

THE SENTINEL



MSVU Has Record Turn-out for February 7th Day of Action

February 7th 2007

It was a day of passion and energy,
a day of coming together for a collective cause.
And the freezing weather didn't stop us students,
it only made us more bitter.
It was the day of action.

FULL STORY ON PAGE 3

What Really Grinds My Gears

By LLOYD NASH

Since coming to the Mount I have noticed one thing about the students and student life on campus. It is hard to get students to want to get out there and be involved. Whether it is Winter Carnival, Frosh Week, Open Mic, the Students' Union offers these great activities and sometimes there is a very dismal turnout. Speaking as your Students' Union President and a fellow "student leader," I find this very disappointing.

Being involved with school activities is a great way to build your credentials as a individual. It looks great to future employers if you have volunteered or put time into being a leader. Companies love to select the brightest star and it helps a lot to have some kind of volunteer experience behind you. That it is one good return on being involved with campus life.

I am a little disappointed in some of the student turnout so far this year for some of our events, but I also know that sometimes events are put on at the wrong times and students just can't make it. I do believe that sometimes students just don't care, and that is a little disappointing. However, there seems to be a cycle of great leaders and students who get involved. I have discussed this with my colleagues at DSU and SMUSA, they seem to be facing the same problem, very little turnout to their events. This is surprising to me, but I

guess there are peaks and valleys with everything.

There is something special about the Mount. We have almost 5000 students and almost half of that number is part time students who are working tirelessly to fund their expensive education and do not have time to be involved. Our student body is very diverse; we have a high percentage of mature students as well, who may not have the time to partake in any events because of family commitments. I have heard many times "I would have gone to it only I didn't have the time." Students, I feel your pain because I too have to work to pay for my outrageously expensive post secondary education.

Now, I am not ranting about the bad students we have here at the Mount, because that is the farthest fact from the truth. I am just trying to rejuvenate your spirits and get all of us to end this term with a big bang! There is very little time left to this school year and there are some promising events taking place. Here is my challenge, I challenge all of you to attend as much of these events as possible. Prove me wrong! Let me see first hand that our students are passionate about the extra curricular activities we offer here at the Mount, and show me that each and everyone of you has what it takes to be the next great leader.

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LOCAL NEWS

Education is a Right

By ANNA SUUTARLA

Continued from front page

As a result of chronic government under funding, students in Nova Scotia pay the highest average undergraduate tuition fees in Canada: \$6,571 per year. On February 7th students from NSCAD, Dalhousie, Saint Mary's, Kings, Mount Saint Vincent, and even from Saint Francis University came together to demonstrate their frustration and concern over the rising tuition fees.

"The day of action was the biggest I have seen since I became a student at the Mount," explains Krissy Arbuckle, VP of the MSVU students Union. "Coming together to fight for a common cause that students are passionate about was an empowering experience."

Don't just complain about rising tuition fees; do something about them! Even though more students from the Mount came out compared

to previous years, too many stayed behind. "These initiatives should not be abandoned because it seems like the government isn't listening," Krissy says. "We need to be persistent to show that we are serious and will not give up the fight."

Many students don't realize that in many European countries university is almost free. Education should be considered a right in Canada as well. More and more high school graduates are scared away from university by the threat of student loans and debt. An educated society is more productive and prosperous. Young adults of today are the leaders of tomorrow. Without education, what will our Canada become?

So get active and get involved. This issue is not only affecting you now, but will affect you for the rest of your life.

National Day of Action--
A Perspective From the Mount

By SCOTT MACDONALD

Post-Secondary students from across Canada came together through the Canadian Federation of Students and marched through the streets of Halifax on February 7th 2007—the National Day of Action, demanding that governments lower the costs of attending university in the Country. Looming debts and student loans affect all current and prospective students, so the students of MSVU let the provincial government know that they had had enough. MSVU had the highest turnout for the event for the university ever.

It is a well-known fact that Nova Scotia has the highest undergraduate tuition fees in all of Canada. Even when the provincial government "lowers" tuition by approximately \$400 dollars, the fees not only remain the highest in the country, but the cut

is not available for 13,000 non-permanent residences of Nova Scotia. That is about one third of all post-secondary students in our province.

As your Councilor at Large on the MSVU Students' Union, I have been working with not only fellow Mount Students but have also with the Canadian Federation of Students Halifax Planning Committee which is comprised of students from NSCADU, King's College, and MSVU. Through endless organizing and the countless hours put in through committed students from all the schools involved, I feel it is a great privilege to have helped make this national Day of Action possible. My fellow students' enthusiastic participation deserves recognition and many thanks. Without you this day could not have been possible.

Education Minister: Student Debt a Lifestyle Choice

By KRISSY ARBUCKLE

While hundreds of students, myself included, rallied outside the Legislature in the freezing cold on Wednesday February 7th for the Canadian Federation of Students Annual Day of Action, the Conservative Caucus met inside their warm office building on the other side of the street.

As we all called and yelled for Rodney MacDonald to come and address us, and for lower tuition fees, another member of his cabinet had something to say to reporters from inside the Caucus office.

Later, when I was at home defrosting, I waited for the news coverage on the Day of Action. The story was great! As it progressed however, the broadcaster stated that there was a response from the Minister to the students' rallies. There was? But Minister Casey didn't come outside, I thought.

Then, there it was. From the warmth and safety of inside, Education

Minister Karen Casey told reporters that student debt isn't always about tuition. "Sometimes the costs that students incur are real, but sometimes they are a lifestyle that a student has chosen which escalates, and when they come out, they come out with a big debt, but it might not be all directly related to their course of study," she said.

Was she serious?
I couldn't believe my eyes and ears. Who are our Education Minister's political advisors?

Nova Scotian students pay the highest tuition in the country, about \$2000.00 more than the national average. I receive one measly refund of \$440.00 from this government, and now my almost \$35,000 student debt is a result of my lifestyle choice? My lifestyle choice is to obtain a university education from a completely unaffordable system.

I was one of several student leaders that met with Minister Casey back in October for the annual meeting that takes place between students and the

Department of Education. It was the first meeting of the sort for her since being appointed as the new Minister. I sat and listened to her speak about her understanding of the issues. She is an educated woman herself (an Alumnae of MSVU), and thought that maybe, just maybe, she might be someone to help us, the students. Now I'm not sure if that's the case.

Her comments show she is just as out of touch as every other Minister and Premier before her that have allowed Nova Scotia's post-secondary education to reach the current state of crisis that it's facing. Along with being completely insulting, her remarks are irresponsible. Blaming students is not a solution to student debt.

Maybe Minister Casey should have played it like Premier MacDonald and hid inside and not said anything. It's amazing how one remark can change your entire perception of a person isn't it? What's next from this government? The Minister of Health blaming the sick people for the crisis of the healthcare system?

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CAMPUS NEWS

It's Black History Month?

By JENIFER JACKSON

Do you know what the month of February represents? And no, the answer is not "love" or "hearts" for Valentines Day, or "party" for Spring Break and Charity Ball. It is a month dedicated to the History of African Americans and Canadians and is celebrated throughout North America.

Okay, so my next question is what did you do to recognize this huge part of our history and culture? I'm sure you are not alone if your answer is "nothing." With all the schoolwork, parties, working-out, and of course the addicting world of Facebook, there just doesn't seem to be enough time. Right?

Walking around campus, I don't think you could even tell it was Black History month unless you walked by the displays in the Library and the Resource Centre. Remember when you were in Elementary and even Junior High school? In my experience, there were always lots of posters, books, and signs talking about famous people of African descent. Throughout class time there were discussions and even projects so you could learn about this history.

But now that I am in university, I haven't heard a thing. I'm sure there are students who can argue that they have had discussions in their classes on this topic, but being a Science and Math student all I hear about are molecules and integrals. I would have loved to read a poster on George Washington Carver on my way to Organic or to hear a quick fact about a famous Chemist before the lecture started.

So what did I do? At the beginning of the month, I decided that I would research one famous African Canadian or American per week. There wasn't much time for other activities, but plenty was happening around the city including drumming, films, and music presentations at different public libraries. Next year, I hope to be able to experience even more.

February is a time to accept and appreciate the differences that people of our past have made for our future. So I encourage all of you to take the time, if not now then next February, to explore what Black History Month has to offer.

Massive Study to be Launched Among Maritime University Students

Fredericton – February 20, 2007 – The Maritime Provinces Higher Education Commission (MPHEC) announced today that it will be launching a massive on-line study among undergraduate students in the Maritimes to gather information on student trends and attitudes. In total, 10,000 undergrads from 16 universities who are enrolled in their final year of a Bachelors program will be asked to take part in the on-line study that will be launched this March.

"This is an important study," says Mireille Duguay, Chief Executive Officer of the MPHEC, "and an opportunity for students to give feedback on their undergraduate experiences. We are hoping that

every student will take part. The findings will help us understand the needs of students in the region and make sure that our universities and governments are designing programs that offer students the best possible educational services and opportunities."

The study will run from March 12th to March 30th. E-mail invitations will be sent out to all eligible students just prior to the launch providing a link to the on-line survey. The survey, which will take about 15 minutes to complete, will cover a range of topics related to students' undergraduate experiences and plans for the future. As an incentive, all students who participate will be offered the

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The research is being sponsored by the Maritime Provinces Higher Education Commission together with the Ministers of Education in New Brunswick, Prince Edward Island and Nova Scotia and the Canada Council on Learning. All institutions in the Maritimes that offer Bachelor's degrees are participating in the project.

The Strategic Counsel, a third-party national market research firm, is conducting the research on behalf of the Maritimes Provinces Higher Education Commission. Findings from the study will be used by

provincial governments and universities in the Maritimes to evaluate and design policies pertaining to university students and graduates.

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Who Was Vincent Anyway; Why Does it Matter?

Advisor to kings, servant of the poor, he is associated with both education and charity

By HAROLD RENNIE
MSVU Staff

His name is embedded in the name of several post-secondary institutions including this university, a college in the Bronx, New York, and a large university in Chicago. It's attached to a pub and a dining hall on our campus. But just who was this guy Vincent anyway?

Born in Gascony, France in 1581, Vincent de Paul came from a poor peasant family. Blessed with both a burning ambition to be rich and the intellectual smarts to make it so, he spent four years with the Franciscan friars at Acqs getting an education and then enrolled at the University of Toulouse in 1596.

At the age of 20 he was ordained a Roman Catholic priest, a common career option for young men of humble birth but strong intellectual promise in pre-Revolutionary France.

At this point, the details of his life become a bit hazy, obscured not only by geopolitics of the 18th-century Mediterranean but also by a romantic fog of legend. The traditional stories about him held that he was traveling by ship in 1605, either en route to his first parish or on his way to Marseilles to pick up an inheritance. The ship was captured by pirates, who sold him into slavery in North Africa. After being freed (possibly after having converted his owner), he spent time in Avignon and Rome and then resurfaced in Paris in 1609.

Still something of a young man on the make, as tutor to the de Gondy family he served as teacher and confidante to the wealthy. However, two events turned this young careerist in a new direction. In 1617, he went to a small parish in Châtillon-les Dombes, where he was touched by the poverty of his parishioners. In 1619, he was appointed Chaplain General and later Royal Almoner to the convicts in the galleys (probably through string-pulling by his wealthy patron, de Gondy, who was in charge of the galleys). His position not only required him to see to the convicts' spiritual and medical needs, but also to act as a kind of social worker and ombudsman on their behalf. If Vincent had been a slave himself

once, as his early biographers claim, then he had not forgotten what it was like.

Over the next 40 years, Vincent held a number of ecclesiastical positions. He used these to build his networks. At one point he was counselor to King Louis XIII of France and Queen Ann of Austria. He created organizations to help the poor, nurse the sick and insane, improve education, and build hospitals.

To support his charitable work he solicited financial aid from various benevolent societies of wealthy women and from highly placed members of the aristocracy and church hierarchy. These days we would say that he "leveraged" these connections to raise money for good causes.

After an uprising in Paris was suppressed (the French Revolution was more than 150 years in the future, but social unrest was already beginning), he intervened on behalf of the protesters. Tireless in his work for the less fortunate, Vincent continued his acts of charity into his eightieth year. He died on September 27, 1660.

One of the marks of Vincent's particular style was that he did not merely value women for their wealth and their support for his causes. Unlike many others of his time, he valued women's work in ministering to others. In 1633, along with Louise de Marillac, he founded the Daughters of Charity, a group of religious women (nuns) dedicated to the service of the poor.

Two hundred years later, the example of the Daughters of Charity inspired Elizabeth Ann Seton, who founded the Sisters of Charity, and who was later canonized as the first U.S.-born saint. The Sisters of Charity became, and still are, a group of women powered by a strong sense of identity and tradition.

In both Nova Scotia and New York, the Sisters of Charity created educational institutions called Mount Saint Vincent Academy, with one of them evolving into Mount Saint Vincent University and the other becoming Mount Saint Vincent College. Mount Saint Vincent University's founder is

commemorated in the Seton Academic Centre on campus, as well as the name of one of the streets leading up the hill from the Bedford Highway.

Meanwhile, in the Chicago area, a group of priests called the Vincentians established DePaul University. Today, DePaul serves more than 24,000 students across seven campuses.

Vincent de Paul was declared a saint by the Roman Catholic Church in 1737, and became regarded as the patron saint of Christian charity. Charity sometimes has patronizing connotations, and many people prefer to call for social justice. However, in Vincent de Paul's view, true charity required seeing the recipients as having their own dignity and needs:

"You will find out that charity is a heavy burden to carry, heavier than the bowl of soup and the full basket. But you will keep your gentleness and your smile. It is not enough to give bread and soup. This the rich can do. You are the servant of the poor, they are your masters. And the more difficult they will be, the more unjust and insulting, the more love you must give them. It is for your love alone that the poor will forgive you the bread you give them."

Centuries later, his systematic inclusiveness and practical wisdom still challenge a society which places a high value on competitiveness and looking out for Number One. His legacy of combining education and what we would now call community service is commemorated each year at Mount Saint Vincent University in the institution of Caritas Day on January 31.

When your patron has offered inspiration to women and men for 350 years, engaging students in community service for a day seems appropriate, if not saintly. And the next time you take a drink at Vinnie's remember the young student who laboured to balance his own career with the urge to improve the society of his time.

Growing Through the Decades

By ASHLEY GALLANT

The 2006-2007 academic year marks a time for celebration for two programs here at Mount Saint Vincent University. In 1926, Mount Saint Vincent College introduced the Bachelor of Science in Home Economics program. In 1990, an external review was conducted resulting in the name change to Human Ecology to more accurately reflect evolution within the discipline as well as streamlining of course offerings. Then, in 1999, the Department of Applied Human Nutrition and the Department of Family Studies and Gerontology were formed.

To mark this momentous occasion students from both programs have taken the initiative to organize a Vintage Fashion Show. Clothes that will be showcased are from the former textiles program and span 80 years of style and fashion. The Vintage Fashion show will be held on Wednesday, March 28th in the multi-purpose room at Mount Saint Vincent University. A reception will be held at 6:30, and the Vintage Fashion Show will begin shortly after 7:00. Interest in both programs is on the rise, unfortunately so are tuition costs. Students are planning to raise funds at this event to support two student bursaries: one for a qualifying student enrolled in the Department of Applied Human Nutrition, the other for a qualifying student enrolled in the Department of Family Studies and Gerontology. For more information and to obtain the registration form please visit the Mount's website at <http://www.msvu.ca/nutrition/index.asp> or email 80th@msvu.ca if you have any questions. Don't miss the chance to bring eight decades of memories together all in one room!

Understanding Learning Disabilities on Campus

By DELINDA TRUDEL

Have you ever experienced a time when you knew a word you were searching for but just couldn't get it out, or have you ever had to write a paper and you just couldn't get the ideas out of your head, or have you ever had so much going on that you could not focus on what you had to get done? This is what life can be like most of the time for a student who has a learning disability.

The term "learning disabilities" refers to a number of disorders that may affect the acquisition, organization, retention, understanding, and use of verbal or nonverbal information. Learning disabilities result from impairments in one or more processes related to perceiving, thinking, remembering, or learning. Learning disabilities range in severity and may interfere with the acquisition and use of reading, listening, speaking, writing, reasoning, or mathematics. Problems with reading and language skills are the most common learning disabilities.

According to the Learning Disabilities Association of Nova Scotia, learning disabilities affect approximately 10% of the population, or 2.7 million residents of Canada. Learning disabilities can affect anyone from any socioeconomic, cultural, or ethnic background. A common misperception about people who have a learning disability is that they are less intelligent than other people. In fact, people who have learning disabilities demonstrate at least average intellectual abilities and can be academically gifted and highly motivated achievers. Many famous people who have made significant contributions to our society have had learning disabilities. This list of people includes Albert Einstein, Bill Gates, Leonardo DaVinci, Walt Disney, Tom Cruise, and many others. Having a learning disability did not affect their ultimate success.

Many universities and colleges have seen an increase in the number of students with learning disabilities

applying for academic programs. At Mount Saint Vincent University, students who identify as having a learning disability must meet the same requirements for admission that students without learning disabilities must meet. Students who have a learning disability may benefit from the services offered through Disability Services with the Department of Student Affairs on campus. These services support students with learning disabilities so that they can be successful with their courses and can include assistance in developing learning strategies, accommodations in class or for tests such as note-takers or extra time, and support with assistive technology. Professors can support students who have learning disabilities through a number of methods such as giving directions in writing and orally, presenting material in a variety of ways, such as visual, oral, etc., speaking at a moderate pace, and reviewing major concepts throughout the semester. Disability Services is

also available to professors who would like to obtain information regarding the policies and procedures for accommodating students on campus.

If you were to examine your own history as a student, you would probably be able to recall learning situations you preferred and which seemed more natural for you than others. Being supportive and understanding to those students around you that may need assistance with their learning will add to everyone's overall learning experience.

Disability Services, Department of Student Affairs, MSVU
218 Evaristus Hall, (902) 457-6567

Recognizing Student Leadership--\$500 Award

By SHANI PEARSON

Leading the next generation.

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

Each year the Mount Saint Vincent Alumnae Association and the MSVU Students' Union recognize one outstanding student through the Alumnae-Students' Union Leadership Award. Nominations for the 2007 Award are now open. This is your opportunity to recognize a friend, team mate, or work partner for the leadership they've demonstrated throughout the year.

Crista MacNeil, board member of the MSVU Alumnae Association and organizer of the Leadership Award,

hopes 2007 will be a break-out year for the Award.

"The Leadership Award is open to all students," says MacNeil. "Anyone involved in campus life that demonstrates a commitment to making the Mount a better place is eligible for nomination. That means athletes, members of the Students' Union, association members, anyone."

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

The student leader will be recognized at the annual Student Awards night on March 22 and will receive \$500.00.

Nominations for the 2007 Award are due at the Alumnae Relations Office in Evaristus 203 by March 2, 2007. Nomination forms can be picked up at the Students' Union Information Desk or at the Alumnae Relations Office. Questions about the Award can be directed to the Alumnae Relations Office at alumnae@msvu.ca.

**TIME IS RUNNING
OUT TO WRITE FOR
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Talking with the President: MSVU's Strategic Plan

By ALLISON SAUNDERS

By human nature most of us fear change. We're usually apprehensive when it comes to altering our comfort zones. Why mess with a good thing, right? Mount students, fear change no longer. This school year welcomed not only a new President and Vice-Chancellor but a new Strategic Plan for bettering MSVU. Professor Kathryn Laurin, our new President, benefits the Mount by offering a new perspective, a fresh look at MSVU now and in years to come. I was lucky enough to sit down with Professor Laurin over Reading Week to have a look at the Strategic Plan through her eyes and engage in some important discussion regarding the future of our University. For those of you scratching your heads wondering what the heck a strategic plan is, read on...I'm about to enlighten you. To break it down, those involved with implementing a Strategic Plan step back and assess MSVU—it's a reflective look at the institution itself and its environment. This gives those on the Strategic Plan's steering

committee a chance to look at what MSVU is doing well and where there are opportunities for growth and improvement. Although the outlook of the vision is where we (as a University) want to be in 5-10 years, the plan itself will be in place for about 5-7 years. The Board of Governors made the decision that the beginning of Professor Laurin's term would be the beginning of this new Strategic Plan which will replace 'Blueprint 2000', the previous plan. Professor Laurin sees spreading awareness of this plan as vital to its success stating, "It's very important to make the people who this affects part of the process". When I asked the President whether a Strategic Plan is just a form of progress and growth or if it is to tackle specific concerns, she told me that it is to set the University in a direction, "to make sure we're competitive and what we're doing still has relevance".

How's it going to affect the Mount we know and love, you ask? We can't expect to see monumental changes

right away. The process is what Professor Laurin calls "incremental." One thing is for sure, the focus is on providing the best possible University experience for students. Student experience is beyond the classroom; it involves interactions with faculty, staff and other students as well. A superior University experience begins with every exchange, from day one, being a positive one. The most talked about issue involving the revised Mission Statement and Vision for MSVU regards the mention of "*the education of women*" and whether this statement should stay or go. Opinions seem to be split and I was curious to know Professor Laurin's view on this touchy subject. "We can't move forward without recognizing our past," she told me, acknowledging the fact that the emphasis on women is what makes us unique. Currently the steering committee (which does include a student representative) is working to find appropriate language to represent the past and future of MSVU, and

more revisions will be made before a final draft is released. In improving the MSVU experience we must build on our strengths and our distinctive qualities. It's all about making the Mount the best university it can be, and Professor Laurin along with the steering committee seems to be taking us in the right direction. Keep your eyes and ears open for the next phase of the Mount's Vision, Mission, and Values.

Fancy Something Different?

By JANE MCCORMACK

Do you have excellent telephone skills? Are you good at problem solving? Do you like a challenge?

After almost a year of planning, I am pleased to announce that MSVU will soon have its own Guideline. This service will be offered by the Students' Union and will be co-ordinated by the Manager of the Food Resource and Diversity Centre, Jane McCormack.

The purpose of The Guideline is to offer a call-in service for Students. It will not be a help-line for complex issues, but assistance can be given on a variety of questions that you may want an answer to such as academic issues, health, nutrition, meeting new people, societies, feeling lonely and just want to chat to someone, best place to eat etc...the list is endless. The Guideline will operate four nights a week and one day on the weekend. This may also give students an opportunity to volunteer outside the stresses of class time rather than

some strict nine to five volunteer positions. I am now looking for volunteers who wish to open The Guideline. If you want to try something different, enhance your resume, and do something worthwhile for your fellow students then drop off or fax your resume and cover letter to the Rosaria Information desk to the attention of Jane McCormack.

If you want any more information email me at studentresource@mountstudents.ca and I will answer any questions you may have. This is an exciting prospect for MSVU, so come and join the excitement!

Confessions of a Counselor

By KERRI MANNING

During my first week of university, I decided to run for a position in the Students' Union. I don't know what made me do it. I wasn't involved in student council in High School, and I certainly never dreamed of being involved in politics (even at the student level). But I did run for the Professional Studies Rep, and I was elected. In fact, I enjoyed my first year on council so much that when last spring rolled around, I reran and was elected for the second time.

I get asked quite a few questions about what councilors actually do, so I thought I'd set the record straight. Councilors play many roles in the Union—we sit on committees both internal and external to the Union, we bring potential issues to the right places for discussion, we work closely with the Union Executive to ensure students concerns are dealt with, we attend events (yes, it is a hard life).

During my two years, I've had the privilege to sit on many committees,

and I have learned a lot about how a university functions. Seeing first hand how an organization makes decisions and witnessing the processes and procedures that it must follow has proved invaluable to me. When applying for jobs, I've realized how easily the skills I've learned through my two terms on Union can be applied to job descriptions and job qualifications. But on top of that, I've had the opportunity to meet so many great friends, work with an amazing team of students, and be part of some real improvements at the Mount and within the Union. Did I forget to mention being a councilor is also a lot of fun?

Now I am sure that many of you have guessed where this is going. Spring elections are right around the corner, and this is the perfect opportunity for you to get involved. So when spring elections start...run for a position! You won't regret it.

For more details on the spring elections visit www.mountstudents.ca

ENTERTAINMENT

East Coast Music Awards Entertain Halifax

By AMBER DALEY

For those who were out enjoying downtown Halifax between February 15th and 18th, you were sure to see many faces of the music industry. It was ECMA Weekend. This was the weekend for music lovers to take pride in their own East coast talents

performance that had the crowd up and dancing. He sang songs off his latest album which included "All that Matters," "Heartache," and many more. He gave the crowd a sneak peek at some songs from his upcoming album which will be

Halflife Label, including DJ IV. Classified never ceases to amaze his audience. With a drink in one hand and a mic in the other, he took the crowd by storm. He played his new hit with Chad Hatcher, "It's all about you," and he played his crowd's

where he won Rap/Hip Hop single track of the year for "Find out."

The following evening, I headed to the WTC and seen a band that I will not be soon forgetting. Hey Rosetta hit the stage and stole my heart. This



as they hit the stages of Halifax and got recognized for their hard work. In the four days of ECMA events, I had seen many shows, but never could one person see them all. It was a jam-packed weekend full of talented locals with back to back showcases, and I've got the details for you!

On Friday the sensational JD Clarke rocked the rodeo with an amazing

released soon. Clarke was described before his set by FX101.9 as the name to remember that evening because we will be seeing much more from this artist. Country music has a new face, and that face is JD Clarke.

On the same evening across the bridge at the Delta Halifax, I made it in time to see Classified perform with Chad Hatcher, Jordan Croucher, Jay Bizzy, and many more from the



favorite, "The Maritimes," during which he pulled out his signature move, no its not the moonwalk, rather, he lit a joint and kept rapping. Jordan Croucher performed the whole evening with Classified and sang their hit song "Feeling Fine (Remix)." Classified also played at the World Trade and Convention Centre (WTC) and at the ECMAs Awards show,

band is on its way to becoming a household name. For those of you who have heard of them, you will know exactly what I am talking about. For those of you who have never heard of them, check them out because you're missing out. They are a six person band with a vast amount of instruments to liven up your night. They are a rock band hailing from

Continued on page 11



Continued from page 10

Newfoundland. In addition to this performance, Hey Rosetta also played at the ECMA Awards show.

There were many more acts to follow at the WTC that evening as well. The Tom Fun Orchestra, Trobiz, and Tracy Starr were only a few.

After I left the Warner Music/Galaxie mainstage showcase at the WTC, I went to the marquee for the Max Trax showcase where many bands hit the stage to play for a sold out venue. People were outside the bar waiting for a chance to get in, and others were just listening to the music coming from inside. I managed to see both Slow Coaster, and Chris Colepaugh and the Cosmic Crew, but sadly missed the Novaks, Jenn Grant, and Two Hours Traffic. After seeing some amazing performances, I headed backstage to talk with Slow Coaster. Although they were rushing to go to

Ashley MacIsaac's wedding they posed for a picture for their loyal fans at MSVU.

Sunday evening was the ECMA Awards show. This proved to be a good time and a good laugh, from the Trailer Park boys making their entrance to host the awards show in their trusty car, to Bubbles singing his Kitty Cat Song. The boys kept the crowd entertained and kept them laughing throughout the evening. However, faces stopped laughing when Peter Mackay came onto the stage to welcome everybody and tell us how glad he was to be in Toronto. Ah, Peter, we were in HALIFAX!!!! The politician quickly retracted his statement and tried to recover by stating the name Halifax; however, this correction was not noted by much of anyone because you could not hear over the crowds hasty boo's echoing through the Metro Centre. Later on in

the program, entertainers and presenters spat clever jabs at the politician, and all the while he sat with an embarrassed smile on his face, trying to take it like a good sport. There were many great performers at the ECMA Awards show including Rex Goudie, the Newfoundlander from Canadian Idol.

During the awards show, classic local talents were awarded for their work over the year and these artists included In-flight safety, Joel Plaskett Emergency, Jill Barber, Sloan, JP Cormier, and George Canyon. One special award which was presented in the evening was the Dr. Helen Creighton lifetime achievement award to Portia White. Her sister Yvonne White accepted the award on her behalf.

I managed to make it to the after party where many of these talents went to

wind-down or rev-up after the long weekend of performing. I caught up with Chris Murphy, the lead singer of Sloan, who was just happy to be in Halifax for the awards show and to spend time with his mom whom you may have seen when he was out with her shopping over the weekend.

All good things must come to an end, and so it did. Goodbye ECMAs 2007! Bring on ECMAs 2008. If you can make it to Fredericton next year for the ECMA's to enjoy some of the East Coasts talents, I strongly encourage that you do. It was a jam-packed weekend with a variety of entertainment and music to suit all fans.

For more information on the ECMAs please go to the official site at: www.ecma.ca

A Night at the Oscars

By JUSTIN HALEY
Advertising Editor

It was business as usual at the 79th annual Academy Awards with many awards going home with the nominees expected to take them.

Perhaps the biggest story of the night was Martin Scorsese winning Best Director for his film "The Departed", a mob drama that also took home the Best Adapted Screenplay award along with the top prize of Best Picture.

The win marked the first time the storied director managed to win the prize after five previous failed attempts. "Could you double-check the envelope?" quipped Scorsese, poking fun at his losing streak.

Not so lucky, however, was Peter O'Toole who was handed his eighth consecutive Academy Awards loss by Forest Whitaker. Whitaker won Best Actor for "The Last King of Scotland" beating 79 year old O'Toole along with favourites Will Smith, Leonardo DiCaprio, and Ryan Gosling.

Best Actress went to Helen Mirren for her mirror-image portrayal of Elizabeth II in "The Queen". Mirren dedicated her win to the British monarch, despite the fact the royal reportedly hasn't seen the film.

Former American Idol contestant Jennifer Hudson won the Best Supporting Actress award from her debut role in "Dreamgirls." The win was doubly huge for Hudson, who won the chance to act in the film over Fantasia Barrino, the winner of the same American Idol season that Hudson was ousted from.

The main surprise of the night came when Hudson's co-star Eddie Murphy lost his Best Supporting Actor chance to Alan Arkin. Arkin won for his role as the grandfather-coach of a wannabe child pageant star in "Little Miss Sunshine". The film also took home the Best Original Screenplay Oscar.

Ellen Degeneres, host of the gala, noted the importance of this year's ceremony, calling it the most international Oscars to date. The evening boasted the most Mexican nominees for an Academy Awards ceremony and also featured nominees for major awards from Japan, Spain, and Benin.


"What a wonderful night. Such diversity in the room," said DeGeneres adding, "I want to put this out there: If there weren't blacks, Jews, and gays, there would be no Oscars; or anyone named Oscar, when you think about that."

Politics could not be eliminated from the night though, as global warming took the forefront with former American Vice President Al Gore's "An Inconvenient Truth" winning Best Documentary Feature and Best Song for Melissa Etheridge's "I Need to Wake Up."

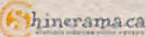
"People all over the world, we need to solve the climate crisis. It's not a political issue. It's a moral issue," said Gore, who earlier in the night jokingly alluded to seeking the 2008 presidential nomination.

"Pan's Labyrinth" took home three technical awards, but lost Best Foreign Language film to the German film "The Lives of Others". Best Animated Feature went to "Happy Feet" which was considered an upset over frontrunner "Cars."

A complete list of winners and photo galleries can be found at www.oscars.org.



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FRIDAY: MARCH 9
ROSARIA STUDENT CENTRE

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\$5 MSVU STUDENTS \$7 NON-MSVU STUDENTS

TICKETS ON SALE NOW

@ THE ROSARIA INFORMATION & ATHLETICS DESKS

Students Say Funk Tuition Fees with a Night at the Campus Pub

By BRUNO PERRON

No question about it, Friday, February 2nd was a hilarious night. Even though it completely drained me, it was all worth it. All those smiles around Vinnie's from the crowd of laughing karaoke superstars, open mic-ers, and hip-hop boys made for a great show.

We gathered at Vinnie's for an important campaign against high

Nova Scotia, it is completely ridiculous for us to simply stand by while facing the highest tuition fees in Canada, so I decided that we should all say "FUNK Tuition Fees." The evening started with the funniest karaoke I have ever seen. Rachel Gummesson and Allison Saunders led the way for hours of brilliant karaoke feats. They sang everything from

Takin' Care of Business (BTO) and *We Are Family* (The Pointer Sisters)? What an awesome way to start off our fun night against high fees. Next on the schedule was Lloyd Nash's long awaited return to behind the microphone. He and Jimmy B. hosted a special Friday night Tuition Fee version of Open Mic. Despite being a little under the weather, Lloyd

our standout talent, Katie Macleod, this year's Mount Idol. She capped off the Open Mic part of the night with a solo performance of *You're so Vain* (Carly Simon). We ended the night with some Hip-hop Performers who came to help strengthen our message that Tuition Fees are just simply too high. IMF made up of Hermitofthewoods and EMC was the



tuition fees headed by the Canadian Federations of Students (www.cfs-fcee.ca). They have been active with lobbying and protest campaigns representing us financially abused students for years. *Freeze the Fees* or better yet, *Reduce Tuition Fees*. In

Material Girl (Madonna) to *Freebird* (Lynyrd Skynyrd). But the highlight of karaoke was definitely William McCulligh's overwhelming interpretation of *Lollipop*. Or was it the disastrous performance by the Students' Union executive singing



still came out and performed some of his well-loved classic covers. A few other Mount-loved performers got up to give some great tunes while their fans sang along, played pool, and enjoyed free soup donated by Aramark. A special shout-out should be given to Adam Smith and his three buddies who came out and amazed the crowd. The last word was given to

last group of the night after performances by Spesh K and other invited guests.

A huge thanks to all those who came down during a cold night to show their support for the show and the campaign, and thanks to those who had great big smiles all night. *FUNK Tuition Fees* was a huge success.

OPEN MIC
WITH JIMMY B

Vinnie's
PUB & LOUNGE

**WE HAVE
MOVED!**

Toonie Tuesdays Have Arrived

GRADUATE STUDENT NIGHT
Conversation, Coffee & Camraderie!

OPEN MIC WITH JIMMY B
Sing 'Till You're Blue in the Face!

TOONIE SPECIALS ALL NIGHT
Because it's Toonie Tuesday!

6pm till close every Tuesday at **Vinnie's**
PUB & LOUNGE

It's Time for Wish Day 2007!

By LESLIE EARLE

The 4th Annual MSVU Wish Day is just around the corner, and that means lots of fun for everyone – hockey, entertainment, food, a silent auction, and even a casino night! This year Wish Day is taking place on Friday, March 16 from 8am to 12 Midnight. Activities will be held in the Assisi Hall Parking Lot, on Rosaria Terrace, and in the Multi Purpose Room.

There'll be lots of activities and many opportunities for you to get involved. If you can sing, dance, or even spit gold coins while standing on your head we'd love to have you as part of the entertainment portion of the event. Email jake_yorke1986@hotmail.com or michelle.wall@msvu.ca to sign up now.

Want to volunteer? There'll be lots of chances you for to do so! Contact bonnietobin_msvu@hotmail.com for more information. Imagine helping out a great cause and building your

resume at the same time!

Like hockey? Great! There'll be 16 jam-packed hours to play and watch throughout the day! Create a team and come on down. Don't have a team? No problem! We'll find you one. Spectators, bring your spirit and let's make this the best Wish Day ever!

A BBQ will take place throughout the day, so you'll not want to miss out on some great food. Also, join us to browse the silent auction. There will loads of great items up for bid! As well, a Casino Night is being planned for the evening segment, watch for more details!

Please take time to join us on Wish Day. You'll be supporting the Children's Wish Foundation of Canada – Nova Scotia Chapter. See any member of the MSVU Housing Team for more details.

Elections in March, Get Involved

By STU CALDWELL

Hello friends. DRO Stu Caldwell here letting everyone know that the spring elections are coming up in March. I wrote this little article so everybody knows what's happening and where next month regarding the executive and council elections. Nominations for executive positions start on the same day (28th of February) as the nominations meeting which will be held from 3-4pm in Rosaria. A separate nominations meeting for the council will be held at the same time/location on March 14. Executive speeches will be held on the 1st and 5th of March in Seton and Rosaria respectively and the 19th and 20th in Seton and Rosaria for council. All Candidates meetings will be held March 7th and 8th in the Link and

Rosaria for executive and the 22nd in the Link for council. Voting day will be the 12th and 13th in Seton for executive and 26th and 27th in Rosaria for council. If anyone has any questions regarding the upcoming elections or would like to be on the elections committee, either myself or CRO Dave Porter can be found in the Crows' Nest from 12-3 during weekdays and we'll do our best to help you out. You can also reach us by e-mail at: David.Porter@MSVU.ca or Stucaldwell@accesswave.ca. And remember: every time you don't vote, a kitten dies. Think about that.

Kids Carnival Not Just for Kids

By LISA HARRIETHA and
MEGHAN WITZANEY

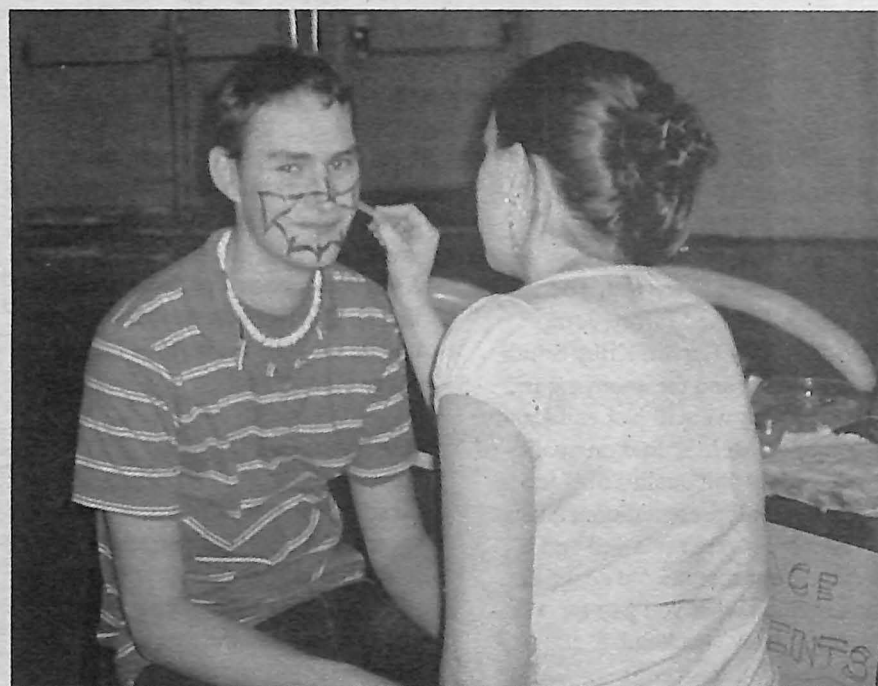
On February 3rd, the Fountain Play Centre held its 4th Annual Kids Carnival, and it was a huge success. The carnival was held in Rosaria's Multi-Purpose room; about sixty children from the Play Centre as well as the community come through, and about \$150 was raised for the centre. If you came to the carnival, you know that there were tons of fun things to do and great things to eat. We had a bouncy castle and a large pizza maze, face paints, cakewalks with "ice cream cone cupcakes," popcorn, an art table, and games. It seemed that everyone that came through enjoyed their time and had a blast.

The biggest attraction was the pizza maze. Children lined up to enter the maze, and the parents and volunteers joined them. The maze was like a giant wind tunnel, and some of the adults needed help to get out! Our face painters (Lisa and Sammy) were very talented, and by the end of the carnival we had a number of tigers, princesses, and superheroes running around. The children were exited to be transformed!

We would like to take the opportunity to thank everyone who gave their

time and helped us to run the carnival. It would not have been possible without the help of the centre volunteers, some Students' Union volunteers, and of course the Students' Union General Manager, Kenney Fitzpatrick. We thank all of you for sharing your time and talents and helping to make this year's carnival another success. We would also like to thank the parents of the centre who generously brought in all the prizes for our Cake Walk. Thank you to everyone who came and participated as well!

The Fountain Play Centre is a service provided through Students' Union. It offers quality child care for students at the low price of \$1.50/hour. The centre is managed by two Mount Saint Vincent University students, and care is given by Mount Students who give their time each week. Please drop by and see us at Rosaria 113, and we would love to answer any questions you may have about childcare or volunteering in the future!



Volunteer Andrew Carver gets his face painted by Lisa Wallace

Frigate Pub Hosts Local Comedy Troupe Picnicface

Frigate Pub located at 1582 Granville St. just below Pogue Fado will be holding a new comedy night with the Picnicface Comedy Troupe. You can get your laugh on every Tuesday Night from 8:00pm till 10:00pm for just \$4. After forming only 7 months ago, Picnicface Comedy Troupe was named Top Comedian in Halifax by the Coast Readers' Poll last year impressively beating out major comedians Shawn Majumder and Cathy Jones! Tuesday shows will be "like stand-up comedy only with an alternative bent, improv and more character monologues and weirder stuff," says Mark Little, head member of Picnicface. The 8 members of Picnicface are; Mark Little, Kyle Dooley, Cheryl Hann, Andy Bush, Brian MacQuarrie, Peter White, Bill Wood and Evany Rosen. You may recognize Andy Bush from hosting Street Cents. Every Tuesday night at Frigate Pub Mark Little will host the show featuring a different member which is sure to shake things up for returning audiences. Comedians Dave Millet and Albert Howell will also be making occasional guest appearances. Dave Millet recently won the Halifax portion of the Great Canadian Laugh-Off, and Albert Howell performed improv on Heaven and Hell and "will improv your pants

off", says Mark Little.

Mark Little explains that audiences can expect "conventional comedy, weird comedy, video sketch, and honestly just a lot of stuff they've probably never seen before. But all of it will be funny!" Mark Little further describes the comedy style by saying that "it's definitely not mainstream stuff. It's a little weirder, drawing on sketch comedy sources like Monty Python, Kids in the Hall, Mr. Show, and the Lonely Island (a new but wonderful source), and stand-up sources like Eddie Izzard, David Cross and Mitch Hedberg." Mark Little also predicts that audience members "Should expect to see laughing audience members—ALL AROUND THEM. Some of these audience members will be soaked in tears. That's okay—they're positive tears." Frigate Pub is a newly renovated Maritime nautical themed pub soon to be filled with roars of laughter on Tuesday nights!

You can visit Picnicface at www.myspace.com/picnicface though you would have to see a live performance to really experience the full effect of the alternative comedy style that the troupe has very creatively put together.

The Random Review: TV Dinners

By JEFF DEVILLIER
Focused Press

In this month's random review, we put TV Dinners to the test. The Testers: Adrienne Murray, Jeff deViller, Andy Carver, Kilby Smith, Lisa Wallace, and the anonymous reviewer who we will just call Randy. The dinners were scored on quality of meat, variety and quality of side dishes, overall presentation, and size. Five dinners were reviewed and it became clear that the old adage is true. You get what you pay for. For the full review check out www.FocusedPress.com.

The Meal: Michelina's
Cost: \$1.99
Graded: 51%

Overall: The steak was pretty good, and the price was unbeatable. The side dish was unique but got mixed reviews.

Comments:

Jeff: The first bite was tasty. The second was gristle. Mmm... mmm... good.

Kilby: The roasted potatoes tasted like KFC reject potatoes. They were unique though, not mashed like in every other dinner.

The Meal: Stouffers

Cost: \$2.00

Graded: 37%

Overall: Hated! Adrienne never tried it and those who did regretted it. The meat tasted like ground hamburger, and the potatoes were runny and flavorless.

Comments:

Kilby: Too soft. Where's the beef? Right here in this so-called steak. Not worth a toonie.

Jeff: The potatoes were runny, though pretty tasty and lots of them.

The View From the Info Desk

By THE INFO DESK STAFF

Like The Young and The Restless, and As the World Turns, MSVU has its own soap opera...

The View From The Info Desk

Working at the Information Desk in Rosaria has a few perks; the most notable is that we have a clear view of what is happening all around us. So many stories and events are worth mentioning...but one story especially comes to mind.

Two young lovebirds, Keith and Scarlet, sit at the tables in front of Rosaria Info Desk.

"Oh Keith," Scarlet sighs, "Thanks for the Stats help...are you coming out to Vinnie's tonight with me and the girls?"

"No, I can't...(looking away...obviously searching for an excuse), I have to study with some of the girls in my Anthropology class. I have a mid-term tomorrow...besides, you'll have more fun without me stealing you away all night, but don't worry, I'll be thinking about you all night."

More words are muttered...unheard by the information desk clerk, as a student has a fax to be sent to Bermuda.

The next day Scarlet—looking obviously hung over and upset about the dramatic events of the previous night—corners Keith at the vending machine by the Mount Fitness Centre almost escaping the gaze of the info desk clerk.

"Last night was the worst night of my life," she says, burning holes into him with her eyes. "I can't believe you showed up at Vinnie's with Chanelle!"

"I...I....," stammers Keith.

"You know what? I don't want to hear it!" screams Scarlett. The couple's cover is blown as her yell echoes all over Rosaria. Scarlet slaps Keith across the face and storms up the stairs.

Tune in next issue for more of The View From The Info Desk

The Meal: Our Compliments

Cost: \$2.19

Graded: 68%

Overall: The Our Compliments TV Dinner was the favorite of Kilby, Jeff, and Randy. Good steak, decent portions, and very affordable.

Comments:

Jeff: The meat, though bland, wasn't half bad. A little tough, but the flavor was good.

Kilby: A+, 2 side dishes and a dessert. I feel spoiled. Good potatoes!

The Meal: Swanson

Cost: \$2.50

Graded: 71%

Overall: The favorite of Adrienne, Lisa, and Andy, this dinner may be a little more expensive, but is worth the additional 20 cents. What else can we say? A good brand making a good TV Dinner.

Comments:

Adrienne: It's the best! Probably as good as a TV Dinner gets! Nice flavor and tender.

Kilby: The Dessert was the best and the corn was pretty good. Lots of side dishes. Steak and potatoes were lacking a bit, but it did have complementary mushrooms.

The Meal: Swanson's Hungry Man

Cost: \$4.50

Graded: 73%

Overall: Though it was rated the highest, this over-priced beauty was no one's favorite. Not bad, but not the best.

Comments:

Jeff: The meat was covered in a weird thick sauce that was still cold even after following the instructions. Weird aftertaste and fought all the way down.

Kilby: Fresh and had good side dishes, but not worth the \$4.50. Of all the meals, this one tastes the most like steak.

Recipe: Chinese Shrimp

By JANE MCCORMACK

This simple recipe can be adapted to use chicken, soy/meat-free alternatives, red meat, or fish. The recipe can be divided into two portions, so you can stretch your budget. It is nutritious and healthy cooking. Enjoy!

Shrimp Chinese Style

Preparation time: 10 minutes

Cooking time: Approximately 5 minutes

Cooking temperature: Hot pan or wok

Not suitable for freezing

Ingredients

° Small Onion
~ Green Pepper
1 Teaspoon oil (Sunflower, Corn, or Canola)
2 Tablespoons Sweet corn (Fresh, Tinned, or Frozen)
2 Tablespoons Soy Sauce
1 Mug Bean sprouts
50g (2oz) Frozen Shrimp

Method

1. Peel and chop the onion, and cut the pepper into thin strips

2. Cook the onion and pepper in the oil for 3 minutes
3. Add the sweet corn, soy sauce, and bean sprouts and cook for a minute
4. Finally add the shrimp and cook until warmed through.
5. Serve with rice, noodles, and a vegetable of your choice.

**DOES SOMEONE
YOU LOVE HAVE A
DRINKING PROBLEM?**

You can see what it's doing to them, but can you see what it's doing to you? To learn more about the help and hope we offer to friends and families of problem drinkers call us at 902-466-7077 or visit our website

www.freewebs.com/alanonmaritimes

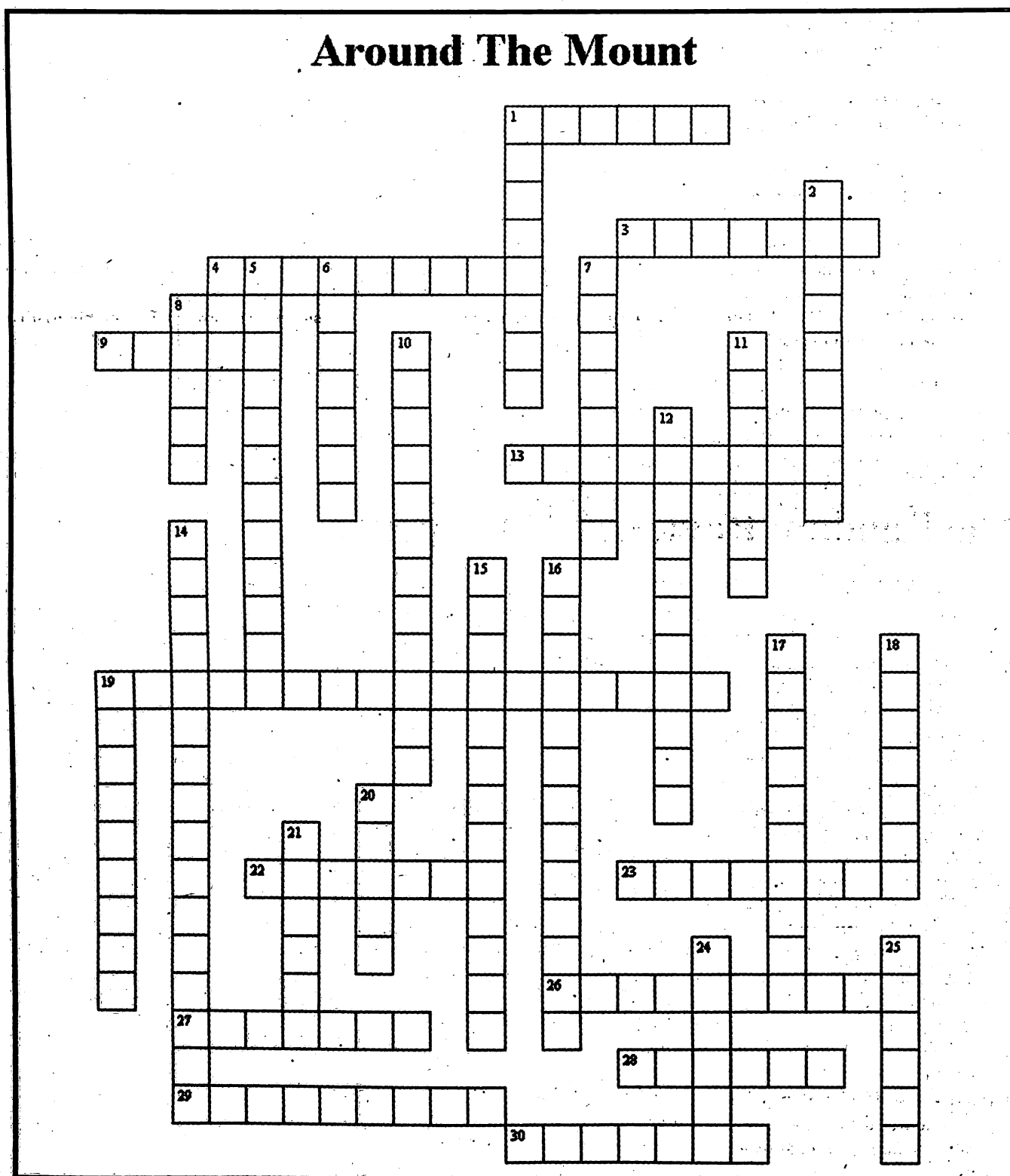
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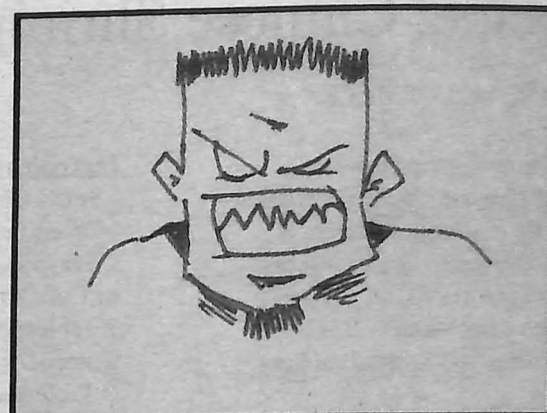
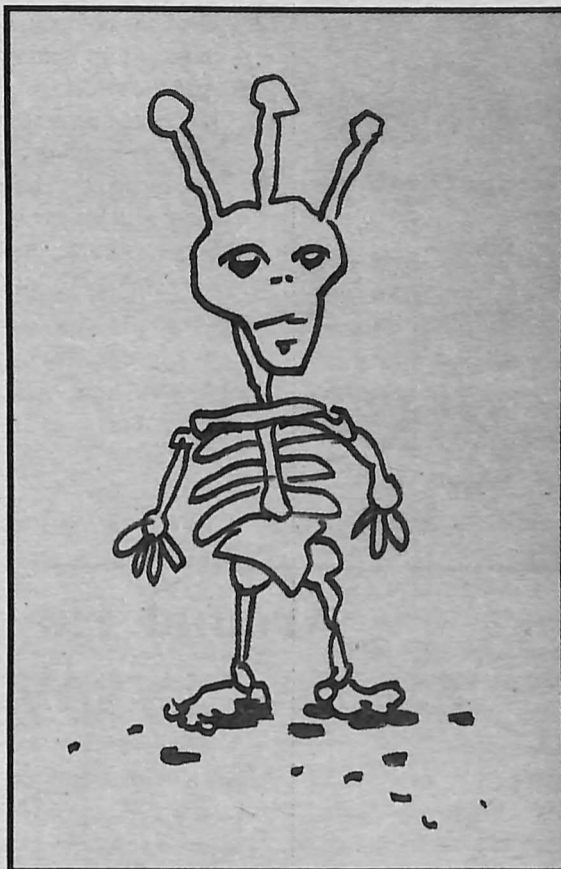
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Spotlight on Liam MacDonald

Illustrations By LIAM
MACDONALD



2007 Graduation Events

Are you Graduating this year? Then be sure to take advantage of upcoming Grad events before you make that big leap!

**GRAD & Coffee
BBQ House**



Thursday, April 5, 2007 - 1pm to 4pm

Enjoy an afternoon BBQ sipping spicy Java and hangin' with your fellow graduates. Meet them there after or before class and stay into the evening! Today is the last day of classes and your last hurrah as a Mount student.

THE SENTINEL GRAD CONTEST

Hey Graduates! Here's contest sure to get you excited.

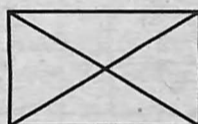
What better way to end your time at MSVU then by having your own FULL PAGE spread in the GRAD issue of the Sentinel.

To enter this crazy contest, simply email the Sentinel, and in 100 words or less, tell us why you should get your own page. The best write in wins!

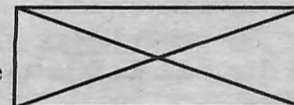
Fill your page with pics of you and your friends, your fave Mount moments or Professors. Document your time at MSVU your way!

DEADLINE For Entries Is April 2, 2007

Email entries to: newspaper@mountstudents.ca



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's School of Orthoptics/Ophthalmic Medical Technology 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 2007 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, 2007.

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@iwbknshealth.ca
(902) 470-8959

SPORTS

Mount Varsity Sports: Spotless Records and Team Players

By TARA MACPHEE

Men's and Women's Basketball**Mystics Unbeaten**

The MSVU women's and men's basketball teams remain unbeaten in Atlantic Colleges Athletic Association play. Going into the final weekend of league action, both teams are ranked number one in their conferences with identical 19-0 records. The women's team, ranking 10th in the Canadian Colleges Athletic Association, are looking to capture their first ACAA title in since 2003-2004. The men's team, ranking 4th in the Nation, are looking to again be named league champions and represent the Conference at the CCAA National Championships hosted by NSAC of Truro on March 12-15th. This year's ACAA playoffs will be hosted by Mount Allison University on March 2-4th.

Athlete of the Month

Jenna Dunn and Damian Gay have been named CCAA Athletes of the Month for the ACAA

**Women's Volleyball**

The Volleyball team is competing in the ACAA Championships on February 24 and 25th 2007. The team, ranked 3rd in the conference, finished the season with a 16-8 record and will face rival Mount Allison in the semi-final game. The Mystics have been playing very well in the second half of the season and look to make it back to the conference finals and avenge last year's finals' loss to Saint Thomas.

Awards

- Senior Allison Saunders was named to the ACAA All Conference 1st Team
- Jasna Toprek was named to the ACAA All Conference 2nd Team and was also named ACAA Rookie of the Year.



Athletics and Recreation March 2007 Update

EMPLOYMENT OPPORTUNITY**SUMMER Day Camp Leader**

Looking for a summer job? The Athletics and Recreation Office at Mount Saint Vincent University is looking for Summer Day Camp Leaders! If you are enthusiastic, energetic, have experience working with children between the ages of 5-11, and are interested in this opportunity, please submit your resume to Tara MacPhee in the Athletics and Recreation Office, Rosaria Centre Room 127 or by e-mail at mount.fitness@msvu.ca. Deadline: Wednesday, March 28, 2007

FITNESS NEWS**NEW! Relaxation & Meditation Class**

Learn simple relaxation and meditation techniques to cope with stress.

Time: 1:15pm-1:45pm

Dates: Tuesday, March 27th & April 10th Thursday, March 29th, & April 12th

Location: Rosaria Exercise Room
FREE to MSVU Students, Faculty, and Staff

RECREATION EVENTS**Intramural Street Hockey**

Date: Sunday, March 11th and 18th

Time: 2pm-4pm

Evaristus Parking Lot

Free to play. Player must be Mount students. No sign-up is required. Players will be assigned teams on a weekly basis. The Athletics/Recreation Office have some sticks. Participants are responsible for their own safety equipment.

3 on 3 Basketball Fundraiser Tournament for Breast Cancer and Prostate Cancer

Date: Wednesday, March 21st

Time: 7:00-11:00pm

\$10/player. Guaranteed three games.

Varsity and non-students welcome.

Teams of 3-4 players. Must have a least one female on the court at all times. Register at the Fitness Centre Front Desk. Space is limited so please register early to avoid disappointment.

Indoor Soccer

Every Saturday in March there will be indoor soccer.

Saturday Nights, 7:00-9:00pm. Mount students only.

FREE MOVIE NIGHT: "Flushed Away"

It's March Break time! Take the kids.

Date: Sunday, March 11th

Time: 7:00pm

Location: Seton Auditorium D

"An Inconvenient Truth"

Date: Sunday, March 18th

Time: 7:00pm

Seton Auditorium D

Faculty, bring your classes; it's great for discussion. Join us for a post movie discussion. All welcome.

3rd Annual MARDI GRAS SUPER PUB

Friday, March 9

Mount Students \$5. Non Mount students \$7.

Vinnie's Pub rules apply. Brought to you by the Rec Society and the Students' Union.

March is Nutrition Month- Join us for a free lecture

Friday, March 9 from 12:15-1:00pm

Rosaria Fitness Centre, Exercise Room. Presenters from our Student Nutrition Services will be introducing our new Canada Food Guide and presenting on this year's Nutrition Month theme, "Cook it up Healthy."

Please feel welcome to bring your lunch. All faculty, staff, students, and community members welcome.

PROGRAM INFORMATION**Locker Rentals**

Winter term locker rentals end April 15, 2007. Lockers must be cleaned out by this date. Summer locker rentals are available at the Fitness Centre Front Desk.

Spring Basketball Leagues

Women's Basketball League

Date: Monday Nights- April 16 to June 18

Game Times: 6:00pm, 7:15pm, 8:30pm, or 9:45pm

Fee: \$75.00 (includes a T-shirt)

Register at the Mount Fitness Centre. Men's Basketball League

Date: Wednesday Nights- April 18 to June 20

Game Times: 6:00pm, 7:15pm, 8:30pm, or 9:45pm

Fee: \$75.00 (includes a T-shirt)

Register at the Mount Fitness Centre.

Spring Instructional Classes

Join us this April for our Spring Instructional Program. We offer Yoga, Pilates, Women's Self Defense, Children's Bully Proof, Babysitter's Training, and Dance classes. Visit the web at www.msvu.ca/fitnesscentre for details on these and other programs.

JUST FOR KIDS!**Summer Day Camps for Children**

We offer 9 weeks of fun filled camps for children who will be entering grades 1-6 in September 07.

Registration begins April 2nd. Choose from daily and weekly options. Don't delay; we fill up fast. www.msvu.ca/fitnesscentre

Girls Basketball Skills Camp

One hour of skills & one hour of play. For girls ages 9-11

Date: Tuesday Nights—April 10 to May 15

Time: 6:00pm-8:00pm

Fee: \$60.00 (includes a T-shirt)

Resource Center InfoComic

THE STUDENT'S UNION WOULD LIKE TO INVITE YOU TO TAKE ADVANTAGE OF THE STUDENT RESOURCE CENTER! WE'RE LOCATED JUST OUTSIDE THE CROW'S NEST. KEEP READING TO FIND OUT WHAT WE DO! LIKE OUR FOOD RESOURCE—WE GIVE YOU FREE GROCERIES! (ALL U NEED IS YOUR MSVU ID & HEALTH CARD)

SO COME FOR A VISIT! WE HAVE COMFY COUCHES! A GREAT LOUNGE SPACE!
LOOK FOR OUR NEXT COMIC IN THE NEXT SENTINEL!

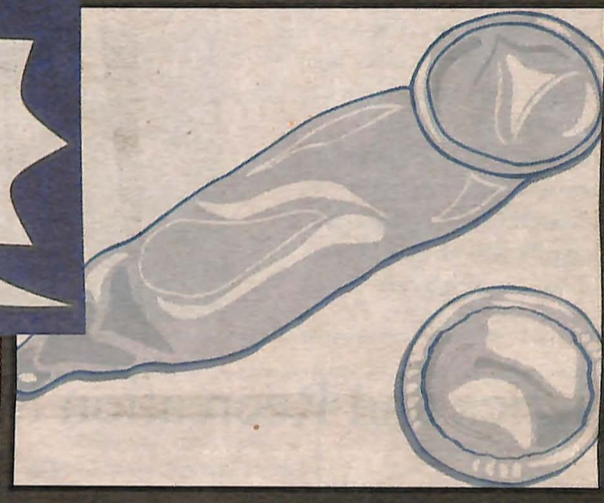
MSVU

YOUR GUIDE TO INSIDER INFO @ THE DIVERSITY CENTER



FREE GROC
BRING YOUR MSVU ID & HEALTH CARD! U CAN COME EVERY 2 WEEKS! WOOT!

Your **FREE** condom destination!



NEED SOME NEW CLOTHES? CHECK OUT OUR CLOTHING STORE! CHEAP PRICES. ALL YOU CAN STUFF WEDNESDAYS FOR \$5



BOOKS BOOKS AND MORE BOOKS!

Come check out our library for all your research needs!



We got the comfiest couches around! Oh yeah, and if the crow's nest is booked... you can book our lounge space! Just ask us!

