchcock was struck by a story in a Santa Cruz newspaper: "Seabird Invasion Hits Coastal Homes." From this peculiar incident, and his memory of a short story by Daphne du Maurier, the master of suspense created one of his strangest and most terrifying films. *The Birds* has grown into a classic and--despite the sci-fi trappings--one of Hitchcock's most serious films. --Robert Horton  
<http://www.amazon.com/Birds-Collectors-Rod-Taylor/dp/0783240236>

## ARGENTINE TANGO



The Mount Fitness Centre is pleased to announce that André Carrière, Director of the Tango Connivence Studio in Sherbrooke, Quebec and Dr. Frances Early (assistant tango instructor) and a member of our Mount's Faculty team will be offering an intensive Beginner-Level Argentine Tango workshop over two weekends, Nov.6 & 7 and Nov. 20 & 21. The schedule for both weekends is: Friday evening, 7:00-9:00pm, and Saturday, 10:45am-5:00pm. A guided practice session will be arranged for the Saturday, Nov.14. The cost for the two-weekend workshop is \$145 per person or \$290 per couple (taxes included). Individuals are encouraged to register with a dance partner. Students are \$100 (limited spots). Register by calling 457-6420 or drop by in person at the Mount Fitness Centre.

# ACAA Soccer Champions



Oct 2009 UPEI



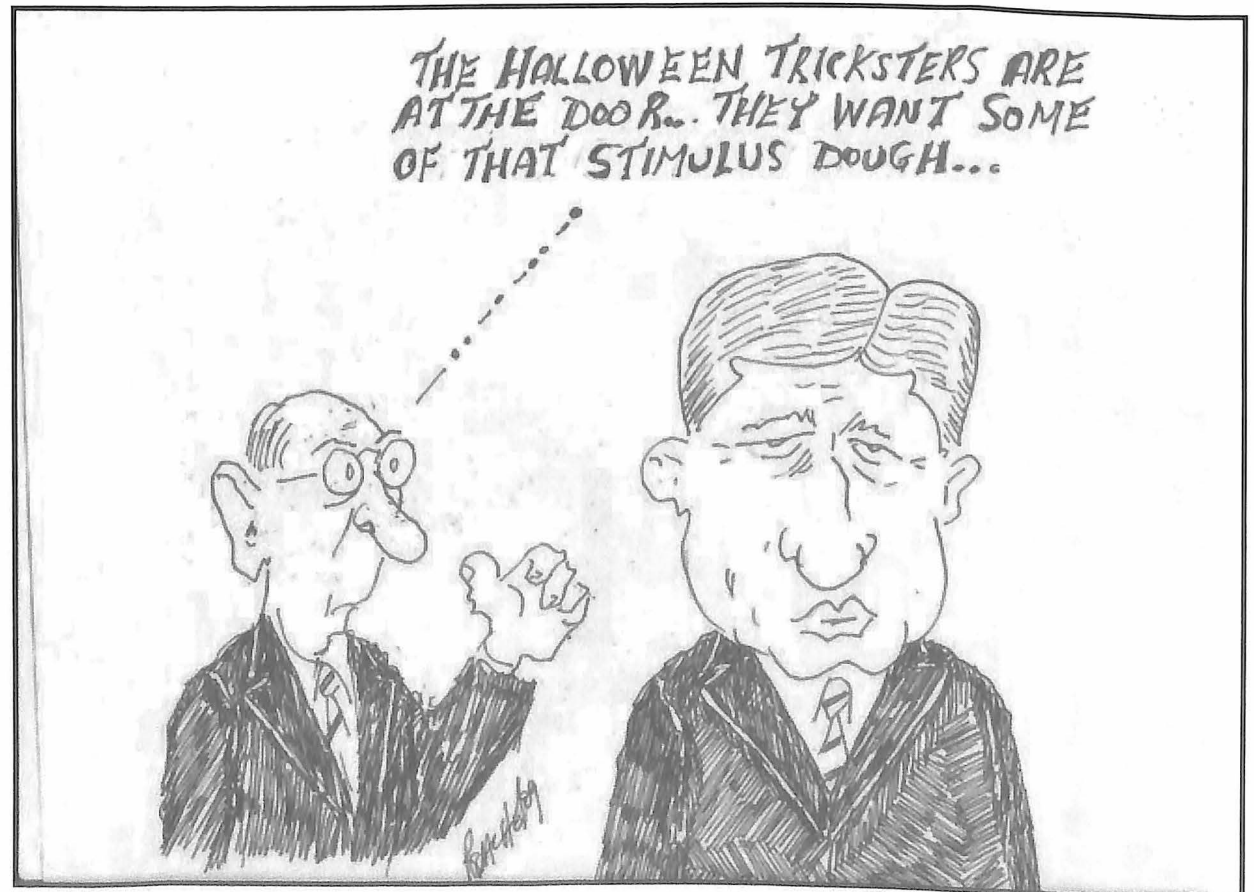
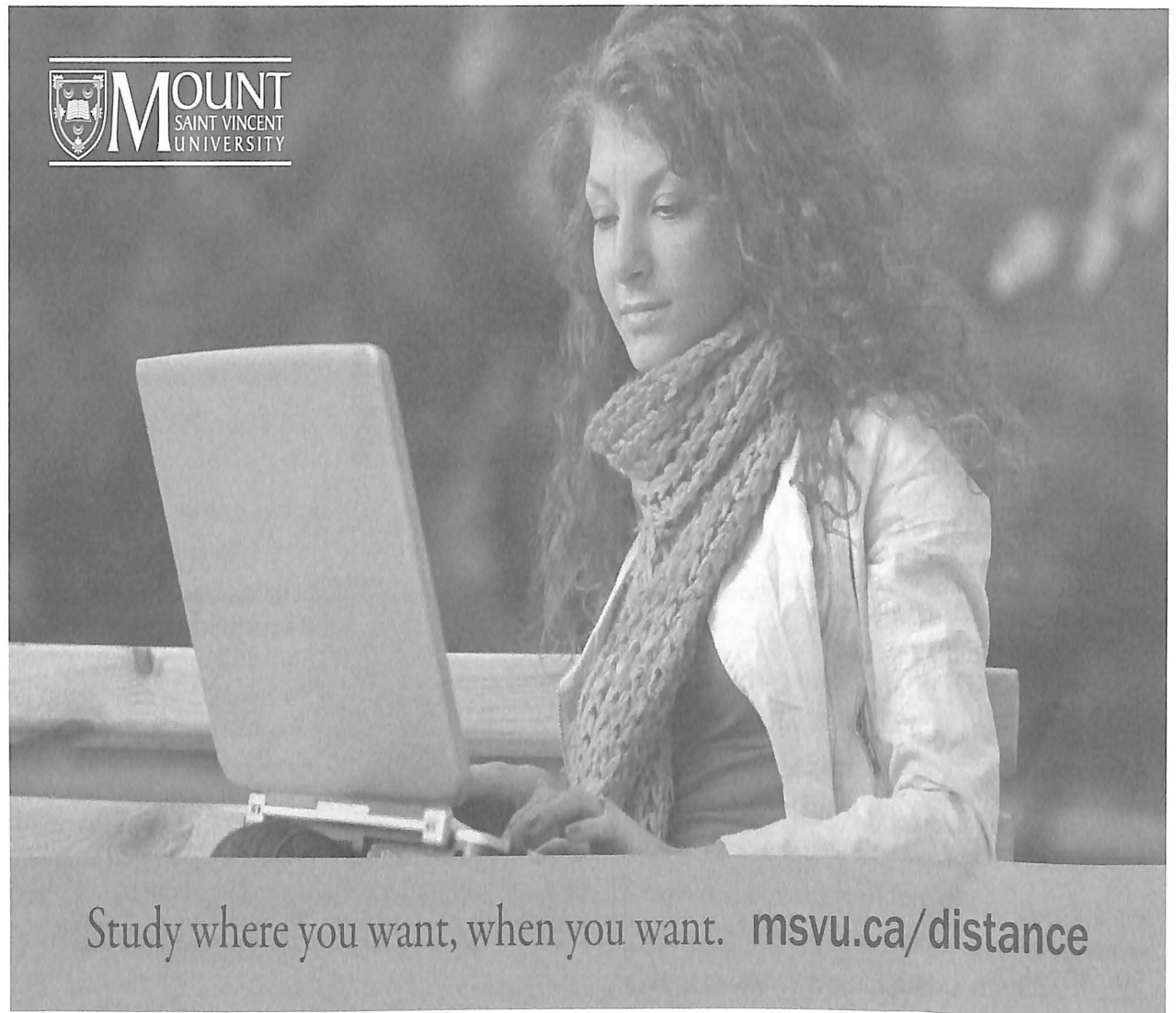
# What Really Grinds My Gears

I truly believe Serial Killers might be created in Grocery stores. That's what Grinds my Gears this week, the grocery store. I have this euphoric notion that a grocery store is not only a place where you take a list, get in and get out as fast as possible, but you solve the need to fulfill a natural urge and that's to eat. Why do people have to go and socialize? Why is the aisle that's no more than 6 feet wide a good spot to sit and chat about Cathy and her fucking tabby cats?

You know what else gets me, children in grocery stores. Now I love kids, and I have worked at the day camp here at the mount for over 4 years, but children under the age of 12 should not be able to ride the grocery store ride. Why? Because grocery shopping should be peaceful! I know at the end of my endeavor that I get to eat food and be fat and jolly. That's a nice feeling. But that feeling leaves me when Tiny Tim decides to scream when he can't have a Scooby snack or when little Frankie takes that head of lettuce and throws it into the pyramid of cracker boxes in aisle 8.

Also, slow as fuck people need to not go. Send a proxy or better yet pay me to get them because you'll be happily eating in less than 15 minutes. So I believe mayor Kelly needs to consider the following Grocery Store Policy. Children, Gossipers, Slow People, and those unable to understand the line that says items 1-10 doesn't really mean 1-28 are banned. If they would like to purchase food they can pay someone to go get it. Because I've seen people snap in the grocery store because of these problems. I don't want anyone to get hurt while buying Eggos, I want tranquility. Follow my rules and that will occur. That is all for this week, have a swell day.

Draino



Cartoons compliments of Mike Roache



# CFS

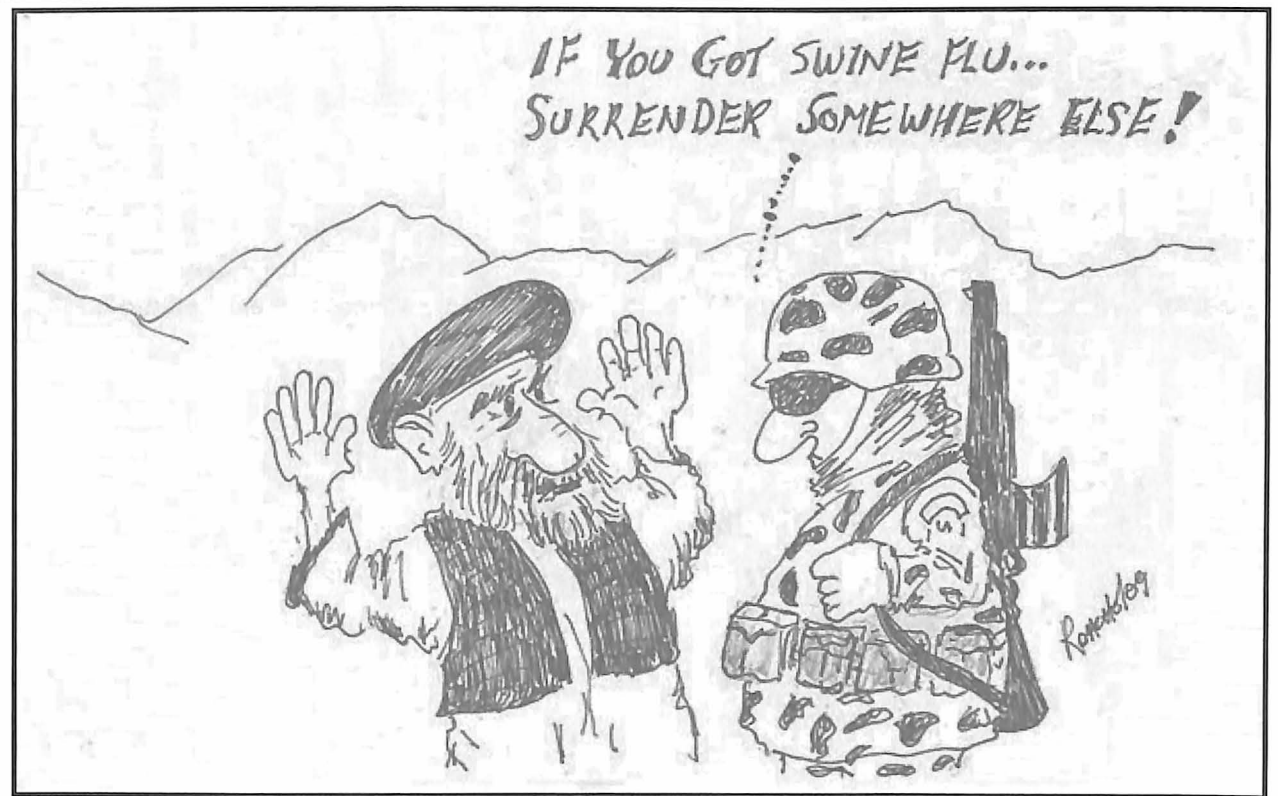
Last week Statistics Canada released its annual Tuition Fee Report detailing average tuition fees across the country. According to the report, tuition fees in Nova Scotia dropped 3.1 per cent meaning we now pay the second highest fees in the country as opposed to the highest; a title we held for two decades.

The government was quick to pat themselves on the back: “lower tuition will help ensure more young people are able to attend our world-class universities” cheered one press release.

But wait a minute: there’s no tuition fee reduction in place in Nova Scotia so how did we lose the Stats Can title of highest fees in the country?

The fact is that tuition fees in Nova Scotia have remained the same since 2007 when the government signed a Memorandum of Understanding (MOU) with universities guaranteeing more funding in exchange for a tuition fee freeze. This was a step in the right direction but does not remedy the damage done by decades of under-funding and massive tuition fee increases.

Twenty years of sky-high fees has resulted in average student debt climbing to almost \$30,000 and a slew of Nova Scotia youth fleeing the province to study or work in other, less expensive, provinces. Four years ago, in response to this growing problem, the Progressive Conservative government of the day promised to bring tuition fees down to the national average. At the time, students cautiously applauded the move, but we later found out how the government planned to reach its goal: freezing tuition fees and waiting for fees in other provinces to meet (or pass) those in Nova Scotia. Ontario (which according to the report now has the highest fees) did just that: since 2006 fees in



that province have been allowed to increase a total of 20 to 36 per cent.

In the meantime, the government has provided only some students (Nova Scotia students studying in the province) with a \$267 per year tuition fee “rebate”, the equivalent to a tuition fee coupon with a 2011 expiry date. Due to this rebate scheme Nova Scotia is one of only two provinces that charges out-of-province students higher fees. Both the provincial government and Stats Can count this rebate as a reduction.

A true reduction in tuition fees would apply to all students, and would be included in the province’s annual budget for universities, rather than as an “instant rebate”. It has been four months since the current government took office and it has failed to provide a comprehensive plan, or even a tangible outline, of how it plans to improve access to post-secondary education in Nova Scotia. The NDP government needs to make a real investment and reduce tuition fees for all students. With the \$14 million this government has pledged for tuition fee tax credits we could reduce tuition fees across the board by \$350 or nearly triple the province's need-based grants program.

Myself and other representatives of the Canadian Federation of Students have met with decision makers on both the provincial and federal level, including Education Minister Marilyn More, to lobby

for real tuition fee relief and increases in government funding and grants. But as they say there’s “strength in numbers” and if we ever want to see this government reduce fees we, as students, need to flex our collective muscle.

This semester students from across the province have already collected thousands of signatures on a petition calling for reduced fees for all students, an increase in per-student funding to the national average, and 50 per cent of every provincial student loan being provided as a grant, to be presented to the Nova Scotia legislature.

So pick up a pen, a clipboard, and a stack of petitions and hit the streets, or the hallways. Because, when students work together, we get results.

Jake Byrne is the Nova Scotia Representative of the Canadian Federation of Students and a 2nd year student at the University of King’s College. Founded in 1981, the Canadian Federation of Students is Canada’s national and provincial students’ union, uniting more than one-half million students in ten provinces. For more information about the Canadian Federation of Students or to get involved in the campaign to reduce tuition fees email [national@cfs-n.ca](mailto:national@cfs-n.ca).





**Rosaria Student Centre - Room 101 - 457-6381 - vinnies mountstudents.ca**

### **Snacks & Appies**

Quesadilla.....\$7.30

(Add chicken or beef for only \$1.77)

Wings hot, med, mild, or honey garlic ..... \$8.85

Nacho's with salsa & sour cream.....\$8.19

(Add chicken or beef for only \$1.77)

Pizza Rolls with your choice of dip sauce..... \$5.97

### **Student Sandwiches & Wraps**

Grilled Cheese & Bacon..... \$5.31

Grilled Chicken & Peppers ..... \$8.85

Pulled Pork, Pulled Pork, Pulled Pork..... \$8.63

Philly Cheese Steak Sandwich ..... \$9.07

Hamburger..... \$7.96

(add cheese or bacon \$0.66 each)

The Big "V" Burger ..... \$11.50

(burger, bacon, cheese, peppers & onions, & pulled pork)

**\*\* All sandwiches served with potato or pasta salad & kosher pickle\*\***

### **Pizza**

Pepperoni Pizza .....\$8.41

(Pepperoni & cheese)

Veggie Delight Pizza.....\$8.41

(Hot & sweet peppers & onions)

The Works..... \$10.62

(pep, bacon, peppers & onions)

Pulled Pork.....\$11.06

(Pulled pork & hot peppers)

BBQ Chicken ..... \$11.06

(bbq sauce, bbq chicken, & peppers & onions)

Fajita Pizza ..... \$11.06

(chicken or beef, peppers & onions, & hot peppers)

Vinnie's Menu & specials begin daily at 5pm

