

# THE SENTINEL

THE MSVU STUDENT NEWS NETWORK

*Inside:*

*My First Year of University  
Men Rules: A Guide for Women  
MSVU Halloween Photo Gallery*

the msvu international society presents  
**MULTI-CULTURAL NIGHT**  
**2008!**  
the hottest night of the year!

**Plus: Scholarships & Awards from Alumni Affairs and a Look at Term 2!**



## Local News

### DJ MayDay on the record!

By: Kira S????

Music was on his mind as far back as the age of 5. His journey began on cassette tapes, switching to CD's to satisfy his eardrums even further, until finally he realized, coming to a conclusion as he looped Michael Jackson's "Thriller" record until the needle on his turntable broke- his love for music was on Vinyl.

Peter Desmond Maynard aka *Dez* aka DJ Mayday was born in Montreal, Canada in 1984, but was raised in the well known tourist city of Nassau -the Bahamas- for much of his life. While "back home" on the island, he would listen to 100 Jams -a popular radio station in Nassau- on a habitual basis, admiring local DJ's like *Deon the Butcher* and *DJ Scooby Doo*. Music and video games was much of his daily routine as a youth, he'd joke. His love of music was strong, but his passion for it didn't quite steer him towards turntables at first.

As a child, he was well versed in the piano, trumpet, and guitar. Though he enjoyed playing instruments, there wasn't the same level of satisfaction he experienced watching his Thriller record spin. His thirst for that analog sound steered him back to vinyl.

He tried his hand at being a DJ, making his debut at a benefit for the victims of hurricane Katrina. It was a major success, and his performance was met with praise from the crowd, inspiring him to consider DJ'ing a career. It wasn't until he met his brother in music *SO\$A*, did he decide to take it seriously. As Dez progressed in talent, *DJ Flava*, an important influence to his style and technique, taught him stage presence and how to connect with the crowd. He was a quick study, providing solo sets that would make his mentors want to take notes. It wasn't long until he broke out on his own, forming a group of DJ's dubbed *Selek Sound*, and headlining big-time events such as the *Black Affair* and *White Affair* the 2006 Absolut.

Professionally he has been in the DJ business since 2005, but as of 2002, his mixes could be heard worldwide via the internet.

Though his love of music stays strong, family and education remains important fixtures in his life. He's forever thankful for his parents

Peter and Dianne Maynards who've accepted and supported him in all of his musical endeavors, and his brother in Vinyl *SO\$A*, who keeps him focused on becoming the best at what he does. He currently attends *Dalhousie University* in *Halifax, NS* where he's pursuing a bachelor's degree in Commerce. His plans are to graduate in May 2009, and attend law school in London where he'll study civil law. He'll keep a briefcase under one arm, while he holds firm to his Thriller record under the next.

He'll inform any soul within speaker range of his greatest strength as a DJ- the uncanny ability to hype a crowd.

To get a booking you can text Dez at 449-8855

### "Safari Fiesta" - 7th Annual Multicultural Night

On November 21, 2008 The *International Student Society* of Mount Saint Vincent University is proud to present our 7th annual *Multicultural Night "Safari Fiesta."*

The internationally inclusive affair will be held in the Multi-purpose room at Mount Saint Vincent, Rosaria, Halifax. With 44 students representing 46 different countries,

the event -aptly themed "the four corners of the world"- will showcase the university's diverse population through dance performances, exotic dishes, and an afterparty featuring popular music from around the world.

This year's theme is *Safari Fiesta*. Different part's of the world will have a "Safari" to represent them, allowing all who attend to compare and experience new customs from abroad. For one night in November, the world comes to you.

#### **Tickets are available at:**

All ISS members

Student Union Information Desk.

1 hr Martinizing on Bedford Highway

PRC Urban Wear on Spring Garden Road

Every Thursday at the Link between 11am- 1 pm.

For More information Contact

Rasheeda Burgess

(902) 457-0702

*If your group or society has an upcoming event, that you want advertised please send information to [publications@mountstudents.ca](mailto:publications@mountstudents.ca)*

## 7TH ANNUAL MULTICULTURAL NIGHT "Safari Fiesta"

FOUR CORNERS OF THE WORLD



November 21, 2008

@ 6pm

**MULTICULTURAL NIGHT**

\*Where?: **MSVU Multi-purpose Room**

\* Tickets are available from: **MSVU ISS Members, Student Union Desk & @ Booths**

Ticket Price for Students: **\$25.00**  
(Students from all Universities with student ID's)

Ticket Price for Adults: **\$35.00**  
(Adults age 13 and older)



## NEWS FROM THE LIBRARY

by Darrell MacLean

The MSVU Library wishes to introduce two additions to the Library, Sarah and Suzie SitePal, our talking avatars. By adding the avatars to the site we hope to make the site more interactive and fun at the same time! The avatars are used to welcome students to the library, to highlight library resources and services, and to relay information about library events. In honour of the launch of our avatars the library is hosting a contest for MSVU students. Find Suzie SitePal on the MSVU Library website and listen to what she has to say, fill out an online ballot, and enter to win a prize! One prize will be awarded at the end of every month and students can only submit one ballot per month.

We will be holding our Open House on Tuesday, November 18<sup>th</sup> from 3 p.m. – 9 p.m. We welcome everyone to come in and meet our staff and enjoy refreshments. Members of our staff will be available to address your library and research needs as well as providing assistance with reference and citations for your term papers and assignments.

In the coming weeks a new display will be installed at the back corridor of the library on the main level. 'Treasures from the MacDonald Collection' will feature approximately ten items from the renowned book collection which William MacDonald (1877- 1959) donated to Mount Saint Vincent University. The items selected for the exhibit

Suzie SitePal

SitePal

Contest Ballot

Email

Name

Phone

Answer

will feature exemplary craftsmanship and are significant editions in publishing history.

As final assignments are due and exams approach we remind everyone to be considerate of other patrons using the Library and respect the zoned areas which are for silent study purposes.

### Free Public Lecture on Violence Against Women

The Metro Interagency on Family Violence and the Dalhousie Women's

Centre present:

The War on Women: A Free Public Lecture by Brian Vallee

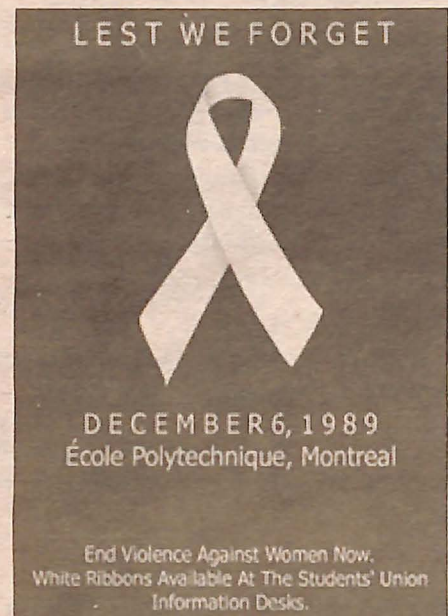
Thursday, December 4th,  
at 7:00 pm The  
Potter Auditorium  
Kenneth C. Rowe  
Management Building  
6100 University Ave,  
Halifax, NS

In his new book, *The War on Women*, Elly Armour, Jane Hursham, and Criminal Domestic Violence in Canadian Homes, Vallée uses Armour's life story and other case studies, including Hurshman's, to prove the need for a dramatic shakeup in North American legislative, law-enforcement, and judicial approaches to domestic criminal violence. Stephen Lewis wrote an impassioned foreword for the book, urging the creation of a fully funded United Nations international agency for women that would provide "a tremendous force for advocacy and

intervention" and would "inevitably move toward the recognition that domestic violence is its own holocaust....We're not just fighting for women's human rights; we're fighting for women's lives."

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

Everyone Welcome!



## The War on Women

Free Public Lecture by Brian Vallee



Brian Vallee is the producer/director of CBC's *the fifth estate* and is the internationally bestselling author of *Life with Billy*. Using his most recent book, *The War on Women*, as a starting point, he will share his experience, knowledge, and recommendations for eliminating Violence Against Women.

**December 4th, 2008**  
**7:00 pm**  
**Potter Auditorium**  
**(Kenneth C. Rowe Management Building)**  
**6100 University Ave**

Co-sponsored by the  
Metro Interagency on Family Violence  
and the  
Dalhousie Women's Centre

We wish to thank  
The Deputy Minister's Interdepartmental  
Committee on Family Violence  
(Departments of Education,  
Community Services, Health,  
Health Promotion and  
Protection, and Justice)  
and  
the Nova Scotia Advisory  
Council on the Status of Woman  
for their generous funding of this event.  
They have made this event possible  
and accessible for everyone.





## ART GALLERY NEWS

### Annual Mount Community Show

MSVU Art Gallery 27  
November to 14 December  
Opening reception, Thursday 27 November at 12noon

**Call for Entries:** Students, staff, faculty, alumnae and your families and significant others are invited to enter up to three examples (per person) of your creative work in the *Annual Mount Community Show*. Everything from painting, photography, sculpture, sewing and knitting, to writings musical performances and baking will be put on display.

#### To Enter:

- Entries will be accepted in the Art Gallery November 10 through 19, 9am to 5pm
- Complete the attached entry form and submit it to that Art Gallery with the items you wish to exhibit.
- Label each piece with your name and telephone number. Maximum 3 items per person.
- All works must be ready to hand (i.e. mounted, with a wire or other attachments for hanging)
- Performances must be scheduled. Call Traci Steylen at 457-6160
- Edibles to be entered on opening day before noon. They will be eaten!

Entries must be picked up 15-19 December 2008 and 6-9 January 2009

The Gallery will not be responsible for storage of Entries after 9 January 2009.

#### Upcoming after the break!

#### *Logotopia: The Library in Architecture, Art and the Imagination*

Organized by Cambridge Galleries

10 January through 22 February 2009

*Logotopia* presents notable examples of library architecture, and thematically related art, literature, and artefacts of popular culture.

#### *Jason W. Fowler Fitzpatrick: Bite and Burn, Encore*

Organized by MSVU Art Gallery

Ingrid Jenkner, Curator

10 January through 8 February 2009

Prints are pulled from the artist's freshly tattooed back in this performance of printmaking as ordeal.

### ENTRY FORM

### Annual Mount Community Show

Organized by MSVU Art Gallery, Seton Academic Centre  
27 November through 14 December 2008  
opening 27 November at noon

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_ Phone (work): \_\_\_\_\_  
Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Email address: \_\_\_\_\_

#### Title and Description of Items

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

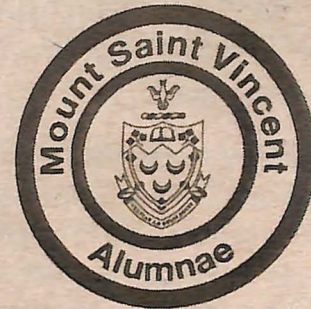
Please check one: ☐ student ☐ staff ☐ faculty ☐ alumnae ☐ family of

#### MSVU Art Gallery

Mount Saint Vincent University  
Located in Seton Academic Centre. Office in Room 209.  
166 Bedford Highway, Ground Floor  
Free Admission, Free Parking on weekends

**Hours:**  
Closed Monday  
Tues-Fri: 11 to 5  
Sat, Sun: 1 to 5

[www.msvuart.ca](http://www.msvuart.ca)  
902 457 6160



#### Did you know.....?

That the Mount Saint Vincent Alumnae Association is an Association that is active and inclusive of all alumnae committed to the promotion of Mount Saint Vincent University and connected to students and alumnae? That Mount alumnae are 24,600 strong and growing? And, that Mount alumnae give back to the Mount in many ways?

Many students benefit from the numerous scholarships, bursaries, awards and academic prizes established by the Alumnae Association. The Alumnae Association also supports students through the sponsorship of such programs as Shinerama and Tri-mentoring, as well as events such as the Grad Class 2009 (coming up in November) and the Ring Presentation and Reception in the Spring.

Check out the list of scholarships and awards funded by the Alumnae Association:

#### Scholarships

Mount Saint Vincent Alumnae Association  
Endowed Scholarship  
125<sup>th</sup> Anniversary MSVAA Endowed Entrance Scholarship

## MSVU Students Scare Up A Good Time!

October may have been filled with mid-terms and other less exciting fare, but there was one thing it had...and that was a good scare. Over the course of six days MSVU students got dressed up, grossed out and had the proverbial crap scared out of them by attending the annual MSVU Haunted House and Halloween Pub at Vinnie's Pub.

This year MSVU students got an additional scare as the MSVU Mount Cup residence teams went all out decorating their residences. The students of Assisi even produced their own mini Haunted House to raise money for second term's upcoming Wish Day fundraiser. There was definitely some magic in the air, water and fog this October to once again prove that MSVU students are the most creative and exciting students in the city.



## Awards

MSVAA Student Library Research Award

## Prizes

Sister Rose Celestine Prize in French  
Sister Francis d'Assisi Prize in History  
Sister Marie Agnes Prize in English  
Dr. Patrick O'Neill Prize for Public Speaking  
Dr. Mary Schoenenburger Prize for Education  
Dr. Lillian Wainwright Biology Prize

## Bursaries

MSVAA Endowed Bursary  
Toronto Chapter Golden Jubilee Bursary

## MSVAA Non-Academic Awards

Alumnae Award for Teaching Excellence  
Alumnae-Students' Union Leadership Award

*Alumnae – staying connected to the Mount and giving back to their alma mater.*

**Megan Power** - MSVU Briarwood Degree Frame, courtesy of MSV Alumnae Relations, University Advancement

**Morris MacLeod** - Grad Bear, courtesy of the Mount Bookstore

**Sarah Martin** - Photo Album, courtesy of MSV Alumnae Relations, University Advancement

**Zach Wintonyk** - Backpack, courtesy of MSVU Students' Union

To claim your prize, please contact Alumnae Relations at 457.6433.

A big thanks to everyone who participated! A special thanks to our prize sponsors: the Bookstore, Public Affairs, MSVU Students' Union, and University Advancement. We hope to see you again, as we celebrate your milestone year.

2. Get involved and you'll have a blast. The experience and friends that you will make will be worth it. You get way more out of your university experience if you do!
3. Marks are going to drop from high school to university –that's part of life. Just because you got good marks in high school doesn't mean that it will come naturally in university. You have to earn them here. You just have to learn what to expect and keep trying.
4. Frosh week is a DEFINITE, and a must to get your university career started. Try, and do everything you can because frosh week is designed for you, so you might as well get something out of it.
5. Be open-minded, and talk to everyone because you never know who you could meet.
6. Facebook will take over your life, and sometimes you can only "creep" so much before you have to shut off the computer because you have class in the morning.
7. The food from the Caf. Is NEVER going to taste like home; so don't expect it to.
8. Ordering pizza at 1am always seems like a good idea at the time, until the next morning when your room smells like garlic fingers and pizza grease.
9. Rumors fly like no tomorrow; so one bad night at Vinnie's might turn into a month of nightmares. Watch yourself.
10. The hills never get any smaller – you think they will, but they don't.
11. You need to find a balance between academic and social. Too much of one or another isn't good. You know what they say. "Work hard, but play harder" ☺
12. You can't procrastinate!! Just because the teacher gives you a month to do an assignment doesn't mean you can throw it on your floor for 3 weeks before you pick it up and start it. Get a heads start on things because work piles up before you know it.

And finally... Always try your best, and be all you can be. University is all what you make it.

## Saluting the Class of 2009! Grad Class Event

On Wednesday, November 12, the Mount Saint Vincent Alumnae Association and Alumnae Relations, University Advancement, in partnership with the MSVU Students' Union and the Bookstore, saluted the prizes at Vinnie's Pub.



Congratulations to our draw prize winners:

**Amanda Haggerty** - Backpack, courtesy of the MSVU Students' Union

**Blair Thompson** - Photo Album, courtesy of MSV Alumnae Relations, University Advancement

**Jenn Jackson** - Backpack, courtesy of the MSVU Students' Union

**Kilah Ashley** - Backpack, courtesy of the MSVU Students' Union

## My 1st Year In University

My name is Julie, and I'm a first year student. This is what I learned my first semester of university:

1. Make sure you always have quarters. Before you live in res, you don't realize how much laundry needs to be done until you have to do it yourself.





# Varsity Home Schedule



Admission:  
MSVU Students: FREE / Non MSVU Students: \$2 / Community: \$3.00



## Women's & Men's Basketball

- = Saturday, Nov. 1:  
MTA at MSVU  
2pm (W) & 4pm (M)
- = Saturday, Nov. 8:  
HOLLAND at MSVU  
6pm (W) & 8pm (M)
- = Sunday, Nov. 9:  
HOLLAND at MSVU  
1pm(W) & 3pm(M)
- = Wednesday, Nov. 19:  
NSAC at MSVU  
6pm(W) & 8pm(M)
- = Wednesday, Nov. 26:  
MSVU at KINGS  
6pm(W) & 8pm(M)



## Women's Volleyball

- = Sunday, Nov. 2:  
MTA at MSVU  
2pm
- = Sunday, Nov. 9:  
UNBSJ at MSVU  
11am
- = Saturday, Nov. 22:  
USTEA at MSVU  
6PM
- = Sunday, Nov. 23:  
USTEA at MSVU  
12pm



[www.msvu.ca/athletics](http://www.msvu.ca/athletics)



## 2008-09 ACAA Soccer Award Winners



**Sarah Parker**  
- ACAA League MVP  
- CCAA All-Canadian



**Chrissy Henneberry**  
ACAA Rookie of the Year



**Mark Harnish**  
Bob Coe Award Recipient

ACAA  
1st Team  
All Conference



Sara Edsall



Deirdre Gernsley



Sarah Parker



Matt Szeto



Sarah Ali



Amanda Doyle



Cassandra O'Neill



Breagh Macdonald



Patrick Johnston

ACAA  
2nd Team  
All Conference

# Caroling

Get in the holiday spirit!



Tuesday, December 2

(last day of classes)

Time: 12pm-1:30pm

Location: Rosaria Terrace

If you play a musical instrument or like to sing and would like to participate, please contact [joanne.burns-theriault@msvu.ca](mailto:joanne.burns-theriault@msvu.ca) or visit Room 127





## Girl Talk actually likes the music he samples Gregg Gillis fuses pop, hip-hop, and '90s grunge for a living

By Madeline Coleman  
The Link (Concordia University)

MONTREAL (CUP) – Former bio-medical engineer Gregg Gillis, whose Jazz Fest '07 show has become the stuff of YouTube legend, never thought he'd give up his day job for music. Since releasing his 2006's Night Ripper, Girl Talk (Gillis' stage name) has been raking in critical acclaim.

Every Girl Talk song is a frenetic pop music tapestry, weaving samples from artists as disparate as GZA, Nirvana, and Dexy's Midnight Runners into music that practically drags you onto the dance floor Gillis cemented his rep with this year's Feed the Animals. Haven't heard it? No worries – it's offered up on the Girl Talk website for the gorgeous price of "pay as you can."

If you decide to download gratis, be prepared to answer for your thrift. You'll be faced with a poll asking why, with possible answers ranging from: "I might donate later" to "I do not like Girl Talk." "There was seriously a large chunk of people who said, 'I do not like Girl Talk,' which I thought was great," said Gillis, on the phone from Nashville. He professed not to be a big downloader himself, something that is hard to believe considering the huge breadth of samples woven into Feed the Animals.

The great thing about Girl Talk is Gillis' sincere appreciation of everything pop. Gillis overcomes many media pundits' assumptions about recent generations' irony obsession by disagreeing with the idea that "any music is more credible than any other." Is it possible for the hip and discerning to openly enjoy Top 40 offerings alongside the so-called cooler genres of old school hip-hop and early '90s grunge? If Gillis has anything to do with it, absolutely. "I think that's the guilty pleasure system," he said of the perceived inability to enjoy mainstream music sans irony. "That's not really the level I'm at." The discernable Avril Lavigne and Eminem samples in Girl Talk's musical alchemy mean one thing – Gillis actually likes their music. He reasoned that he won't spend time sampling songs he's not into because there are so many songs he could have chosen. His sincerity was exemplified when asked what pop music he's been into lately. He cited the new Busta Rhymes song, Britney Spears' "Womanizer," and Beyonce's new song, "Single Ladies," which he called "phenomenal."



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\*Pastry's  
\*Newspaper

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**Convenience**  
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\*SNACKS  
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\*SALAD & SANDWICHES

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## VINNIE'S PUB MENU

### Snacks and Apps

<b>Quesadilla</b> – veggie, chicken or beef.....	\$8.99
<b>Wings</b> – hot, med, mild, or honey garlic.....	\$8.99
<b>Nacho's</b> with salsa & sour cream.....	\$7.99
(chicken or beef for only \$2.00)	
<b>Fried Pepperoni</b> served with honey mustard.....	\$4.99

### Student Sandwiches

<b>Vincent's Grilled Veggie Wrap</b> .....	\$4.99
<b>Grilled Chicken &amp; Peppers</b> .....	\$8.99
<b>Pulled Pork, Pulled Pork, Pulled Pork</b> .....	\$7.99
<b>Smoked Meat on Rye</b> .....	\$8.99
<b>Philly Cheese steak Sandwich</b> .....	\$8.99

\*\* all sandwiches served with potato salad or baked veggie chips & kosher pickle\*\*

### Pizza /Pasta

<b>Pepperoni Pizza</b> .....	\$7.99
(pepperoni & cheese)	
<b>Veggie Delight Pizza</b> .....	\$6.99
(hot & sweet peppers, onions & mushrooms)	
<b>Steak &amp; Peppers Pizza</b> .....	\$9.99
(grilled steak, sweet peppers, onions & mushrooms)	

<b>Meat or Veggie Lasagna</b> .....	\$8.99
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Haunted  
House



# HALLOWEEN AT



Halloween



Spooky  
Res'



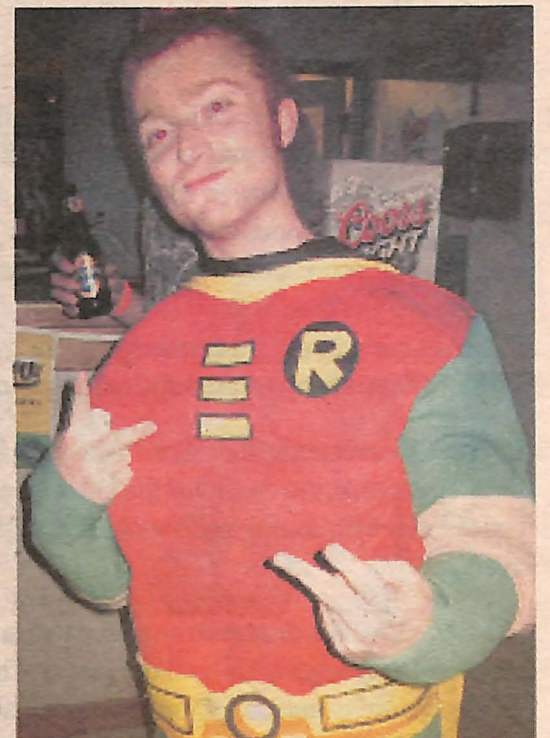




Hunted  
House



# THE MOUNT



Pub Attendee's



Getting  
Creative





## Editorials

### 'Cabbie'

By: Kira Sharwey

Without argument the best in sports entertainment is on The Score Television Network weeknights. Cabral "Cabbie" Richards, host of the hugely popular Cabbie on the Street, Cabbie Unlimited and Cabbie All Stars injects a fresh and current vibe into his interviews with some of the biggest names in sports. Interviewing the likes of Kobe Bryant, Derek Jeter and Wayne Gretzky, hasn't jaded the humble Torontonion, who was introduced to the world of sports broadcasting through self-created opportunities and persistence.

In October 2008 I interviewed Cabbie and we discussed his career, education and unique approach to interviewing.

Cabbie has worked hard to distinguish himself in the broadcasting world as a versatile and adaptable interviewer. He jets around the globe talking to famous athletes in what has become The Score's most recognizable feature. His road to working in television started as far back as high school. He says his favorite subjects were always drama and talking to girls.

Ever self-deprecating, he jokes, "Although I didn't get academic credit for the latter subject, I can tell you with confidence it would've sunk my average!"

His love for drama culminated in him taking roles in several high school plays. This fed his creativity and talent, and after graduating he enrolled in Ryerson University's radio and television arts program.

Cabbie initially started at The Score (then called Headline Sports) as an intern during his second year at Ryerson, where he wrote scripts for hosts. After a few years of this, he pitched an idea to the boss about a streeter segment on the opinions of ordinary Canadians. His boss gave him a chance, and after shooting a few episodes titled "On the Street with Cabbie" started airing them on the weekend sports show. The rest is Canadian sports cable history.

Nowadays, Cabbie is a very busy man. Besides actually shooting the episodes, he is constantly traveling and in the office prepping and editing segments. Prepping and editing is the most time consuming part of his job and takes about two days per segment. He transcribes the interview tapes as well as finds footage or sound bites in the network's large archival system to accompany pieces and round them out. It's all in

the details, and the personal images "always make it hot".

But of course, the hottest part of the show comes from Cabbie's lively and animated interview style. Viewers tune in to witness the outrageous questions and memorable moments that seem to flow effortlessly from Cab and that creates original, groundbreaking television. This is a man who has presented Kobe Bryant with a pair of pajamas during an interview, been kicked out of the Toronto Raptors dressing room for bear-hugging a not amused Chris Bosh, and both drank from the Stanley Cup and held the Larry O'Brien Trophy within a span of 10 days. It remains to be seen whether Kobe actually wears the pajamas.

There are obvious perks to such a line of work; however, sometimes the best parts are much simpler.

"The best experiences I've gained from my job are ones that don't always appear on camera," he says, "The camaraderie among the guys in the office is unmatched. We are all sports fans, so we'll have long arguments about the best players or best plays in the history of particular sports. Picture a bunch of guys in the hallway in any high school arguing about sports. It gets like that sometimes and I love it."

He sums up by saying, "This job is still very fun to me. Most people in my field are very serious and conservative about their work, and although I do take my work seriously, my style and approach are lighter. I find myself not getting jaded because nothing about my work is generic."

Alongside his outgoing personality, Cabbie is also very modest and down-to-earth. He responded to my embarrassed admission of Googling him with, "you must've been STUPID bored," and admits to still getting nervous before meeting famous athletes for the first time.

His advice for Mount Saint Vincent students who want to become involved in the communications or broadcasting industries is to be very 'hands on'.

"Do as much as you can on your own in the field of your choice. When you get the opportunity to interview for a company, you have a body of work to show the potential employer. It shows that you have the interest and desire to work on your craft on your own."

Cabbie also encourages people to give back to their community. He gives his time and

support to several charities, hosting an annual table tennis tournament, speaking to elementary and high school students, and he has hosted half a dozen golf fundraisers.

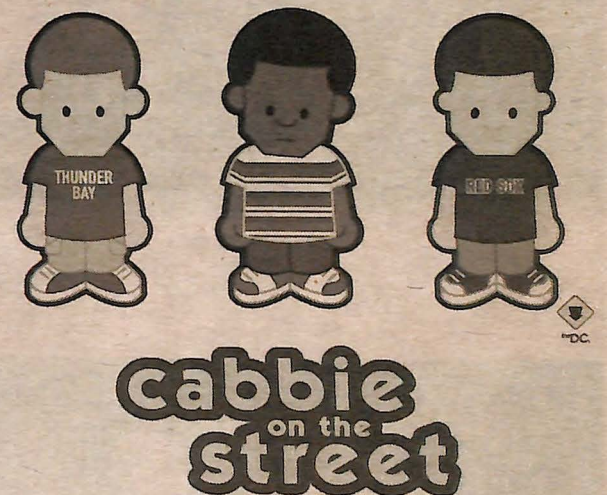
As fans of the shows know, no episode is complete without Cabbie's outro featuring "My Man D", producer Dave Krikst. He provided assurance that fan favorites such as the NHL and NBA All-Star games will be covered this year, along with another Journey to the Stanley Cup and Cabbie's third installment with Kobe Bryant.

"We also have a lot of new and exciting segments and trips planned including Scotland in early spring, where Cabbie and I will be participating in the Drambuie Pursuit race across the highlands," explains Dave, "Of course we hope to make our way across Canada as well this year, hopefully making a return to Halifax at some point!"

New episodes of Cabbie on the Street air Wednesdays on The Score Tonight at 11PM AST.

Cabbie Unlimited season three airs Tuesday nights at 8PM AST.

Cabbie All Stars is a periodic special.





## Editorials

### U of A profs aim to save bears

By Simon Yackulic

The Gateway (University of Alberta)

EDMONTON (CUP) – The grizzly bear population in Alberta has declined to its lowest levels ever. In an effort to combat this drop, two University of Alberta researchers have attempted to find ways that may stop the decline and put the grizzlies back on the road to recovery.

Scott Nielsen, assistant professor with renewable resources, and Mark Boyce, professor of biological sciences, have completed an in-depth study on grizzlies in Alberta's foothills that focused on learning more about the habits of the bears, and how their habits and mortality have been affected by human development.

Nielsen explained how the grizzly bear population has been drastically reduced in size in modern Alberta compared to sustainable historic levels.

"We've gone from many thousands, to what we thought was a thousand, to now [with better technology] being able to do better inventory in the population, and we know [the current population] is probably less than 500," Nielsen said.

The study involved a large number of stakeholders, including the Foothills Research Institute in Hinton. While Nielsen was mostly engaged in analyzing and interpreting the data, parts of the study tended to be more hands-on.

"[Study participants] have been working on collaring animals, trapping and sedating them, and putting GPS collars around them," Nielsen noted, adding that to collar some of the animals they even resorted to aerial assault.

"[Leaning] out of a helicopter, shooting them with a dart gun, and knocking them out," he added. "So we were trying to get 20, 30 collars on them, around the grizzly bears."

As Nielsen explains, if collecting the raw data was difficult, at least it provided the researchers with a clearer picture of the habits of grizzlies in the province.

"We would upload that information, either with satellites or downloading the collar. We would have information on where bears went, and why. What kind of habitats they preferred," he said.

"And as we got that information, I was develop-

-ing computer mathematical models, describing habitat relationships and relationships affecting the survival and habitat needs of the population."

From that point on, Nielsen outlined that the entire study then set out to explore one critical question.

"Can we design forestry in a way to enhance habitat for bears, find a way to kind of minimize the negative effects of human activity within a landscape?" he said.

Study results indicated to Nielsen that it is possible to conduct industry in the foothills while minimizing the effects on fragile grizzly populations.

One interesting result was that planned clear-cut logging and other industry-associated forest modifications tended to mimic the natural effects of fire. Grizzly bears, in particular, thrive in this sort of post-fire environment.

Unfortunately, any benefit associated with smart forest management on the part of the logging companies is negated by increased roads cutting through prime grizzly habitat.

As the study showed, the presence of roads associated with industry clearly had the largest negative effect on Alberta's grizzlies.

To combat this problem and encourage the restoration of grizzly populations to historic levels, Nielsen identifies three key steps in road control.

"The main issue is road access. So we should work on controlling road access, by either gating roads, decommissioning roads, or minimizing new road development. By doing so, the species would probably rebound within the next decade, back to a level that would be more viable, sustainable in the long term," he said. With the results of their study, Nielsen and Boyce realize that resource extraction will

continue for the foreseeable future in the province, and simply wish to put some sort of boundaries on development in order to take a more balanced approach to industrial expansion.

"We need to limit road development, not stop it; but you can have forestry and you can have [resource extraction and recreational uses], you just have to do it smart. You have to try to minimize road access, and I think everyone would win in that context: recreationists and tourists and everyone else."

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The poster is framed by a decorative border of stylized snowflakes. In the center, the text "Annual Holiday Skate" is written in a large, elegant script. Below it, "Saturday, December 13th" is written in a bold, sans-serif font. To the left of the date is a small illustration of a pair of ice skates. Below the date, the text "Lace up your skates Saturday, December 13th from 1pm-2pm at the Halifax Metro Centre." is written in a smaller, sans-serif font. Further down, it says "This Annual Skate is FREE for Mount Students, Faculty, Staff, and their families." and at the bottom, "For more information call the Mount Fitness Centre at #457-6420".



## Opinions

### What Really Grinds My Gears - With Morris MacLeaod

Hello everyone,

*This is a mail-in from an anonymous source who thought there should be a good explanation of what men actually think. Hopefully this will inspire the girls in this university to send in a list of their thoughts. Maybe this cornucopia of information will induce better relations on campus. So, please forward any thoughts or responses to [publications@mountstudents.ca](mailto:publications@mountstudents.ca).*

"At last a guy has taken the time to write this all down finally, the guy's side of the story. (I must admit, it's pretty good.) We always hear "the rules" From the female side. Now here are the rules from the male side. These are our rules! Please note. These are all numbered "1" ON PURPOSE!

1. Men ARE not mind readers.

1. Learn to work the toilet seat. You're a big girl. If it's up, put it down. We need it up, you need it down. You don't hear us complaining about you leaving it down.

1. Sunday sports. It's like the full moon or the changing of the tides. Let it be.

1. Shopping is NOT a sport. And no, we are never going to think of it that way.

1. Crying is blackmail.

1. Ask for what you want. Let us be clear on this one: Subtle hints do not work! Strong hints do not work! Obvious hints do not work! Just say it!

1. Yes and No are perfectly acceptable answers to almost every question.

1. Come to us with a problem only if you want help solving it. That's what we do. Sympathy is what your girlfriends are for.

1. A headache that lasts for 17 months is a problem. See a doctor.

1. Anything we said 6 months ago is inadmissible in an argument. In fact, all comments become null and void after 7 Days.

1. If you won't dress like the Victoria's Secret girls, don't expect us to act like soap opera guys.

1. If you think you're fat, you probably are. Don't ask us.

1. If something we said can be interpreted two ways and one of the ways makes you sad or angry, we meant the other one.

1. You can either ask us to do something or tell us how you want it done. Not both. If you already know best how to do it, just do it yourself.

1. Whenever possible, Please say whatever you have to say during commercials.

1. Christopher Columbus did NOT need directions and neither do we.

1. ALL men see in only 16 colors, like Windows default settings. Peach, for example, is a fruit, not a color. Pumpkin is also a fruit. We have no idea what mauve is.

1. If it itches, it will be scratched. We do that.

1. If we ask what is wrong and you say "nothing," We will act like nothing's wrong. We know you are lying, but it is just not worth the hassle.

1. If you ask a question you don't want an answer to, expect an answer you don't want to hear.

1. When we have to go somewhere, absolutely anything you wear is fine...Really

1. Don't ask us what we're thinking about, unless you are prepared to discuss such topics as baseball, the shotgun formation, or golf.

1. You have enough clothes

1. You have too many shoes

1. I am in shape. Round IS a shape!

Cheers, enjoy the enlightened state of understanding the way boys think.



### Please Note:

The thoughts, feelings and opinions expressed in this section do not reflect those of Mount Saint Vincent University or of the Sentinel Newspaper. If you have any questions, concerns, or would like to write an opinion piece for the paper please contact Mary Jane Leslie, Publications Editor, at: [publications@mountstudents.ca](mailto:publications@mountstudents.ca).



### ACE SMU, Saint Mary's University & EQ Media Announce 3<sup>rd</sup> Annual "Trumped" Competition

**Halifax, Nova Scotia, November 10, 2008** – The Advancing Canadian Entrepreneurship SMU (ACE SMU) team, Saint Mary's University and local marketing firm, EQ Media are holding the 3<sup>rd</sup> Annual "TRUMPED" competition in early 2009.

ACE SMU's Trumped Competition, a spin off from the hit TV series The Apprentice is back with a vengeance! This year's competition will see groups of students from St. Mary's, Mount Saint Vincent and Dalhousie University competing in three vigorous business orientated tasks. The last team standing will take home the cake (and by cake we mean cash)! ACE SMU is proud to announce that this year's competition will be giving away \$10,000 in cash prizes to winning teams!

We are pleased to report that this year the Trumped committee has teamed up with the Canadian Cancer Society to help raise funds and support for their mission. In 2008, the Trumped event raised \$19,000+ for charity in ten days, and gave \$6500 in student bursaries to competing students.

The 2009 Trumped Competition will provide real world experience to students which will look excellent on their resume while also giving stu-

dents the chance to build and enhance their networks. ACE SMU's Trumped Competition gives participants the opportunity to organize, direct, and implement business tasks.

This competition creates an atmosphere for entrepreneurial-minded university students looking to obtain real world experience while encouraging team work, creativity, and leadership to help prepare for the challenges of a global marketplace.

Participants will be assigned three separate projects, each with an allocated budget, over the course of the winter semester and teams will be eliminated at the end of each round. The final round will require students to present a marketing campaign to a panel of executive judges. These judges will select the most plausible and promising team and cash prizes will be awarded to the winning team. This competition is open to all Canadian and International graduate and undergraduate students at SMU, MSVU and DAL. Each graduate and undergraduate applicant can register individually for placement in a team or as a team consisting of a maximum of five members.

Entrants must submit individual and team forms no later than Friday January 19<sup>th</sup>, 2009 by 4:00 pm. Registration forms can be submitted on-line at

### MSVU Races to a School Spirit Win

**By Lee Bruce**

On November 13th, MSVU became the first school to claim one of the top five spots in the current General Motors University School Spirit Challenge currently unfolding across Canada. The GM Challenge is taking place in 5 major cities across Canada (Halifax, Montreal, Toronto, Calgary & Vancouver) throughout the month of November and is comprised of schools competing to show their school spirit and pride.

MSVU student Megan Power and Students' Union General Manager Kenney Fitzpatrick participated in the 4 hour challenge which included student, faculty and mascot photo scavenger hunts on the MSVU campus. In addition, each team was also tasked with a Facebook challenge, a food drive challenge for Feed Nova Scotia and a Random Act of Kindness challenge.

In the end MSVU outpaced NSCC to snag the win and the \$1000 cash prize. MSVU, along with the other four regional winners, will be judged on their school spirit performances, and on November 28 GM will announce the national winner who will receive an additional \$5,000 for their school.

To All MSVU Students,

The Students' Union would like to wish all Mount students good luck on their upcoming as well as a wonderful holiday break.

We look forward to seeing everyone again in 2009 for what we believe will be an incredible second term!

*Good Luck & Happy Holidays!*

**MSVU** MOUNT SAINT VINCENT UNIVERSITY  
STUDENTS' UNION  
www.mountstudents.ca



Patty Faith of GM Canada awards the happy MSVU team a cheque for \$1,000.



### Up in smoke: talking pot with marijuana activist Ted Smith

By Brendan Kergin

Nexus (Camosun College)

VICTORIA (CUP) – There's no business like herb business. At least, when that herb is marijuana and business entails the illegal, but accepted practice of selling it for medicinal purposes.

Victoria, B.C.'s Ted Smith has been involved in this arena of activism for over 10 years. Smith sparked up with fellow Nexus staff writer Guy Alaimo and I recently. This fraternity of weed also included Jimmy Nguyen, giggle Buddha, and Donald Kennedy, semi-pro cat-petter.

Smith has walked the walk and toked the toke. He even spent time in court for his beliefs after raids in 2002 and 2003 of the Cannabis Buyers Club of Canada. The CBCC is a group Smith runs on the mandate of selling "cannabis products to people with permanent physical disabilities or diseases since 1996," according to their website.

This cannabis activist, and member of the University of Victoria's Hempology 101 Society, took the Nexus team on a trip, literally and figuratively, as we rolled a few joints, hot-boxed my car, and visited a couple of Smith's favourite hangouts. What follows is a hazy recount of the afternoon's events.

\* \* \*

Alaimo and the others pick up Smith from his downtown CBCC headquarters and wait for me on a nearby street. After class, I catch up to them already blazing, smoke filling the car. I meet Smith through the window of the car, and can barely make out the giggling Nguyen in the background.

After packing my stuff into the trunk, which is also filled with smoke, I squish into the back seat beside Nguyen and formally introduce myself to the famous (or infamous) activist and ask him about our destination, Sacred Herb.

"When I started all this, I lived in a van, and the guy who owned and founded Sacred Herb let people smoke pot upstairs, so I hung out there a lot," says Smith.

We continue to spark up as the car fills with smoke. Our camera won't focus on anything anymore. There's a logjam as one joint chases

down another in our circle.

"Ted's probably thinking: 'What a bunch of lightweights,'" says Nguyen, giggling. "This is kinda what I do. Most people can't keep up with me," says Smith. "It's funny, even when [marijuana activist] Marc Emery came over here last year, he brags all the time, but at one point he said that he'd smoked more pot than anyone in the room, and he actually stopped and looked at me, and goes: 'Well, maybe except for Ted.' I was totally honoured, because usually he'd never give anyone else credit."

Smith became a proponent of drug culture in high school in Ontario. After deciding to leave that scene, he moved out west in 1996, and began meeting sick people and decided to start up the Buyer's Club. CBCC now has 2,400 buyers and continues to go strong, despite being busted multiple times by police.

Technically, the CBCC is illegal, but authorities now tolerate it. A number of court cases have sided with CBCC due to poorly structured medical marijuana legislation.

Health Canada's own pot programs are inadequate, Smith says, so the group simply supplies what official programs can't. Due to his business and the Hempology 101 lectures he runs at UVic, he works over 50 hours a week, which keeps his schedule busy.

At this point, we all decide to bus downtown and the fresh air snaps us back a bit. Smith and I chat some more as Nguyen spits up something nasty – something very, very nasty. I follow up by asking Smith how he got involved with the activism side of ganja.

"It was, I guess, a progression. I realized in university I wanted to be a writer and help the world evolve, I guess you could say, through writing," he says. "And so when I first came across Hempology 101 in Vancouver, it seemed a perfect place to put my skills. The theme 'legalization by education' seems totally feasible in many ways."

Kennedy, Nguyen, and Alaimo start cracking up at this point, completely undermining my journalistic integrity. How are two stoned guys supposed to carry on a conversation while something possibly hilarious was occurring behind us?

But Smith is a trooper. He continues on about the moral obligation he felt to make marijuana legal. He looked at his activism as a way to work for farmers who could make money from cannabis products.

Smith is also proud of the help he's able to provide to people using marijuana as a medical product. Used as a muscle relaxant and pain reliever, marijuana products can be considered as much pharmaceutical drugs as illicit ones.

We discuss his textbook, *The Hempology 101 Textbook*. While it lacks a creative title, it's a fairly non-traditional textbook. After describing the physical attributes of the book, such as hemp paper and a non-glossy cover, he moves on to its content. It's mostly a history of the weed in different cultures and societies; the book is a continuing work for Smith.

By now we have reached the bus stop. After an awkward stutter-step by a passing student who was trying not to get caught up in our smelly, loud group of guys, Alaimo almost pushes a cyclist



**FREE MOVIE**

**How the Grinch Stole Christmas**

Starring Jim Carrey

Date: Sunday, Nov. 23  
Time: 5:00PM  
Location: Seton Aud. D



## Editorial News

into traffic. We would like to apologize to both, especially the poor biker; we never meant to let you fall onto the road.

While we are on the very public bus, the conversation continues. Many passengers listen to us talk about our parents and drugs. Smith wasn't caught red-handed with weed; instead his mother found his stash, in which he had left a note for her, asking her if she wanted some.

As we pull up to the downtown core, City Hall looms above us. This brings us to another event: Smith's 2002 run for mayor. He describes it as more of a publicity move and a chance to meet the likely city council than a serious shot at the seat.

"It got me to talk about a bunch of issues I really had nothing to do with," Smith says. "Where dogs can shit isn't really something that should be taking a lot of time in civic politics."

"They got to see me in a shirt and a tie, talking responsibly, not being some pot activist coming up with all these flaky ideas," Smith reflects.

As we wander down Johnson Street he talks about his activism with pride. This is a man who is humbly proud of his work. He's held conventions, game shows, and other events sponsored by many of the city's hemp-related shops.

We finally make it down to the alley that leads to Sacred Herb and the resident cat runs up to meet us, obviously a fan of Smith's as well. Walking into the store, Smith greets the guy behind the counter with a friendly: "Hey, what's up?" The store carries a variety of hemp products, such as clothing and soap, as well as smoking paraphernalia like pipes and some enormously tall bongos.

They also have some texts on ganja, such as books with tips and advice, magazines with the latest news, and local publications, like Smith's own Cannabis Digest journal.

Smith chats about a costume that he wears at local events – an 11-foot leaf dubbed Herbs. Kennedy enjoys petting the alley cat, as Smith shows us some the store's products. He points out the 420 Soap.

"One of the stupidest things the company did is call it 420 Soap, because it's amazing hemp-seed soap, and the name makes a lot of stores not sell it," Smith says. "A lot of people don't know about it," calls the guy from behind the counter.

"Partly because of the stupid name," Smith says,



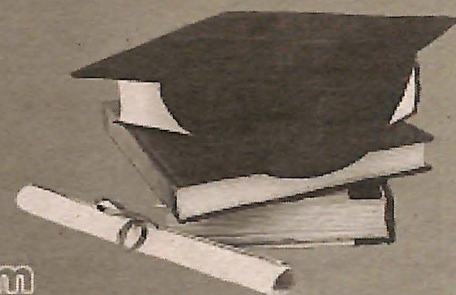
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on campus grad photos

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pushing his point. "People think it's bong cleaner," replies the shop-keep.

Smith goes on to list off all the things he's cleaned with the hemp-seed soap. Apparently the biodegradable stuff works on hair and floors equally well. Smith is active across all of Victoria when it comes to cannabis, and it's proven by the donations he has received for Reach for the Pot, the world's only marijuana-based game show.

This year, the fourth annual Reach for the Pot tournament was uploaded to YouTube, where the winners picked up the award bong. Ideally, Smith would like to expand this concept to a travelling show of some sort.

Alaimo wanders past at this point to buy an Adbusters magazine that he'll never read. The conversation moves on to the legal issues Smith has faced. As an activist, he's had a lot of media coverage, and some face-to-face time with the cops. They have made a number of visits to the CBCC headquarters, he says, which is our next destination.

Our visit is much more conspicuous than those of the undercover cops who have been turned away in the past, but it helps to have Smith vouch for us on the way in.

The CBCC has around 35 full- and part-time employees in a variety of roles. We meet a few of them as we get a grand tour of the site. A relatively large area for what it is, it's as much a clubhouse or community gathering place as an office.

A meeting will be taking place later to plan the International Medical Marijuana Day on Nov.

15. But, before things get too hectic, Smith gives a grand tour. The first room we go to is a small, closet-sized box with a few posters covering the pasty walls. "The box: the most popular closet in Victoria," Smith announces. "There's people in here pretty much all day."

We move on to the little back room, where the pot is. A man behind a counter looks a little concerned to see four young guys with a camera and digital recorders enter the room. Smith had forgotten to tell him who was visiting this afternoon.

We move on to a back storage room, another hideout to smoke out. Posters are on the ceiling for those moments of relaxation. It's here Smith mentions that CBCC goes through about 40 pounds of weed a month, providing medicinal marijuana to approximately 2,400 people.

"You've never seen a pound before?" Smith asks us.

"Is it like a brick?" Alaimo asks.

"I'll show you," Smith obliges.

That perks up all of our ears. We follow him over to his office, where his Herb costume sits. Smith pulls out two large baggies. They're light, despite their size, at half-pound each. We each pose with the bags as if they are celebrities.

Our time with the activist and this leafy topic is up though, as the meeting is about to start. With a friendly wave to Smith, we take our leave. Rumour has it there's a Japanese buffet on tonight, and we just spent hours getting stoned with a pot activist and no food.

Hi ho, munchies away!





# The Grinch's Gala

Brought to you by the MSVU Rec Society

## Thursday, November 27

### HOLIDAY PARTY

Location: VINNIE'S PUB

Time: 9pm - 1am

Fee: \$5.00

Wet/Dry- Vinnie's Pub rules apply

Tickets are available in advance at the Mount  
Fitness Centre. Funds raised will be used to  
purchase new toys for children.

