

*The
Sentinel*



Happy Holidays

News from the Library

By Darrell MacLean

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Patrons of the Library will have noticed the new security gate at the entrance. Previous to this we had two gates which provided both an entrance and an exit to the Library and the present configuration only allows for one access point. Our staff will be monitoring the traffic-flow should the new gate impede access to and from the building and we will address this if necessary.

Our November Open House was a welcome reprieve for the students studying and completing assignments in the Library. We congratulate Tobey Anderson, the winner of the print credits draw which was held that evening. We thank everyone for their comments and suggestions. We welcome comments at anytime on how best to serve our patrons and try our best to accommodate such requests when able to do so.

The Library launched the Mount's Digital Commons on Friday November 27th at a reception for faculty and staff in the MacDonald Room. Our Digital Commons showcases and preserves the scholarly work of Mount faculty, staff and students. The Digital Commons is shared space established by the Library with the support of the Research Office and IT&S. It serves as a repository of research and other learning materials to support the preservation and dissemination of knowledge by the University community. The Digital Commons enables MSVU community members to post, organize and preserve their research online and to share it with the world. Please contact the Library to deposit pre-prints or post-prints of research articles or other papers, datasets and other scholarly works and check it out at: <http://dc.msvu.ca>.

As the term draws to a close this becomes a busy time for all students, faculty, and staff. Once exams get underway, the Library will be open extended hours until 2 a.m. beginning December 7th through to December 16th and

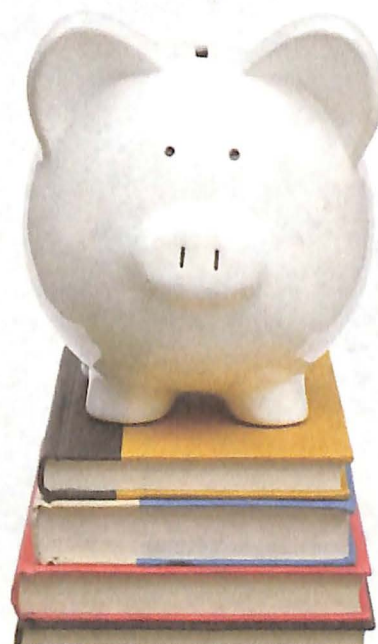
we will be open until 11 p.m. on Thursday, December 17th.

We are accepting applications for the annual Mount Saint Vincent University Library Award. For information on this award and the application

procedures please ask at the Circulation Desk or obtain a copy online in the About section of our website. Deadline for submissions is February 15th, 2010.

We wish everyone well in their exams!

The Mount Saint Vincent University Library Research Awards



Have you completed a research assignment during 2009 of which you're really proud?

Would you welcome \$200 to help pay for books, tuition, or other expenses?

The Mount Saint Vincent University Library Research Awards

Why not send your research assignment (with a brief research log) to the University Librarian? A panel of librarians will review your paper and announce the award recipient by March 1.

Please submit for research paper by **February 15, 2010.**

MSVU Introduction to Library Research Award for Mount students who have earned 7.5 credit units or less at Mount Saint Vincent University (or elsewhere), and ***Sister Francis de Sales Endowed Award*** for a Mount student with more than 7.5 credit units

For more details, please refer to [About the Library Award](#)

<http://www.msvu.ca/en/home/library/aboutthelibrary/libraryaward.aspx>

Information and submission forms are available at the Circulation Counter.

Elimination of Violence against Women

enraged man then began a shooting rampage that spread to three floors and several classrooms, he jumped from desk to desk while female students cowered below. He roamed the corridors yelling, "I want women."



From November 23rd-27th MSVU students' union took the Day for the Elimination of Violence Against Women (Nov. 25th) and turned it into a week long celebration!

The students' union created a memorial in Rosaria Student Centre commemorating the 20th anniversary of the Montreal massacre. On December 6th 1989, 14 women at L'Ecole Polytechnique in Montreal were killed for no other reason than their sex.

The gunman separated the men from the women and told the men to leave the classroom, threatening them with his .22-calibre rifle. The

Before opening fire in the engineering class, he called the women "une gang de féministes" and said "J'haïs les féministes [I hate feminists]." One person pleaded that they were not feminists, just students taking engineering. But the gunman didn't listen. He shot the women and then killed himself. 14 women died that day, another 13 were injured. The gunman was an École Polytechnique student who aspired to study engineering but had missed entrance by two credits, but believed that he did not gain

entry into the program because a woman was given his spot.

The Victims:

Anne St-Arneault, 23; Geneviève Bergeron, 21; Hélène Colgan, 23; Nathalie Croteau, 23; Barbara Daigneault, 22; Anne-Marie Edward, 21; Maud Haviernick, 29; Barbara Klueznick, 31; Maryse Laganière, 25; Maryse Leclair, 23; Anne-Marie Lemay, 22; Sonia Pelletier, 23; Michèle Richard, 21; and Annie Turcotte, 21.

Violence against women is a grave problem in our society. Nova Scotia has the highest rate of sexual assault in Canada, and there is no minimum sentence for sexual assault in this country. Over the course of the week a petition was placed in the

Seton Link that suggested that a minimum sentence be put in place, to help protect women and deter potential aggressors. We sent the petition to our Member of Parliament, Geoff Regan.



MSVU Student & Women's Studies Society President Magan Alisha Polichuk ties purple ribbons to a branch of a tree outside the Seton Academic Centre. The tree ties are a tradition which follows the annual ceremony to honor the fourteen women who were murdered in 1989 during the Montreal Massacre at École Polytechnique in Montreal. This year marks the 20th anniversary of the event. The annual service was held in the MSVU Art Gallery on December 7th.

Calendar harnesses Olympics to leave lasting legacy for women's leadership

Olympic athletes and students get together to support women's leadership in Canada

By Tanya Colledge
The Other Press (Douglas College)

NEW WESTMINSTER, B.C. (CUP) – A group of university students from across Canada have brought together twelve internationally renowned athletes in a calendar aimed at raising money for The Antigone Foundation – a Canadian organization working to support young women's involvement in leadership, politics, activism and feminism.

As an effort to leverage the power of female athletes, the 2010 Dreams for Women calendar will help the students raise money for young women's leadership training in Canada and to create a lasting social legacy from the 2010 Vancouver Olympic Games.

Being a Vancouver-based organization, The Antigone Foundation wanted to do something special to commemorate the 2010 Winter Games and honour Canadian and U.S. female athletes. The organization decided to team up female university students with Olympic female athletes such as Robbi Weldon, member of Canada's para-nordic skiing team and Angela Ruggiero, member of the American hockey team, to get together to support this important cause.

"We believe the Dreams for Women calendar will be a great way to spotlight the importance of women's leadership with the help of these famous female athletes," said Amanda Reaume, executive director of The Antigone Foundation. "We were happy to collaborate with young women across Canada to make the project a reality."

Expecting to sell over 5,000 copies of the calendar, the foundation plans to use the profits to help fund a Dreams for Women scholarship, an award given to young female leaders, and to sponsor a leadership tour across Canada providing leadership training to girls and young women.

The calendar will be sold for \$20 and will be available on The Antigone Foundation's website. The calendars will also be sold at the discounted price of \$10 to non-profit women's organizations, in hopes that they will be able to use the calendars to fundraise for their own organizations.

Christmas Gifts with a Conscience

It is December 24th and you are once again breaking out in a sweat as you sprint through the Mall trying to find the perfect gifts (as if such a thing really exists) for your family and BFFs. We have all done it. You frantically scan the shelves, which by now only contain reject Christmas ornaments or dried up fruit cake and you come to the inevitable conclusion: Aunt Rita is getting bath salts and your friend Tom is getting a bottle of Old Spice...again. Do not despair. This year I offer you some socially conscious options that are guaranteed to make you a big hit with your loved ones and keep you away from the dark abyss also known as the shopping mall.

Since scarves are all the rage this year, why not purchase a beautiful silk scarf from two women who are working hard to make sure women in rural Thailand and Laos get a fair deal for their work. Tammachat Natural Textiles offers a wide range of fairly traded, hand-woven, naturally dyed textiles including scarves, wall hangings and handbags. For every piece you buy the owners give a child in Laos their very first book. You are basically giving two gifts at the same time when buy one of these products. Check out their website www.tammachat.com and shop for everyone without leaving your home.

If you are interested in a unique shopping experience that is both personal and eclectic drop by Love, Me Boutique on 1539 Birmingham Street. This very special store only carries items made by small, independent Canadian designers. Every item in the store is distinctive and there is something for everyone. Shopping at this boutique feels more like you are sifting through an attic full of treasures where your only problem will be deciding what to buy.

While most of us cannot see past final exams

and term papers, Christmas is right around the corner. This year, buy gifts that have meaning, for the people who receive them and the ones who make them!

Corina Walsh
GSLL, MSVU

New Growth On Campus



You may have been hearing about the increasing popularity of gardening. You may have seen some local community gardens, or have even participated in growing a garden. As of last month, the Mount has established its very own community garden. The main site is situated next to the President's house in the Meadows in raised beds. Although they're currently going dormant with these cooler temperatures, they were full of herbs throughout the summer.

So, what will be going on throughout the winter months? Edible indoor gardens will be placed around campus, like SAVE's potted herbs currently livening up the Rosaria cafeteria. Much of the garden is currently in the planning stage, but will focus on food security, community building, sustainability and increasing awareness of the environmental impact of food choices.

Sarah Wilson, an MSVU dietetic intern, got the ball rolling last year by writing "Community Gardens at MSVU: Planting the seeds for progressive new hands-on approaches to teaching" as her honors thesis. In the thesis she discussed the benefits of a garden, as well as specifics such as location, funding, and how it could be used as a teaching tool. Sarah's response to having a garden on campus this year was "I'm really glad someone has decided to pick up from where all my hard work has stopped. I'm only one person and it needs help from many people to get started". Rebecca Green, a nutrition department faculty member, and Garden Coordinator Supervisor says "I am thrilled to see a community garden start on campus. I think it is essential for dietitians to have an understanding of where their food really comes from". Congrats to Rebecca for getting the funding to hire a coordinator!

A bit about me, the Garden Coordinator: I am a fourth year dietetics student with a love of nature, watching things grow, and experimenting with home grown herbs and veggies in the kitchen. I am always looking for ways to involve Mount students in the garden's programming, and would love to hear your ideas.

Stay tuned for more information about a pot decorating and seed planting party happening after the holiday break, as well as announcements of new indoor garden locations and other garden-related events.

Want to get involved, share your thoughts, or get more information? Contact me, Tanya James, MSVU Community Garden Coordinator at: garden@msvu.ca

Copenhagen 101

Preparing for the post-Kyoto Protocol world

By Ami Kingdon & Cameron Fenton
The Link (Concordia University)

MONTREAL (CUP) – This month, delegates from around the world will meet in Copenhagen to write a new climate change agreement to replace the Kyoto Protocol. The meeting is expected to set the agenda on climate change for the next decade – even though world leaders lowered expectations by promising only guidelines in lieu of substantial cuts to carbon emissions.

Devon Willis and Andrew Cuddy, who will represent the Canadian Youth Delegation in Copenhagen, spoke at McGill University last week to discuss their goals and concerns. “We want agreement on the essentials,” said Cuddy, speaking about the reduction of carbon emissions, the sharing of green technology and financial costs.

The Canadian Youth Delegation is an initiative of the Canadian Youth Climate Coalition, a non-profit national environmental activist group.

The Kyoto Protocol introduced an approach to climate change that saw countries set goals for greenhouse gas reductions based on the levels they emitted in 1990. Canada’s Kyoto goal was to reduce emissions by six per cent from 1990 levels.

“Now instead of using 1990 as a base year, Canada uses 2006,” said Willis, referring to the plan from the Conservative government to reduce emissions by 20 per cent by 2020 and 60 per cent by 2050. “Emissions rose significantly since 1990, so it’s not a really fair comparison to Kyoto.

“The worst possible outcome at Copenhagen would be a law that is not sufficient, because then we’d be locked into it until 2020,” he continued.

Explaining how developing nations could benefit from cap-and-trade technology transfer programs – where developed nations share their “green” technology –the duo said



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

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

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

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

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

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

Financial assistance may be available to qualified students.

Deadline for applications is March 1, 2010.

Further information is available from our website www.dal.ca/cvs or by contacting

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

orthoptics@iwk.nshealth.ca
(902) 470-8959

that programs in the Kyoto Protocol have been hindered internationally by information property rights and patents.

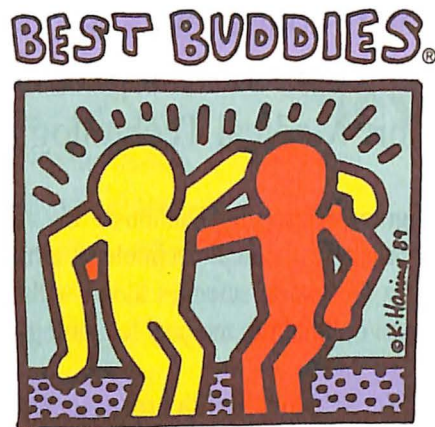
Willis added that under the current cap-and-trade system, developed countries provide financial or technological aid to developing countries only in the form of carbon credits, such as tree planting.

“Canada could claim reductions in another country and that country could do the same and it would skew the reductions,” she said. Quebec premier Jean Charest announced last week that he would commit Quebec to

CONTINUED ON PAGE 5

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

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



Apply today online:

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

Questions? Contact us at bestbuddies.msvu@gmail.com

What is Best Buddies?

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

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

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

Mount Saint Vincent University Campus Music Explosion

BATTLE OF THE BANDS!

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

For Details:
cme@mountstudents.ca

Registration Applications Available Online at:
www.mountstudents.ca

or on-campus at:
The Rosaria Information Desk

SOLO'S...DUO'S...GROUPS

Copenhagen Continued

reducing emissions by 20 per cent of 1990 levels by 2020, as opposed to the baseline of 2006 that the federal government is aiming for. The Bloc Québécois also passed a non-binding motion in the House of Commons urging

Continued from page 4

Canada to actively pursue emissions reductions. China is the world's biggest and fastest-growing producer of greenhouse gases, and has set a reduction target of 40 to 45 per cent of 2005 levels of carbon dioxide gas per unit of gross domestic product by 2020.

Under the Chinese plan, reductions would be based on economic efficiency, allowing emissions to increase, but at a slower rate. Under the Kyoto Protocol, developing nations like China were not expected to reduce emissions.

The lack of participation from developing countries led the United States under former president George W. Bush to reject the protocol. The Americans said the treaty was meaningless without the co-operation of developing economies.

Africa, which has felt the effects of climate change strongly through deadly droughts and intensifying desertification, will send one unified delegation to the Danish capital led by Ethiopian prime minister Meles Zenawi. The delegation has said that it would demand climate reparations from the developed world.

Does your club, society or group have an upcoming event? E-mail Mary Jane at publications@mountstudents.ca

The Return of Mr. Mount: 2010: A Drag Odyssey

By Carnie Vohrr



2009 is on the way out good folks and we soon will be welcoming 2010 into our lives. But more importantly, it'll soon be time for another Mr. Mount show! Those of more than 300 people who attended the 10th anniversary show last year can attest to the fact that Mr. Mount was elevated to a whole new level of entertainment. And after talking with host Brandy Michael's about this year's show...well let's just say we ain't seen nothing yet!

I sat down with Brandy to try and pry some information about the show from her. And if you know Brandy, she doesn't give anything up without a fight...or at least some well placed flirtations and juicy compliments. On the topic of what will make this year different than previously, Brandy played it very cool. "I think this year will prove how much non-contestants are into this. This is becoming a real community show. Now there's an idea for another big night!" From that comment one can only assume that the audience may have a few surprises waiting for them. Brandy seems to remain in

awe of how accepting the Mount community has been over the years to propel Mr. Mount into such an annual success. "It's hard to believe", she stated, "This started 11 years ago with (former students) Amanda, Ryan, a ghetto blaster and a couple of people in the pub, and look at us now!"

For the 10th anniversary show, past performers and students, as well as event creator Amanda (Dwyer)

MacNeil, returned to pay tribute to the success of Mr. Mount and Brandy. Asked about some of her favorite moments from the past Brandy says "There are a lot of great memories from past shows. There was Dave the guitar player, who had a crush on the pizza guy from the cafeteria. I never did find out if he was serious or not. And of course Alex from Spain...Princess Sardita...one of the best ever. And of course who could forget Howard from last year, who had a crush on Brandy. She was amazing!"

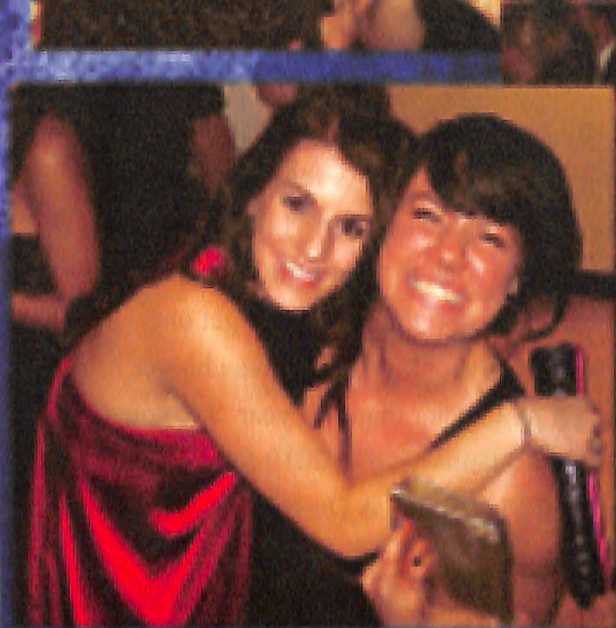
Of course...Brandy has always had her sidekicks and partners in crime including Students' Union President

Amber Daley just two years ago. This year Brandy is once again looking to the President's chair for a little assistance. "Jeremy has always been a great support to the show. But since becoming President two years ago he has outdone himself. His character last year was flawless and well played from start to finish."

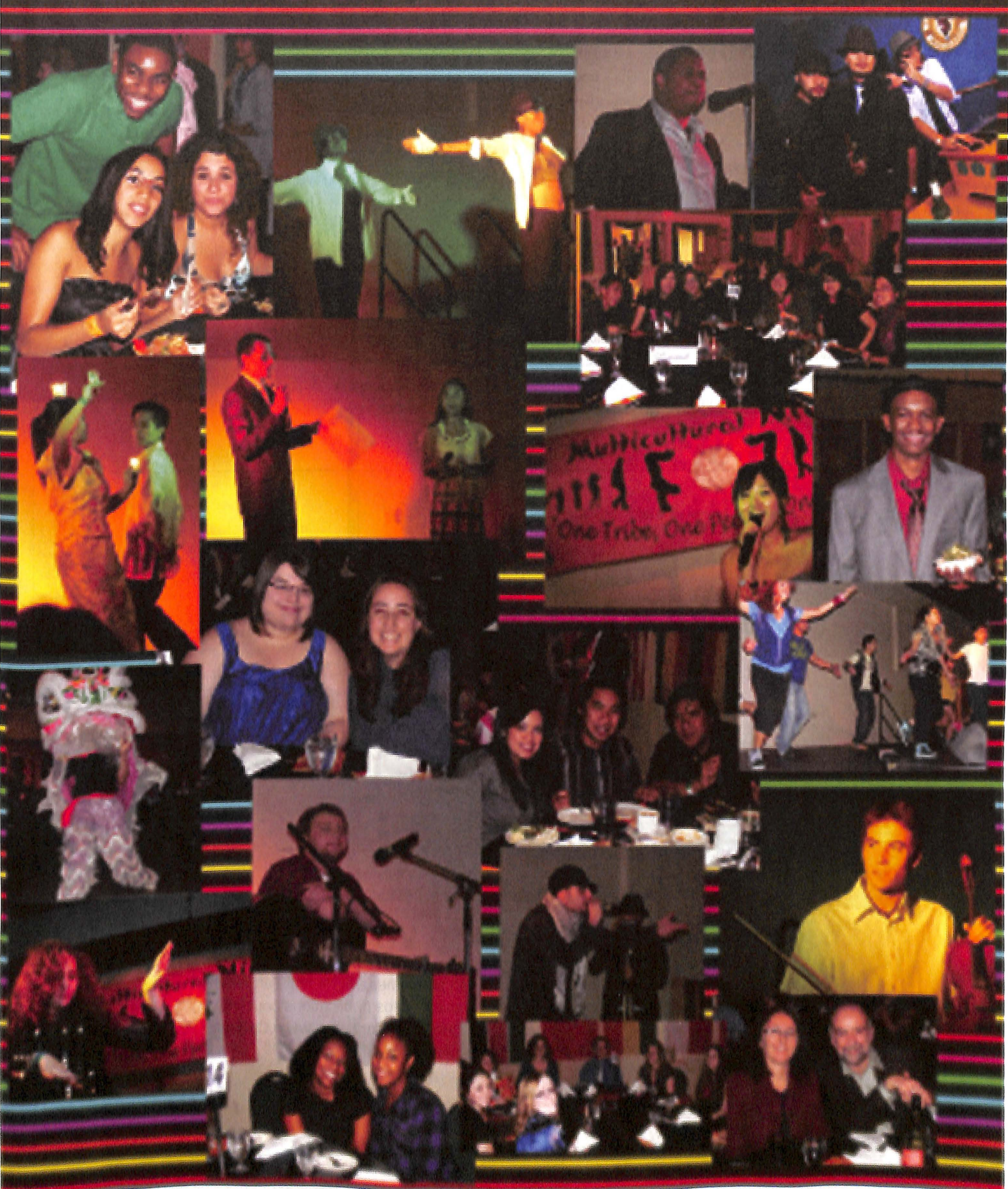
All in all it looks as though Brandy and her cohorts have some new and fantastic plans afoot for the 2010 Mr. Mount show. I think it can be safely said that no one will want to miss it. As for parting words, Brandy had this to offer: "I just want to thank everyone for all of the support I know that is on the way. Let's get out there and make Mr. Mount even bigger, better and busier than last year. See you all there, January 15th, 2010 for the 11th annual Mr. Mount: A Drag Odyssey!"

The Mr. Mount Competition will be held on Friday, January 15th, 2010 in the Rosaria Multi-purpose room on the Mount Saint Vincent University Campus.

2ND ANNUAL GRINCH'S GALA



**8TH ANNUAL MOUNT SAINT VINCENT UNIVERSITY
MULTICULTURAL NIGHT**



Have a Healthy Holiday Season!

As a third year nutrition student here at the Mount, I think about food a lot on a daily basis. And now, with the holiday season only a month away, I can't help but think about all of the delicious foods that will soon be presented before my eyes as family and friends gather to celebrate this joyful time of year.

Hot chocolate and homemade Christmas cookies, turkey dinner with all the trimmings, baked pies; and not to mention, an unlimited arrangement of chocolates and Christmas candies are just some of the indulgent foods that make my mouth water during

the holidays. Like a lot of people, I have a hard time declining or limiting these treats at this time of year. So, in the spirit of food and nutrition, I have come up with a few tips that you can incorporate into the upcoming holiday food scene.

One: chose white meat instead of dark meat with your Christmas dinner, as white meat contains less fat than its darker component.

Two: go easy on the gravy! Adding a lot of sauces and gravy to meats or potatoes adds a lot more fat to your plate than necessary. And three: When reaching for a chocolate candy, chose a piece of dark chocolate instead of milk chocolate. Dark chocolate is rich in antioxidants that help keep a healthy heart, it is more naturally produced than milk chocolate, and it has less added sugar.

No matter what your family holiday traditions are, there are always opportunities to incorporate healthy choices into the mix. Remember, it is always important to eat in moderation and balance eating with physical activity. Every family has their own unique way to celebrate this time of year, so whatever you and your family choose to do this year, I wish everyone a happy and healthy holiday season!

By: Katelyn Allen Young

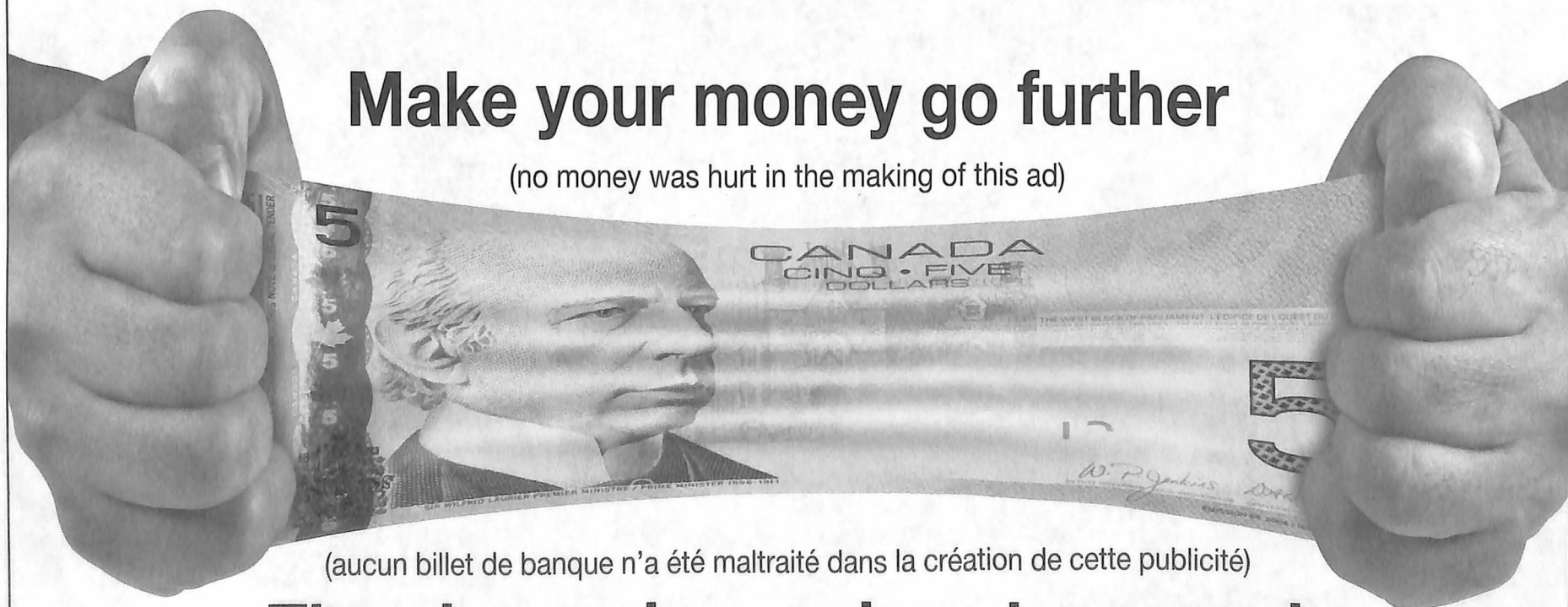


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Agency of Canada

Agence de la consommation
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(no money was hurt in the making of this ad)



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Canada

A Rose for Martha

By Jacob Duncan Porter

Bacon.

Bacon... and egg.

No.

Basil opened his eyes and sat up in bed. Yeah, no doubt about it: that's the smell of bacon, alright. Funny how that smell can cover the whole of the house. Funny how it can waft it's way upstairs and wake you up in the morning. God. This must be how they wake you up in Heaven.

Basil rolled out of bed and placed his feet on the carpeted floor. He peered around the room blearily and put two and two together. Martha... had gotten up early and cooked him breakfast. He stood up. Better pull on a shirt. She likes it when I do that. Got to show my appreciation.

Stumbling slowly down the stairs, he caught a glimpse of his wife, pouring a glass of orange juice. Remarkable. They rarely had the stuff in the house. Agreed it was too expensive. Martha must've been up for a while in order to put all this together.

What's going on? Is today a special day? No, can't be. Basil cycled through the laundry list of IMPORTANT DATES. It wasn't his or her birthday, nor their anniversary. Was today a holiday? A snow day? Basil glanced out the window. God, I know! This is one of the perks of marriage. Finding ways to surprise one another, straight out of the blue. She loves me and now she's showing it.

"Martha!" he exclaimed, at the foot of the stairs, in his underpants and undershirt. "You cooked me breakfast!"

"Yeah."

"Honey, there are fewer things in this world I enjoy more than waking up to the smell of bacon, frying on the griddle.

"I'm glad."

Basil strode into the kitchen, hands on his hips, to survey the table.

"And you bought orange juice! God, even though we agreed it was too expensive nowadays! This is so thoughtful of you!"

"I'm glad you like it."

She laid a plate of fried eggs and bacon on the table and pulled out a chair. Across from the unoccupied seat was a box of raisin bran and 2% milk.

Jesus—she even sprang for the 2%. She had woken

up and prepared him a full, proper breakfast. What a woman. What a wife. And what a husband I am to keep her.

She nodded towards the table.

"Eggs are getting cold."

Grinning at her, Basil sat down in the empty chair, grabbed a fork and knife and divided the bacon. Broke the yellow of the egg with his fork; dips the bacon in. His wife sits down beside him. She watches him bring the bacon into his mouth before she speaks.

"Basil. Did you know I want to kill myself?"

Chiropractic Care*



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

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

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**New Patients Welcome!
Massage Therapy* also Available**

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

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

Nov Dec Newsletter 09

December Athletics and Recreation Holiday Hours

December 21 – 6:30-9:00pm

Dec 22 – 6:30-9:00pm

(weight room only)

Dec 23 – 6:30 – 1:00pm

(weight room only)

Dec 24 -27 Closed

Dec 28 – 7:00am -9:00pm

Dec 29 – 7:00am -9:00pm

Dec 30 – 7:00am -10:30pm

Dec 31 – 7:00am -4:00pm

Jan 1 - 8:00-10:00pm

Jan 2 7:30am -10:00pm

Jan 3 7:30am – 10:00pm

Mount Annual Holiday Skate



Saturday, November 28, 3-4pm

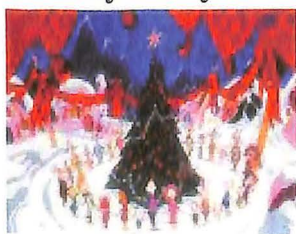
Halifax Metro Centre

Enter at ice level on Carmichael Street

This Annual Skate is for Mount Students, Faculty, staff and their families.

Free

2nd Annual Grinche's Gala Holiday Party



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

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

Honouring a fallen teammate

Wilfrid Laurier men's rugby team pays tribute to Dave LaForest

By Justin Fauteux

The Cord (Wilfrid Laurier University)

WATERLOO, Ont. (CUP) – The Wilfrid Laurier Golden Hawks' men's rugby team started a new tradition in their season opener against the Waterloo Warriors on Sept. 10. The team held a moment of silence and wore black memorial armbands, paying tribute to their deceased teammate, Dave LaForest. LaForest died from injuries sustained from a fire in Wilfrid Laurier's Waterloo College Hall residence last April – but his memory has not faded.

"I can still see his smile," said head coach Josh Windsor. "He was a pretty quiet guy but he always had a smile on his face and that's what I'll always remember about him."

With LaForest on their minds, the Hawks opened their season with a 24-20 win over the Warriors. The team dedicated the victory to the memory of their teammate and began the moment of silence tradition.

"The team's really responded in a positive manner," said Windsor. "I think the university as a whole has been really heartfelt about the passing of one of their students and I think that's a reflection of not only our group of guys, but the Wilfrid Laurier community as a whole."

The Hawks continued their season that weekend and put in a solid effort against a tough opponent in the Western Mustangs. Though the Hawks came up short, losing 22-14, they kept LaForest in their hearts, once again honouring him pre-game.

The impact of losing a teammate is something that will not fade easily; Windsor sees this as a chance for the players to grow and learn.

"I think what it's done is bring these guys closer together," he said.

"When you're young, you don't really understand your own mortality or what time really is. But with Dave's passing I think the guys have really learned that you can't waste a second of life."

MUGGY MONDAYS WITH THE ENVIRONMENTAL SOCIETY

Bring your reusable mug and get FREE coffee or tea!

Every Monday in the Seton Link

Don't have a mug?

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

Do you want low-fat fries with that?

Healthy eating is about more than just cutting calories

By Rachel Sunter
The Dalhousie Gazette (Dalhousie University)

HALIFAX (CUP) – This summer, McDonald's, priest to the marriage of grease and salt, launched a new selection of meal-size chicken breast salads. Wendy's has baked potatoes, side salads and yogurt and A&W recently started offering whole-wheat hamburger buns. It's official: healthy eating has gone mainstream.

When super-size chains start preaching healthy alternatives to their beloved tradition of "Do you want fries with that?" you have to feel a little impressed, or even relieved. My relief is still heavily tempered by skepticism.

When something becomes mainstream it has a tendency to reshape you to its liking, much as ocean waves roll rocks into pebbles and sand. No matter how hard you stand against it, Beyonce gets stuck in your head, UGG boots look cute and – lo and behold – the 1980s are actually making a comeback. Just the same, trendy words like "low," "reduced" and "light" can contaminate our ideas of healthy eating.

Over the past decade, public attention has been drawn to ballooning obesity rates and salt-related heart problems. Poignant documentaries like "Supersize Me" gave us somewhere to point the blame. We frowned dutifully at McDonald's, rethinking hamburgers and fries as guilty indulgences at best.

More studies came out analyzing the links between what we eat and how we grow, feel and act. Junior and senior high schools had their cafeterias revamped, carting out the soda machines and shipping in granola bars and milk.

It was only a matter of time before mass food producers had to respond to our complaints lest they drown in the rising sea of smoothies, tofu and sesame snaps. Rather than fortify their products with vitamins and minerals, or really change their menus at all, food producers found the easiest way to please aspiring healthy eaters. They chose to focus on fat. Not the fat in food, but people who are fat or people who are afraid of becoming fat.

It's genius, really. If there's one thing people want more than to actually be healthy, it is to look healthy. Just like that, health and nutrition become synonymous with weight loss. Why have full-fat dressing when you could have the lighter version? Why eat a whole chocolate bar when there are pre-packaged 90-calorie versions down the next aisle?

Unless you have an unhealthy weight, which is something to be discussed with a health professional, losing weight won't necessarily make you healthier. Cutting calories instead of boosting nutritional content will deprive you of what your body wants and needs. Most of the time going "light" on everything docks your meals major points in the satisfaction department.

Reducing the calories of a food often means substituting naturally occurring fats and sugars and replacing them with flavour and texture boosters, like aspartame and corn starch. That way you get a similar flavour and texture to the original food, but fewer calories.

Even the very language used to advertise low-calorie food reinforces that fewer calories is a good thing.

Instead of reading "with fewer calories," many light foods read "without the added calories." As if for years they've been adding artificial calories to every meal, but now, at long last, they're giving us the real food in its natural, cornstarch and sweetener-infused state. Sticking to lighter foods may cause weight loss, but this weight loss comes at a hefty price. By repeatedly

refusing your body the true carbohydrates, fats and protein it craves, you may find your relationship with food start to change for the worse.

Depriving yourself of the foods you want and used to love as a kid may make you prone to binge eating. You know the drill – you rarely eat cookies, but last night you had a whole box.

Denying yourself your favourite foods can make you obsess over your food options as you pick your way between what you want and what you think you should have. In the end you may turn to the mirror as a way to validate and evaluate what you eat.

Salads at McDonald's are great, if that's what you dig. Sometimes I do. Other times, I just want a cheeseburger happy meal with a strawberry milkshake because that's my favourite. It always has been and that's something all the cholesterol, fat and "added calories" in the world won't change.

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

***E-mail Mary Jane at
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The new mob mentality

People are much more like sheep than they care to admit

By Barbara Woolsey
The Carillon (University of Regina)

REGINA (CUP) – Safety in numbers no longer exists.

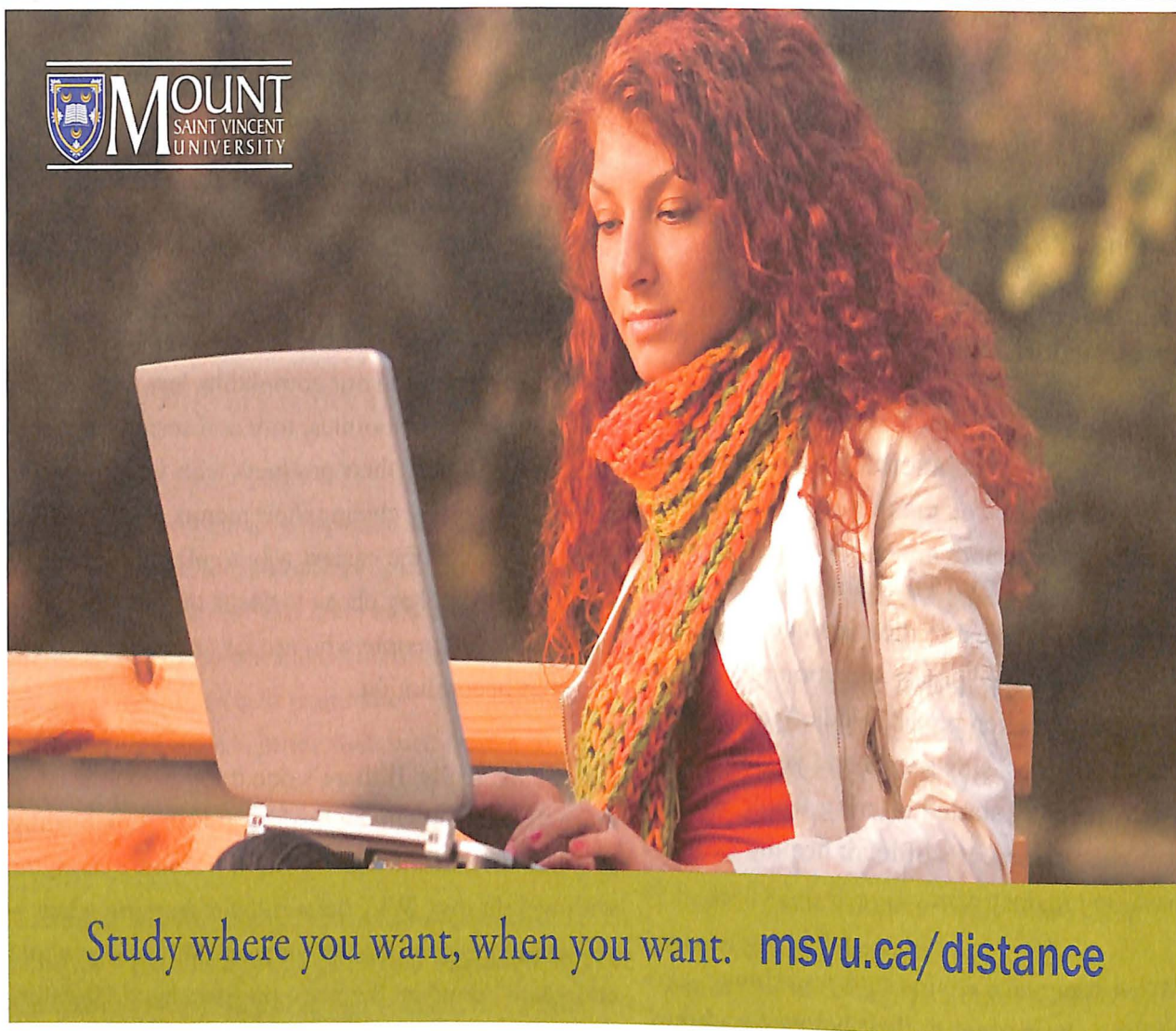
On Oct. 24, a 15-year-old girl was brutally raped and beaten outside of her high school homecoming dance in Richmond, Calif. A group of young men took turns repeatedly assaulting her. The events happened within the span of a couple hours, with at least 20 spectators witnessing and passing by the scene throughout the night. No one did anything.

Word eventually reached a house party, where a fellow student felt obligated to tip off the police. The tipster only caught the attack through word of mouth and unlike many students attending homecoming that night, did not witness the assault firsthand.

This follows an incident in early summer in which a Washington woman was raped in a downtown park. There were hundreds of witnesses and not a single call to the police until after the assault had happened.

We are a society that is deeply affected by visuals. The portal to the soul and the mind is without a doubt the naked human eye. Movies, television, photographs – a picture is said to be worth a thousand words.

Because of this, witnessing a traumatic experience has the potential to reprogram a human being, usually not for the better. Such anxiety can spawn the development of illnesses such as post-traumatic stress disorder and the need for extensive counseling and therapy in order to function normally. Why then, have observers of the Richmond High and Washington assaults been so immune, so unwilling to respond to the brutality they witnessed? Researchers are turning to a social psychological phenomenon titled the “bystander effect” as the



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answer. Otherwise known as Genovese syndrome, this is the idea that an individual is less likely to offer help in an emergency situation when other people are present. According to studies, the number of bystanders at a scene where someone is being victimized is drastically disproportionate to attempts to help. In other words, the more people that are watching something happen, the less likely that one of them will step in or speak out.

This is more than just a crowd gathering around the playground bully. This is a deeper form of peer pressure to the frightening extents of mob mentality. The brain monitors the reactions of other people in the crowd, scanning a solution for what to do next. If no one else sees fit to intervene, then neither does the individual. Observers assume that someone else will do something or that other bystanders are more qualified to help, such as a doctor or a medic. Fear of legal consequences and offering assistance that would only serve to escalate the situation are also legitimate concerns.

What is most frightening about the bystander effect is its ability to hypnotize. A single observer

immediately identifies with the crowd as a cohesive group and no longer primarily as an individual. Therefore, to help someone in an emergency situation is not so much common courtesy or even common sense – it is actually a messy blend of chemical reactions with only a dash of ethics.

Here, morality collides with science. We have all been taught what is right and wrong, but research seems to indicate that humans are more like sheep than we care to admit. This situation is more than just following a trend or latching onto the popular kids at school. It is an example of how dangerous mob mentality can be.

There is no longer such a thing as an innocent bystander. If you are not helping to solve the problem, you are most definitely a part of it.

Financial Corner

With Morris MacLeod

There are always media outlets sending out warnings, advice and propaganda to anyone who will listen. This has been seen prominently lately where a media company and a drug manufacturing company have the same owner breeding the wide spread panic of H1N1. (is this true? Names, facts) Although this is an outright travesty today's article will be discuss the more deceitful threats centered around purchasing a home for you and your family.

The typical agenda when starting the process is:

You see the need: you realize a need to start building equity, and you realize you could be paying off your mortgage instead of renting and paying of someone else's mortgage.

You see an opportunity: you find the house of your dreams, or you get that promotion that enables you to start thinking about owning your own home.

You find a way; usually through a mortgage. Where a financial organization is offering you money to purchase that house!

Fantastic eh? It appears so... Follow through with the plan, you pay off the mortgage and slowly become asset rich with a mortgage-free house under your portfolio.

However, there is a problem here. People are usually exposed to the commission charges of the real estate agent (usually around 5-6% of the purchase price, which is split between the agent and the parent company). The bank will explain in detail about interest rates, (variable vs. fixed rate, length of term, even economic conditions that might affect your interest rates). It is a whirlwind of information, especially the first time you go through this and far too much to digest in the time they give you to think before you sign on the dotted line.

Most people miss the insurance contract that they slide under your nose, as they explain that this insurance will cover off on your mortgage should you die and that it is only \$30 per month. When you're purchasing a \$200,000 starter home and the mortgage expert says, "all that's stopping us is this \$30 per month

charge." Most people sign faster than they would for a prepaid credit card. "All I have to do is sign here and I'm insured?" asks the client. The mortgage expert replies satisfied, "Yes!"

This is the part where the fine print gets really fine! Here are five problems with buying this insurance that appears to be 'so good' upfront.

Problem One

The insurance is non-convertible, non-ex-tendible term insurance. This means that the insurance will last for that set amount of time, and is not flexible to any changes in your life. If you have to extend your mortgage, you will need to pay an increased premium to cover the extended time. If you pay off your mortgage early, you will continue to pay the insurance premium, even though the death benefit is zero.

Problem Two

The insurance is based on the declining balance of the mortgage, if the mortgage is paid off early; the premium is paid to cover the mortgage of ZERO!

Problem Three

Premium is a flat rate, weather your out-standing mortgage is a million in year one or five hundred in year twenty the mortgage insurance premium will be the same month over month.

Problem Four

The bank or lending institution OWNS THE INSURANCE - you're simply paying for it, and if you die the bank decides how the payout is spent. This leaves zero flexibility for your family and friends to deal with your death.

Problem Five

This, in my mind, should be considered criminal Post claim underwriting. That piece of paper you signed to get the mortgage insurance has, somewhere in the small print, a disclaimer explaining that after you pass away the underwriters will asses the risk of your insurance and decide if they should pay out your death claim. This means that if you said you had no blood pressure problems, and 20 years later died of a heart attack the underwriters will look through your medical files and see if you had ever been tested. If you had your blood pressure taken every year as part of a physical, that constitutes as a pre-existing condition, therefore NO DEATH BENEFIT.

Please pass this on to anyone who has recently purchased a home, or is considering purchasing a home. You owe it to them to help them protect their families. CBC Marketplace did a documentary on this subject. I would encourage anyone who will buy a house in his or her lifetime to take 10 minutes and watch this video (http://www.cbc.ca/marketplace/in_denial/).

In order to get the mortgage you do need the insurance to cover off the risk that you may die before you have the chance to pay it back, that is the definition of mortgage (in French it is translated as "dead pledge" meaning you will fill the contract within your lifetime and if you don't your heirs or children will be stuck with the bill.

You do not need to purchase their mortgage insurance, you can get insurance that is everything you want, it can even pay you a pension when you retire!

Don't let the lending institutions bully you; get something that works for you. Talk to a financial advisor, insurance broker, even your business professors, they will steer you towards something that will provide you with proper coverage and is built around you and your family's needs.

***Have something to say?
Say it!
E-mail Mary Jane at
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Rosaria Student Centre - Room 101 - 457-6381 - vinnies.mountstudents.ca

Snacks & Appies

Quesadilla.....	\$7.30
(Add chicken or beef for only \$1.77)	
Wings hot, med, mild, or honey garlic	\$8.85
Nacho's with salsa & sour cream.....	\$8.19
(Add chicken or beef for only \$1.77)	
Pizza Rolls with your choice of dip sauce.....	\$5.97

Student Sandwiches & Wraps

Grilled Cheese & Bacon.....	\$5.31
Grilled Chicken & Peppers	\$8.85
Pulled Pork, Pulled Pork, Pulled Pork.....	\$8.63
Philly Cheese Steak Sandwich	\$9.07
Hamburger.....	\$7.96
(add cheese or bacon \$0.66 each)	
The Big "V" Burger	\$11.50
(burger, bacon, cheese, peppers & onions, & pulled pork)	

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

Pizza

Pepperoni Pizza	\$8.41
(Pepperoni & cheese)	
Veggie Delight Pizza.....	\$8.41
(Hot & sweet peppers & onions)	
The Works.....	\$10.62
(pep, bacon, peppers & onions)	
Pulled Pork.....	\$11.06
(Pulled pork & hot peppers)	
BBQ Chicken	\$11.06
(bbq sauce, bbq chicken, & peppers & onions)	
Fajita Pizza	\$11.06
(chicken or beef, peppers & onions, & hot peppers)	

Vinnie's Menu & specials begin daily at 5pm

