



MOUNT
SAINT VINCENT
UNIVERSITY

Coming Together For Haiti Relief

News from the Library

By Darrell MacLean

Electronic Books at the Mount Library

When you visit the Library in the EMF Centre and browse the book stacks you're immediately aware of the 241,000 print volumes available for loan. However, the Library has a huge book collection that is invisible to most visitors. In addition to the printed book collection, the Library provides access to over 334,000 electronic books which are accessible from links in both the Novanet and WorldCat Local Catalogues.

Just locate the book in Novanet, select Mount Saint Vincent as a location and, if

- EBL (Ebook Library) of over 117,600 titles across all subject areas from over 340 academic publishers
 - MyiLibrary of over 26,680 titles from Cambridge and Oxford University Presses, Springer Verlag (a major science publisher) and Taylor & Francis / Routledge
 - Canadian Electronic Library of over 8,000 English and French titles from 47 Canadian publishers, including the major university presses
 - Eighteenth-Century Collections Online (ECCO) : over 181,000 titles published in the 18th century from the major rare book collections in the United Kingdom and United States
- Please contact the Library for more information about our e-book collection or for assistance using any Library resource or service.

Online Workshops

This February the Mount Library is offering online

and made the evening a success. Stay tuned for our next fundraiser, Kisses for Cans, during the week of Valentine's Day. Exchange canned goods for chocolaty love and help us reach our goal of over 1000 pounds of food for Feed Nova Scotia by April!

Speaker Series: Start a conversation!

Deepen the potential of education through applying and engaging knowledge in public life. Passion and intellectual power of people like Mount students will develop action on critical issues of the present such as climate crises.

These issues will be highlighted in the upcoming S.A.V.E. MSVU Speaker Series. We invite everyone to participate in stimulating conversation with some of our local resources on collective ecological responsibility. Help find solutions that are yet undiscovered. Join a multiplicity of perspectives and talents who form a collaborative root for community involvement at the Mount and beyond. Conversation is a great beginning for positive change!

Monday, February 8, 1:30-2:30 pm: Kathy Johnston from HRM will be speaking on Waste Management.

Tuesday February 9th from 12:00-1:00 pm: Lil MacPherson from the Wooden Monkey will be speaking about Food and Climate Change.

Wednesday February 10th from 1:30-2:30 pm: Solveig Madsen from Nova Scotia Environment will be speaking on Responsible Consumerism.

Thursday February 11th from 12:00-1:00 pm: Surprise Guest Speaker! Join us to find out more!

All speakers will present in Seton 404.

Search	Advanced	Results	History	My e-Shelf	Preferences	Hours	Help	Clear History/Results/e-Shelf	Login to your library account
<p>Keeling, Kara K. Critical Approaches to Food in Children's Literature [electronic resource] Hoboken : Taylor & Francis, 2008. 291 p. Location Mount Saint Vincent University Networked Resources , Electronic Book Electronic Location Check for Full Text (Access restricted MSVU users only)</p>									

the book is an electronic resource, click on Check for Full Text (Access restricted: MSVU users only). This will take you into the electronic book.

If you're a WorldCat Local user just enter your search, get your list of results (Mount Library holdings appear first on the list), and then select "Internet Resource" under format on the Refine Your Search menu on the left side of the screen. Doing so will segregate e-books from the total results list.

Among the advantages of most e-books are:

- Access to the entire book from home or office as long as you have a Mount network user name and password or are a registered borrower at the Mount
 - Access to a book at the same time as another user; several people can borrow one title at the same time
 - The ability to download an e-book to a PC, laptop, or PDA for offline use
- The important e-book collections at the Mount include:

workshops via Eluminate Live. Topics include Effective Journal Article Searching – February 8th, Using RefWorks for Bibliographies – February 15th, and Using Google Scholar – February 22nd. To register for one or more of these workshops please check the Library website.

Open House and Book Sale

In March the Library will be holding our Annual Book Sale from March 22 – April 1. Our Open House will be March 24th from 3:00 p.m. to 9:00 p.m.

Mount SIFE News!

SIFE's first fundraiser for Feed Nova Scotia, as part of Campbell's Lets Can Hunger challenge, did the job and did it well. Despite the snow on January 20th, The Feed NS Rock Show Shebang attracted a crowd of people and accumulated an impressive pile of canned goods and winter coats. The evening generated 200 pounds of food and over 100 dollars—THANK YOU to everyone who came to the show

Your fees sponsor student refugees at the Mount

By: International and Exchange Office
On February 10, the Mount community is invited to attend an enriching talk about international development hosted by the International and Exchange Office; with special guests Halima Abdille and Farhiyo Ahmed, WUSC refugee students and Scott Logue, Master of Applied Human Nutrition student.

Halima and Farhiyo, Mount students, came to Canada through the WUSC Student Refugee Program. Before coming to Canada, they lived in Kenyan refugee camps, away from their homes and families in Somalia--both will share their stories with the Mount community.

Through the World University Service of Canada (WUSC), Canadian students have sponsored more than 1000 refugees from Africa and Asia to continue their education in Canada. WUSC at the Mount was formed in 2005 and is part of the 70 WUSC local committees across Canada. Each year, one student is sponsored to study at the Mount via the WUSC student refuge program.

Scott Logue, Master of Applied Human Nutrition student, will speak about his recent internship in Mwanza, Tanzania, where he worked on a food security project with FONELISCO, an orphanage for street youth. Scott helped to organize a highly successful public forum on nutrition and worked daily with the youth on the FONELISCO garden, where the youth are learning to grow their own food using traditional agricultural methods. Scott's internship was part of the CIDA Students for Development Program.

Date: Wednesday, February 10
Time: 3 p.m.
Location: Seton Auditorium A

More information: international.exchange@msvu.ca
Social to follow at 4 pm at Vinnie's Pub. Learn more about WUSC, internship opportunities and come out to support Mount students currently fundraising for their study tour to Peru! Refreshments provided.
Attached Image caption: The Mount welcomes Halima to Canada



English Society News

Valentine's Day falls at the worst possible time. Who has time for creative gift making when you've got 3 essays due on the same day, a pile of over-due reading to start and a stress-inducing calendar that barely allows you time to breathe?

Well, regulate those shaky breaths; the English Society can alleviate your gift giving worries. This Valentine's Day, let us write the love poems for you. Tell us 3 or 4 things about your boyfriend/girlfriend/crush/dude you're stalking and we'll write a poem that captures their charming ways. You decide how quirky, flirty or romantic you want it to be, and like a group of nerdy elves, we'll huddle in our workshop and construct some cordial poetry.

The cost is \$3 per poem and the finished product will be written with an old-fashioned typewriter. Deposit your \$3 and a piece of paper containing the 3 or 4 things you'd like your poem to include, as well as your email address so we can contact you when your poem is ready, in a box set up outside the English Society room (Seton 555) between Feb. 2-9th.

We'll also be accepting these "poetry requests" during our Food for Thought book

sale/bake sale on Feb. 3rd and 4th in the link! Join us both days from 10am-2pm for lots of yummy treats and musty books to satisfy your procrastination habits. Money raised from the love poems and the Food for Thought sale will go towards helping us pay our Undergrad Conference fees.

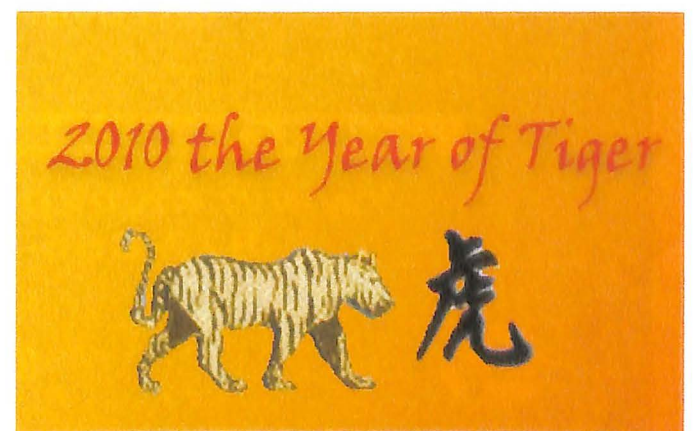
Chinese New Year Celebration and Dinner at Vinnie's Pub

By: International and Exchange Office

Mount International Students are celebrating Chinese New Year on February 16 at Vinnie's Pub with food, laughter and traditional customs! The Mount community is invited to join the celebration and to experience Chinese New Year with an authentic Chinese dinner for only \$8.

Chinese New Year is China's largest event and is celebrated around the world. Along with the festival, come great food, joy and a hope for good luck in a new year. Students at the Mount have been enjoying this annual Asian fiesta for years. Based on the Chinese lunar calendar, 2010 is the year of Tiger, which has a symbolic meaning for energy.

Date: Tuesday, February 16
Time: 4:30 - 7:30 p.m.
Location: Vinne's Pub & Lounge
Cost: \$8



“That’s what she said” etiquette:

Okay, so most people have dropped one before, some more than others. Myself, I enjoy a good “that’s what she said” moment. But, some are just not appropriate. Let’s draw up some boundaries shall we.

1. Not in the middle of class. I myself have recently done this in a first year Poli Sci class, and I admit it usually gets some disapproving looks and should be avoided.

2. Setting yourself up. I mean Michael Scott, from NBC’s The Office tried this and it just comes off as desperate. Allow others to create the mood if you must and then execute freely.

3. Every thirty seconds. Some people it is the only thing they say – you just want to hit them some time. Think about it. Saving it for the perfect moment makes it much more hilarious!

4. At work. So I work with a bunch of sixteen year olds at a swimming pool. One day the General Manager was around and a “that’s what she said” came up, brought upon by him. A sixteen year old dropped it... Lets say avoid this situation, it just isn’t necessary!

5. The “that’s what she said” iPhone app. Okay, I admit it is funny for the first thirty seconds, after that I want to throw it against the wall. So no electronic aids.

So that’s it my friends. Five easy rules to “that’s what she said”. Use them, love them, but,

remember “with great power comes great responsibility”. And therefore, use them sparingly and enjoy the outcome!

Cheers, Geoff Solomon

Helping A Nation in Need *Haiti*

The magnitude 7.0 earthquake that hit 25 kilometres west of the capital of Haiti, Port-au-Prince, on Tuesday, January 12th 2010, has left the nation in need. What remains is devastating and catastrophic damage to the city, heartache for loved ones lost, and survivors with nothing left. The television and Internet has been flooded with stories of both misery for those lost and hope for those found.

People all over the world are sharing in the pain and sadness from the loss of wonderful people who gave their lives doing courageous work in Haiti. The reports are now saying that the earthquake has affected the lives of over 3 million people living in Haiti.

The compassion and outreach that has been going out to Haiti since the quake is overwhelming. All over the world, people have been sending money and supplies; and doctors, nurses, and relief workers have travelled to Haiti to help those who have been injured. We are all in this world together, and it is so important to reach out and help those in need. If you have not yet donated to the Haiti relief, please do so. We are so fortunate to live in a safe country with so many luxuries, and if we are able to help others when they need it most then we should. Please donate to a reputable charity (such as Red Cross, Unicef, or Doctors without Borders) collecting money to help those in Haiti. A lot of people in Haiti are feeling very hopeless right now, and we must help bring light and hope back into the lives of the survivors however we can.

Written by: Katelyn A. Young

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Summer Job Searching Heats Up

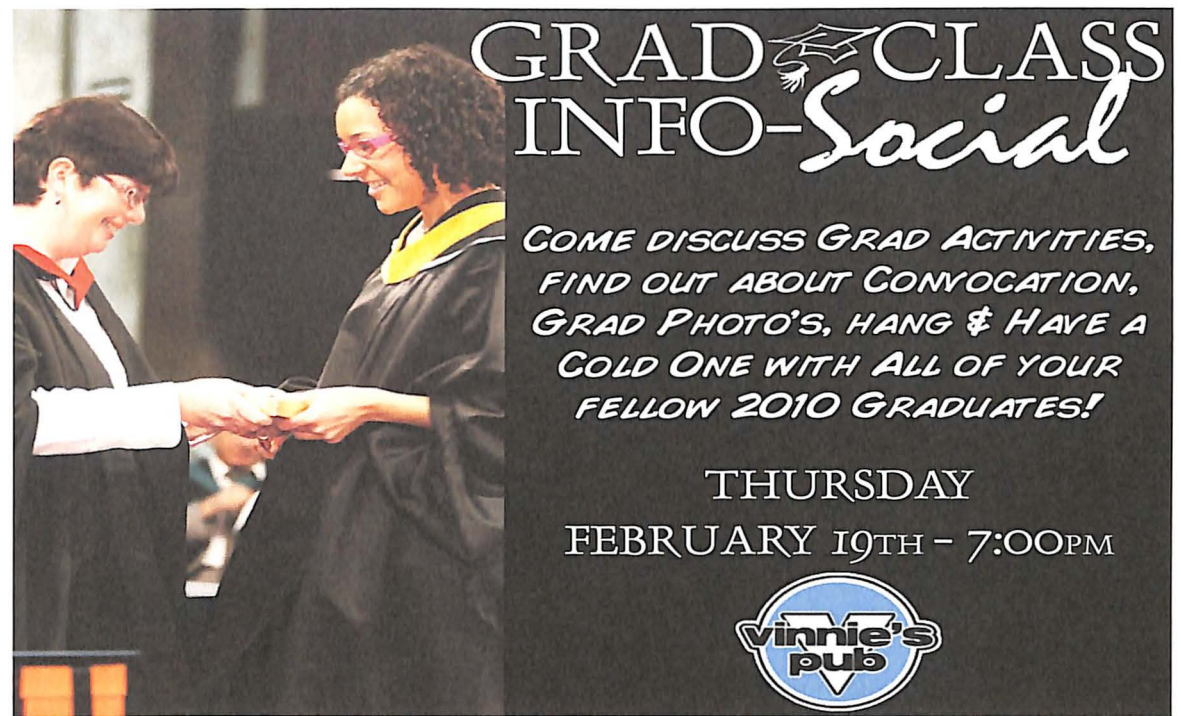
By Mike MacKenzie

To all students who are looking for a job this summer: listen up! The 2010 Summer Job Fair will be held on Tuesday, February 9th from 10am-3pm, connecting students with various employers in a variety of different job sectors. This year's fair is a collaboration between Mount Saint Vincent Career Planning Services and the Saint Mary's Student Employment Centre, and will host many different companies ranging from summer camps to government organizations to businesses in the tourism and hospitality industry. There truly is something for every interest and every background.

The fair will be held in the second floor conference hall in the Saint Mary's Loyola building. A free shuttle will be provided to all MSVU students, departing every hour on the half-hour in front of the Seton Academic Centre. For complete departure and return times, please visit our website at http://www.smu.ca/administration/sec/SJF2010/s_get.html. Admission is free to all students, however university ID's are required for entry. In addition, over \$500 in prizes are available to be won by all students who attend.

We recommend bringing resumes to the event, as many organizations will be interviewing on the spot for positions. Dress should be business casual; you can leave your suits at home, but beware that jeans aren't always a good idea either. A dress shirt and dress pants are ideal, but come regardless of whether or not you have these clothes to wear.

The Summer Job Fair has a relaxed but professional atmosphere, meaning that your



GRAD CLASS INFO-Social

COME DISCUSS GRAD ACTIVITIES, FIND OUT ABOUT CONVOCAATION, GRAD PHOTO'S, HANG & HAVE A COLD ONE WITH ALL OF YOUR FELLOW 2010 GRADUATES!

**THURSDAY
FEBRUARY 19TH - 7:00PM**

vinnie's pub

chances for employment won't be destroyed if you don't show up in business-casual clothing.

For more information, please visit our website at <http://www.smu.ca/sec/SJF2010>, or contact Career Planning Services in Evaristus 218. Feel free to stop by in person, email careerplanning@msvu.ca or phone 457-6567.

The 2010 Summer Job Fair is a fantastic opportunity to connect with employers and find out what options are out there for summer employment. Even if you don't plan on staying in the Halifax area over the summer, the fair will still be a great chance to learn about what types of jobs exist for students. So bring yourself, bring your friends and greatly improve your chances of landing a job this summer!

How will you celebrate Adult Learners' Week 2010?

March 1st through 7th, 2010 marks International Adult Learners Week and this years theme is "Opening up the Possibilities". This is a week long event where all across the country and around the world, adult learners, and the joy of learning, are celebrated.

Adult Learners' Week began in 2000, and has continued since then as a key event where the importance of learning throughout life is expressed

in the activities and stories of adult learners. Events such as this one are a vital tool in promoting lifelong learning and provide an opportunity for learners to have their voices heard.

Here in Nova Scotia, adult learners participating in various learning programs will tell their story, either in writing or on video, as part of a contest put off by Literacy Nova Scotia. All entries will be published on the Internet in an electronic booklet and the winners of the contest will get a trip to Halifax where they will be the guest of honour at a special Adult Learners' Week reception. Having attended this event in the past I have been moved by the personal accounts of how learning has changed people's lives.

For more information on these events or on how you can get involved in promoting literacy, go to <http://www.ns.literacy.ca/alw.htm>. You can also read and watch the stories of the contest winners, once they have been chosen, at this website.

Corina Walsh

Mount SIFE – Active in the Community

By Matt DeCoursey

Mount Saint Vincent University's Students In Free Enterprise (Mount SIFE) team has been active all year in providing enjoyable events and opportunities for MSVU students to help make a difference in the community.

As part of a year-long campaign to raise \$3000 for UNICEF's Spread the Net campaign (to purchase 300 bed-nets that will help fight the spread of malaria in Africa) Mount SIFE hosted a "Save a Life Drink with SIFE" social in Mid-November.

Mount SIFE President, Cassidy Quinton was extremely pleased with outcome of the event. "Save a life, drink with SIFE was a huge success," said Quinton. "With over 100 people in attendance we were able to raise over \$1000 in donations."

Mount SIFE was able to capture the spirit of UNICEF and put a portion of the money raised toward their \$3000 goal.

The event was hosted by the Argyle, with drink specials for all everyone over 19 to enjoy. Those in attendance rocked out with to the musical styling of the DJ and got to go home with a reusable mug! With this campaign continuing until March 2010, Mount SIFE is happy to see how much support the campus has provided them.

In addition to the Save a Life Social, Mount SIFE members were busy over the Christmas Season soliciting over \$300 in donations from friends and family.

On January 20th, Mount SIFE teamed up with Feed NS to help "Can Hunger" by hosting a "Feed NS Rock Show Shebang" at Club 1668 on Lower Water St. With over 75 people donating three or more non-perishable food items or \$6 to Feed NS, the evening featured three up and

coming local bands that certainly rocked the tiny venue.

Mount SIFE member and event organizer Jess Alley was very impressed with the response from Mount students in helping out with the important cause. "We were able to raise over \$125 and over 200 pounds of food for Feed NS," exclaimed Alley. "I

couldn't be more proud of the way Mount SIFE and all Mount students have made a difference in our local community."

CONTINUED ON NEXT PAGE



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 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 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
(902) 470-8959

Everyone should check out “Recess”, the new publication on campus. It has crosswords, trivia, word searches, and other daily distractions,” and, it is published by second-year Business student, and Mount SIFE member, Kevin Robinson.

Kevin has been hard at work since the new year soliciting buyers for ad space, and getting his ducks in order on campus to unveil this new great way for Mount students to waste a couple minutes while sitting in the cafeteria or library.

Mount SIFE encourages all students to support this initiative and pick up the next issue of “Recess” you see. As Robinson reminds us, “don’t forget to keep in mind the advertisers who make the publication possible. Give them a call and give their services a try!”

Stay tuned for upcoming events, as Mount SIFE is sure to team up with UNICEF, Feed NS and Recess in the coming week to provide all MSVU students with an opportunity to get involved with helping out the community.

New Year's Resolutions Roller coaster

It's January: a new year. A fresh start. At this time of year, people are motivated to put their New Year's resolutions into action and do things like “go to the gym everyday” or “eat more fruits and vegetables and no junk food”. For me, sticking to a New Year's resolution is easier said than done.

Sure, it is easy for the first few days after January 1st, but what happens when you head back to the university and are hit hard with 3 months of studying and projects? The

last thing on my mind is “oh yeah, I said I was going to cut junk food out of my diet”.

I know for myself, I've already broken into the chocolates that I got for Christmas (the ones that I threw in the back of the freezer and told myself I would just eat slowly throughout the semester – if I really had a craving!). But no, those treats are already gone. Sometimes, it feels like I am on a resolution roller coaster! I'll do really well with the resolutions for a few weeks, and then quickly turn away from them like the downward spiralling of a roller coaster.

After the holidays are over and you settle back into real life, do you find it harder to keep the resolutions that were just made a couple weeks before? If you do, you are not alone. The best kind of New Year's resolution you can make is one that is realistic: one that is not going to have you flying off the roller coaster tracks two weeks into the New Year.

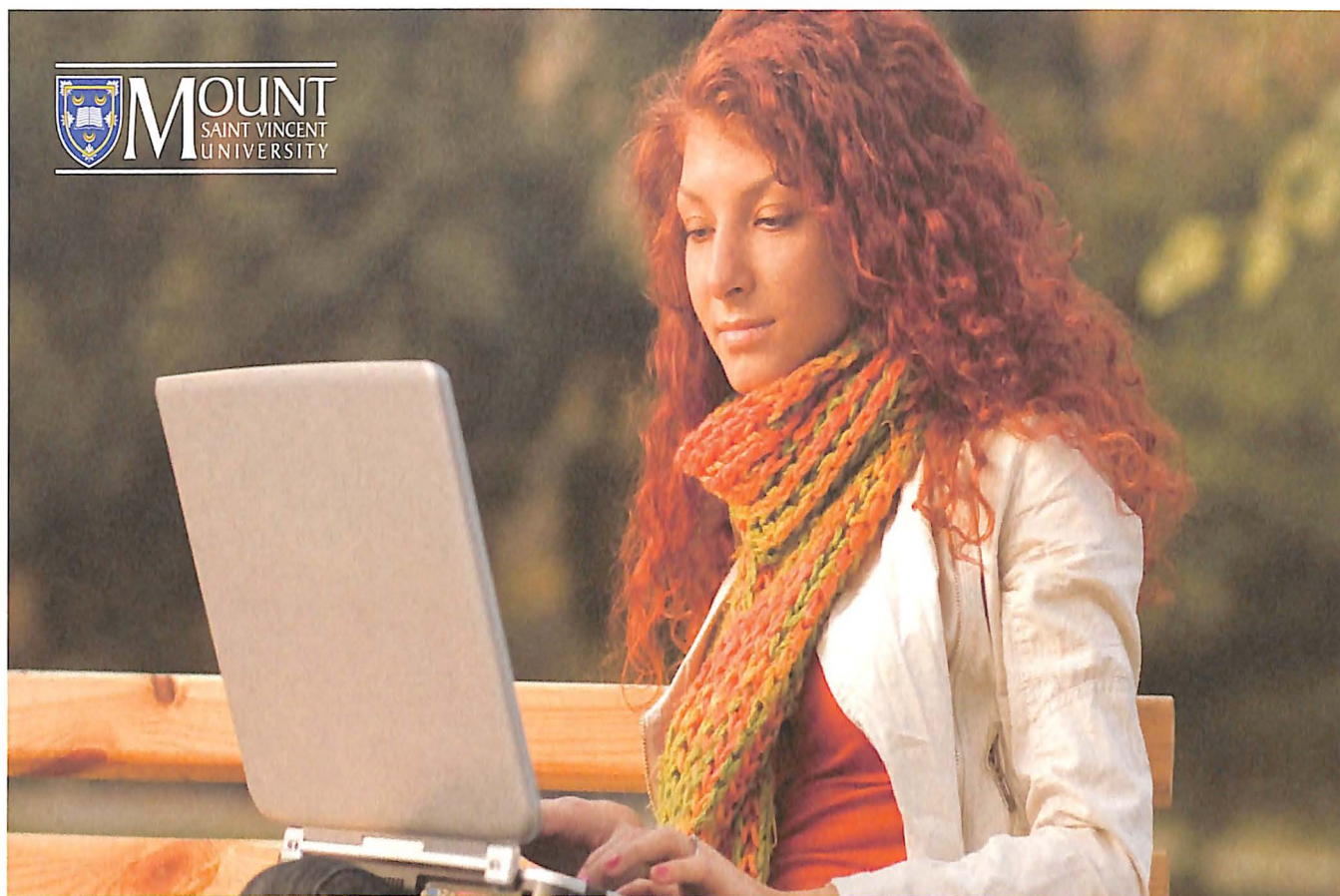
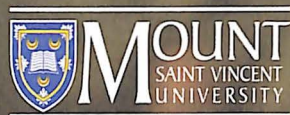
For instance, instead of resolving to go to the gym every single day, try working your way into it by going for an hour, 3-4 times a week. Or, instead of trying to cut junk food out of your diet all together, try cutting back on the amount you usually eat.

If your New Year's resolutions are achievable, you will be able to maintain them throughout the year. Then, maybe for next year, you can build off of the foundation you set for yourself in 2010 in order to achieve even higher goals! Have a great year everyone!

Written by: Katelyn A. Young

*Have something to write about?
Tell us about it!*

*E-mail Mary Jane at
publications@
mountstudents.ca*



Study where you want, when you want. msvu.ca/distance



The Mr. Mount Show

2010





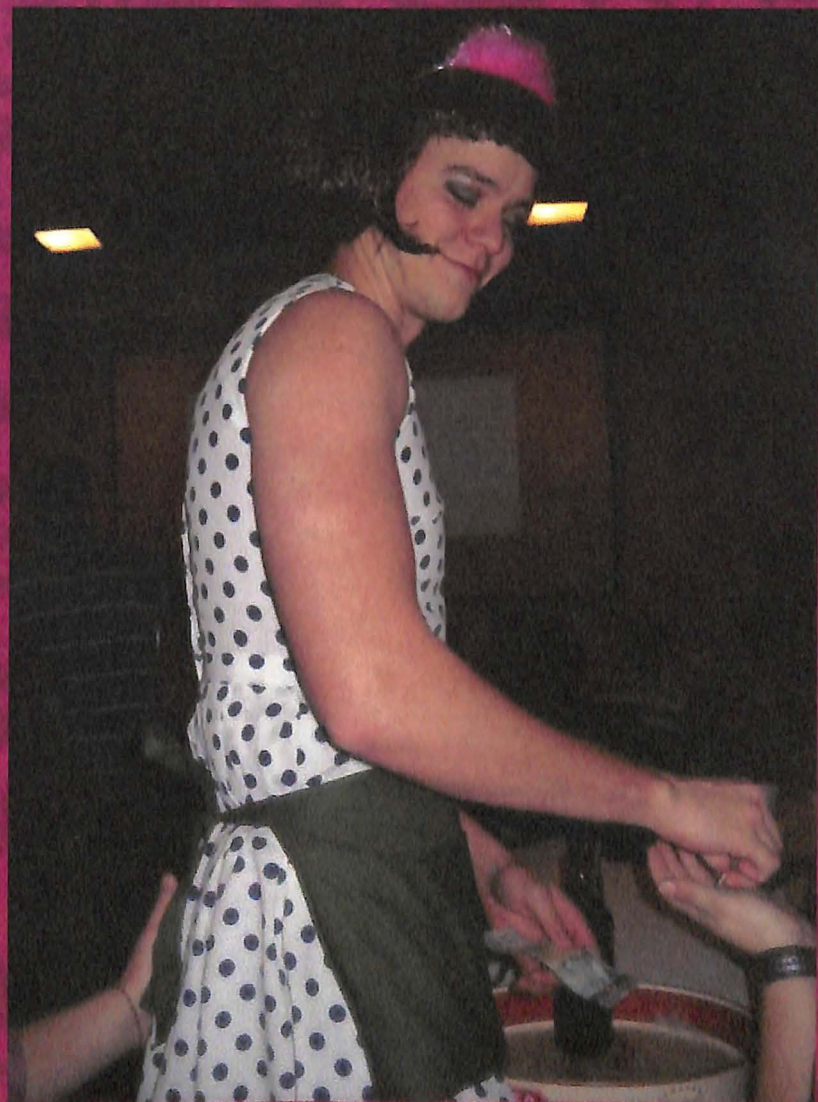
Thank you, Thank you, Thank you.

To Everyone Involved in Mr. Mount 2010. To President Jeremy Nielson, You Come Through For Me Again. I Had No Doubts You Would. To Kenny FitzPatrick, So Nice To See You In Front of the Scene. Contestants, Judges, Bar Management and Staff, Without You There Would Be No us.

To the Babettes, You Stole The Show and Have Set a New Standard For All of us to Live up To.

In Closing, All I Can Say is THANK you, THANK you, THANK you! See you Next Year!

~Brandy Michaels





The Mount's Olympic Connection

By: Lauren Wiseman

Pictured above (L-R): Ian Kurtz, Angela Dufour, Adele LeBlanc, Carolyn Nobes and Shannon Kehoe.

What does the Mount and the 2010 Olympics have in common? The pursuit of excellence, a celebration of cultures, visionary goals, a desire to inspire others, and dedicated people. Five of these dedicated people are Ian Kurtz, Angela Dufour, Adele LeBlanc, Carolyn Nobes and Shannon Kehoe; all Mount graduates with special Olympic connections.

Ian Kurtz, a Tourism & Hospitality Management graduate, is helping to build a team of close to 200 people as the Manager of Human Resources for the Opening and Closing Ceremonies in Vancouver. "The discipline, hard work and co-operative education experiences that I gained through my program at the Mount helped instill a strong work ethic in me," said Ian.

When the ceremonies are over Ian will be hopping on a plane to an exotic location to get some much deserved rest. When he returns, it's right back to business as usual. "The Games environment can get into your blood and I may pursue similar opportunities in the future."

Feeding thousands of athletes is no easy task, but Angela Dufour, one of the Olym-

pic Sports Dieticians, is up for the challenge. She's equipped with a Nutrition degree and Masters of Education from the Mount, is a Credentialed Food Service Executive, and to top it all off earned an International Olympics Committee Sports Nutrition Diploma. She will be reviewing menus to make sure the athletes are getting proper nutrition and energy, so they can give their best performance. She will also be educating athletes on general nutritional facts and information.

When Angela isn't busy contributing nutritious and delicious meal ideas for aspiring Olympic athletes, she's operating her Bedford based business

Nutrition in Action. She also works as a Regional (Nutrition) Marketing Manager with Compass Group Canada; food services management.

Almost nine months ago, Adele LeBlanc was standing on stage in a Mount auditorium receiving her Bachelor of Tourism & Hospitality Management. Now she's making her mark on the world stage as a Banquet Supervisor with Whistler Cooks Catering, an official catering company for the duration of the 2010 Olympic Games.

"I realize how fortunate I am to have been

WANTED

Outstanding Student Leader

Reward:
\$500

Description of student leader:

- contributes to the quality of student life at the Mount
- participates in societies, residence, athletics or Students' Union
- demonstrates dedication and accomplishments
- motivates and guides others

Reward exceptional student leadership by nominating a student for the 2010 Alumnae-Students' Union Leadership Award. The award, along with the \$500 cash prize, will be presented at the Student Awards Night on March 25th.

Nomination Deadline:

Monday, March 8, 2010 – 4.00pm

Nomination forms available:

- Students' Union Information Desk in Rosaria
- Advancement House
- www.msvu.ca/alumnae
- www.mountstudents.ca



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STUDENTS' UNION
www.mountstudents.ca

offered this position and I don't take it for granted. I'm positive that the thing's I've learned at the Mount, such as how to work with others and how to adapt to new environments while always showing professionalism and maturity, will benefit me in this position." Carolyn Nobes brought a piece of history to Nova Scotia on November 20, 2009 when she ran through Windsor with the Olympic torch.

"It was an extremely moving experience. This was an opportunity of a lifetime for me and the pride of being a Canadian and the humility of being one small link in a mammoth event was extraordinary," said Carolyn, a former employee of the Mount for nearly 20 years. She has a Masters of Arts in Education with a concentration in Distance Education from the Mount.

Shannon Kehoe, a Bachelor of Public Relations graduate, will be living out one of her dreams for two weeks as a volunteer in the main media centre. Shannon, an Admissions/Liaison Officer at the Mount, has been anticipating this opportunity since the day she found out that Canada won the Olympic bid.

"Since that day, I have always said I would work at the event somehow, and I'm thrilled to be realizing my own Olympic dream," said Shannon. "The energy in these venues is almost indescribable - in the run of a day you can meet a journalist from anywhere around the world or meet a top ranked athlete who just won their event, and by being there you get to share in their experience."

These Mount graduates are wonderful examples of what hard work, dedication and following your dreams can lead to. All the best to these graduates as they embark on their Olympic journey.

Mr.Mount: *A Letter From Aida*

Hello, dears.

Another year, another Mister Mount competition, and while there were a half-dozen contestants that were all dolled up in trans-gender apparel... let me tell you that this year's competition was definitely no drag.

From the moment Brandy Michaels slid on stage, the applause was nearly a constant, with small breaks for laughter and amusement.

Which, let me tell you, is a good sound to hear from back stage.

Speaking of Brandy, where DOES she get her shoes? Alas, I digress.

This year's winner, Deyonce, was well deserving. Her quick wit, snappy outfit, and killer moves left audience and competitors alike in awe. Just Howard made his second appearance on stage this year, and was greeted warmly by Brandy and audience alike, as well as being warmly greeted by everyone backstage. Repeatedly.

I believe it's safe to say that the Babettes were a smash success, and I believe future blackmail pictures are already circulating on facebook. All kidding aside, the Babettes were highly entertaining and a little bird has told me that having Babettes entertaining the audience may become a regular event at the Mister Mount competitions. Wait and see, dears. Wait and see.

Personally I found it a little intimidating to be up on stage with all you dears looking up at me... but I soon got over that when I saw what Brandy's co-host/sex therapist was wearing! Land sakes, dears. Hosiery only goes so far, I hate to say.

The therapist was rude, crude, and hilariously entertaining. She also has the worst sense of direction of anyone, male or female, that I have ever met. It would be wonderful luck if she gets lost and ends up at the Mount again next year, however, since her addition to the show made for a greatly entertaining off-the-cuff style interview segment.

While I'm not certain of the number of people who actually attended Mister Mount this year, I believe the number has risen yet again. This is good news

considering the show used to be held in Vinnie's, although if it gets much more popular we may need to set up a sound stage on the Mother Hill.

Oh, and my word, did you dears get a look at the handsome man taking care of the sound requirements for the night? There are a few sounds I'd like to get him to play next year for certain... perhaps a certain song from the Bloodhound Gang might be in order, eh dears?

Of course, I feel obligated to mention the modern-day Betty Rubble who was going around serving drinks all night. She did a fantastic job, and it was like watching an old-fashioned roller-skate waitress zooming around. Kudos to you dear.

Well dears, from the contestants (lovely, each and every one of them), to the support staff (who can support me, anytime), to the always effervescent Brandy Michaels, the Mister Mount competition (and the after-party at Vinnie's Pub) was a gay affair, fit for a queen.

I encourage you to drag yourself back for next year's competition. You may see Just Howard, Deyonce may come back to claim her title, I do hope the other competitors see fit to re-enter as well. Perhaps even you, the reader, may be on stage next year. I encourage it, dear.

Now I'm off to the loo again. Take care.

Sincerely Yours,

Ada Demoine



CAMPUS RECREATION

Movie Monday's & Wii Wednesday's

M
W

Movie's

Feb. 1 - Dirty Dancing
Feb. 8 - 50 First Dates
Feb. 15 - The Notebook

Wii Sport & Resort includes
basketball, bowling, tennis,
archery, and more!

Feb. 3, Feb. 10, Feb. 17

5:00 pm - 6:30 pm in Rosaria Cafeteria



Mount Recreation Soccer Tournament

Friday March 19 & 26
2:00-4:00pm
SNS Indoor Field
\$10 per person

Everyone is welcome
Register at the Mount Fitness Centre

Free
Pancakes on
February
16th



Join us on Tuesday, Feb. 16 in the
Rosaria Lobby between 12:00 pm - 1:30pm
for your **FREE PANCAKES!**
Brought to you by Ath/Rec and the
Student Experience Office



Open Rec Gym Night

Every Monday 9:30 PM - 11 PM
Everyone Welcome!
Feb. 1: Volleyball
Feb. 8: Ultimate Frisbee
Feb. 15: Dodgeball

6th Annual MARDI GRAS

super pub



FRIDAY, MARCH 5th
we open Vinnie's &
the Rosaria Lobby to
host one of the best
events of the year!

Get your tickets early to avoid disappointment!

Tickets: \$5 for MSVU Students

\$7 for Non-MSVU Students

Note: Vinnie's Pub Rules apply. Wet/Dry
Starting February 15, purchase your tickets at the
Mount Fitness Center or the Students' Union Info Desk.

Hosted by the Rec Society and Students' Union

FREE MOVIE

Love Happens



Love
Happens

Love Happens
starring Jennifer Aniston

Sunday,
February 7th
Time: 6:30 pm
Location: Seton Aud. D

Study Break

Feb. 22-28

The Mount Fitness Centre

*Have something to write
about?
Tell us about it!*

*E-mail Mary Jane at
publications@
mountstudents.ca*



Sham
ROCKN' IT
At **Vinnie's**
PUB & LOUNGE

Wed. March 17th

Live Band Keith's Prizes

Wing Night Prices

ALEXANDER KEITH'S
ESTD 1970
NOVA SCOTIA
BREWERY

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



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Avatar

So I know almost everyone has seen 'Avatar.' I, like many others loved the movie. It was out of this world (except for the last 20 minutes, or so when the power went out). I am not writing to debate this movie, as I feel 9/10 people enjoyed it. Rather, in regards to a recent article I read that mentioned how fans after seeing the blockbuster, felt rather blue (pun intended).

I enjoyed this movie, it made me smile and want to actually pay to want to go to the monopoly that hit our city AKA Empire theatres. But, some people actually have some serious issues here one person told a CNN reporter:

"Ever since I went to see 'Avatar' I have been depressed. Watching the wonderful world of Pandora and all the Na'vi made me want to be one of them. I can't stop thinking about all the things that happened in the film and all of the tears and shivers I got from it. I even contemplate suicide thinking that if I do it I will be rebirthed in a world similar to Pandora and that everything is the same as in 'Avatar.'"

- Mike

I said REALLY? This movie wasn't meant to be a die for. I mean come on... right?

But then I thought, hmm I wonder who this Mike guy is. I bet it is a lonely, bored, University student. Maybe he goes to the Mount?

MUGGY MONDAYS WITH THE ENVIRONMENTAL SOCIETY

Bring your reusable mug and get FREE coffee or tea!

Every Monday in the Seton Link

Don't have a mug?

Skip the plastic and buy one from The Environmental Society for 4 bucks!

If so, turn that frown upside down Mike, my suggestion is to go rent 'The Little Mermaid'. I admit it isn't a killer movie, but I think you will enjoy it just swimmingly!

So my advice Mike, just hang in there bud, stay clear of the big screen. I think you just may need something with the rating "G" as in good for your delicate mind.

Cheers, Geoff Solomon

What Really Grinds My Gears...

You Know What Grinds my Gears? You reeeallllyy want to know what takes the lube out of my mechanics? I'll tell ya what does it.

People who hate on the band Creed. I am going to go ahead and put my neck on the line right now and say what everyone is thinking; Creed is the most influential band EVER. Screw Zeppelin, Sabbath, Aerosmith, ZZ Top. Creed has redefined the way we think man. Songs like With Arms Wide Open, My Own Prison, and My Sacrifice address our inability to recognize love, religion, and being true to your inner Scott Stapp.

While songs like What If, Bullets, and Higher are filled with anger, sex, drugs, and most importantly, fucking rock and roll! Yes it's true the lead singer was a drug addict and potentially a nympho, but who isn't these days?!

Yes it's true the band took some time off to explore other options, but they are back with new haircuts, at least 6 children each, and some badass rock and roll inspiration that hasn't been seen since 567 AD!

Creed's return has allowed me, as a man, to understand that I am more than just a person. I am a creed-a-holic, an addiction that will never die (a song by creed as well) and I must fulfill this urge or the world may cease to exist.

But it's all you fuckers that want to hate on Creed, when everyone knows that they are the guilty pleasure of all pleasures. Miley Cyrus and Britney Spears can grab a chair and take lessons, because Creed will show them how to be musicians.

A party in the USA, you say Ms. Miley. Well Creed says Party in the International World of Earth because you suck shit. So all you haters out there, you need to recognize and understand that the second coming of Creed

was prophesized by rock prophets for years. Jimmy Page knew it was coming, and so did Steven Tyler. Now the takeover begins, and I suggest you pick your sides wisely my friends.

;Draino

Students' Union Women's Recognition Award - 2010

This award is sponsored by the MSVU Students' Union and was developed to recognize outstanding contributions to the community by a female student, staff, or faculty member. Past recipients have been recognized for their unwavering commitment in the areas of politics, volunteering, academic support, community growth, and student initiatives.

If you know someone who deserves to be recognized please visit the **Rosaria Information Desk** to pick up a nomination form

All forms are due by March 5th **2010**

The award will be presented at the Students' Union awards night on March 25th

*Have something to say?
Say it!
E-mail Mary Jane at
publications@
mountstudents.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

