

# THE SENTINEL

MSVU's Student Voice

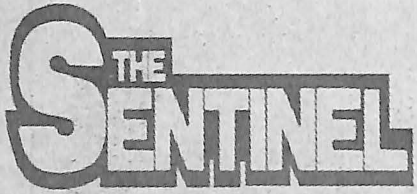
January 2006

Volume 1, Issue 4

Mount Saint  
Vincent's Students'  
Union wants you to  
get out and

**VOTE!**





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## A Chance for Change in 2006 or Things Allyson Will be Promising to Work on Again in 2007

by Allyson Marsh, Editor-in-  
Chief

Another new year has come and we have landed into 2006. As with every January I'm left thinking that it's time to make some change. I'm not a real resolution person. I can never stick to them. But wouldn't it be nice to be able to have a goal to get through into 2007? I'm trying to figure out where to start, if you know what it's like to have that new year's itch here are some areas of my life I am thinking of improving and maybe you should to.

### Number One

Time management. There are twenty four hours in the day. Sometimes I end up trying to make every one of those productive and sometimes I'll realize it is time for bed and I have achieved absolutely nothing during the day. I'll be honest. At 21 I still don't know how to fit school, work, and a social life into a nice balance. I can barely manage getting one of those aspects straight. A friend of mine writes a list of everything he needs to do in a day when he wakes up and schedules his time accordingly. This to me seems like a magical concept from a far off place. Obviously I've got some work to do

### Number Two

Sleep. Does anyone really get eight hours worth of shut eye? No one I know seems to get to sleep until sometime after Conan

O'Brian and they usually have to rise and shine before noon for class. Sleep is suppose to make us work better and feel better. But where is the time for sleep? Am I the only person that is still up doing school work at 3 am some nights? I guess that might be related to problem number one, though.

### Number Three

Health. Even as a vegetarian eating five servings of fruit and vegetables seems a bit much. It seems anything healthy costs much more than frozen pizza and potato chips. The Canadian Food Guide asks more of a person than most university student's can give. Eating in the cafeteria or trying to cook meals for one does not usually put you on the path to good eating. Yeah, it might taste good, but will it give you 100% of all the vitamins you need in a day? The winter weather doesn't do much for your health either. You don't feel like being active when it is snowing or windy and cold. It seems like a much nicer idea to stay inside curled up with a book or a movie then to get bundled up to freeze your finger tips off. But maybe that's just how I feel.

### Number Four.

Money. Find me someone that doesn't have money on their mind at one point or another and I'll give you five bucks. Everyone has some trouble with budgeting their finances to fit their lifestyle. I think it must be next to impossible not to. Bills, books, clothes, food, and life all add up in cost. I try to make a budget. I really, really do. But sometimes I can't pass up a show at the Attic or a sweater you see in the mall. One thing can send your whole month into penny pinching challenge. Somewhere in high school someone should have sat us down and explained

that yes, you will become and adult, and honestly, truly, money doesn't grow on trees, despite how it might seem when you are young and carefree and living off your parents.

### Number Five.

School. Maybe this should be number one. Perhaps putting it at number five says something about my priorities that I should re-evaluate. I'll be honest. Sometimes I just hate school. I know I'm not the only one. I hear people talk. It can be hard to funnel your excitement into a class you could care less about. Sometimes you are stuck with a class that you must take that seems like three hours of torture a week. Sometimes it is more than one class and you need to find motivation to still work hard to do well. I don't know where you get that motivation. I'm terribly hard headed sometimes. I can't seem to get it straight that because I don't care about something doesn't mean it isn't important to my future and career choice, not to mention to my GPA. I've been told you should spend three hours studying for every hour of class. If you are taking five classes that is 45 hours of studying a week. After 16 years of education I still cannot fathom that concept. But maybe if I did this list could stop at number four.

Obviously I've got some work ahead of me this year. Do you think any of these problems are prevalent in your life? It wouldn't surprise me if you have trouble in at least one area. If you don't maybe you could tell me how to straighten up in 2006, because while I can target faults I'm not one to come and ask for advice.

*If you've got any suggestions for me or have some resolutions you might want to share in our February issue feel free to email me at newspaper@mountstudents.ca*



## Liberal Education Strategy is incomplete

by Student's Union President Chantel Brushett

OTTAWA—The Liberal Party's post-secondary education platform, unveiled today, ignored a key education promise made during the 2004 federal election. Prime Minister Paul Martin promised to increase transfer payments for post-secondary education by \$4 billion. Until Martin addresses this core funding to universities and colleges, the Liberal plan is incomplete.

"Students are still worse off under the Liberal plan today than they were when the Liberals formed government in 1993," said George Soule, National Chairperson of the Canadian Federation of Students. "By not restoring billions of dollars in core funding that was cut during the 1990s, the Liberal Party's strategy falls short."

The Liberal Party's post-secondary education platform calls for increased grants to students studying in their first and fourth year of studies. One-half of tuition fees, up to \$3000,

is the proposed value of the grant. However, tuition fees have more than doubled over the past decade, and student debt has skyrocketed.

"Grants are only half of the recipe for ensuring access to post-secondary education," continued Soule, "If tuition fees go up, then this grant will be undermined immediately. Restored core funding from the federal government would go a long way to keeping fees down."

The Canadian Federation of Students is Canada's largest student organisation. It is composed of over 80 university and college students' associations with a combined membership of

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Development Technician, Eastern Region  
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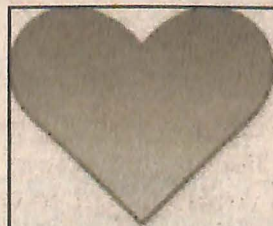
education that works for you

## Student Loan Love Letters

This February will mark the return of the "Loan Love Letters" contest. Created in 2003, the competition asks students to write a sarcastic love poem, story, letter, or limerick to their student debt. All letters will be printed and given to members of the University Board of Governors, Senate, and administration.

Not only is it a fun way to get your voice heard, but it also allows students a chance

to win great prizes. Past prizes included a month of free bus tickets, a \$50 meal plan, a round trip anywhere in the province on Acadian Lines, and a trip for four to Moncton on Via



Rails. Submissions can be emailed to [executivevp@mountstudents.ca](mailto:executivevp@mountstudents.ca), dropped off to the Information Desk or Rosaria 118B, or faxed to (902) 457-0444.

Please include your name, year of study, program of study, and home province. The deadline for submissions is February 8<sup>th</sup>. As always, check [www.mountstudents.ca](http://www.mountstudents.ca) for more details.

## On Campus Employment

by Shalen Hutchings Students' Union Academic VP

Did you know that the MSVU Students' Union offers the most on-campus employment at the Mount? We offer various positions, from casual staff who are called in to work at special events, to management who run our services and receive up to 30 hours per week.

Working with the Students' Union can be a very rewarding experience. You'll get paid, get to work between classes, and meet many interesting people. Any on-campus involvement looks excellent on in a resume

or portfolio. All hiring is generally done in April, but some positions become available mid-semester.

If you are interested in finding out more about employment opportunities within the Union, please check out [www.mountstudents.ca](http://www.mountstudents.ca). There you will find the most up-to-date information concerning post postings. Alternatively you can send your name and email address to [executivevp@mountstudents.ca](mailto:executivevp@mountstudents.ca) to be put on a mailing list to receive job updates. Finally if you would like more in-depth knowledge of job offerings within the Union, please don't hesitate to stop by my office in Rosaria at any time for more information.



## 'Clicking' across the Maritimes

Education technology spreading across Atlantic universities

by William Wolfe-Wylie  
CUP Atlantic Bureau Chief

SACKVILLE, N.B. (CUP) --



What began as a technological phenomenon at a single maritime school is rapidly spreading across Atlantic Canada. The Classroom Participation System (CPS) is the latest in a line of technological advances introduced into the classroom environment. Already on the list of participating Maritime schools are the University of New Brunswick, University College of Cape Breton, Mount Saint Vincent University, and Dalhousie University.

The "clicker" system, as it is commonly known, operates by placing a number of short-range radio sensors around the classroom which respond to handheld devices purchased by each student. The result is a system similar to that used by audience voters on "Who Wants to be a Millionaire" and "America's Funniest Home Videos".

The system is designed for professors to be able to gauge student reaction in the classroom or to spring pop quizzes which can be graded instantly. Questions such as "Does everyone understand" or a simple question based on the class's assigned readings are answered instantly by students carrying the clicker device.

"Although still in the assessment stage, this technology seems to allow a timely response to questions and feedback on correctness," said Bill Waterman of the Mount Allison University Department of Commerce, who has recently begun using the technology in his Introduction to Accounting II class.

"It initially seems like a tool that can benefit both students and instructors alike," he said.

Adam Sarty of the St. Mary's University department of Astronomy and Physics has been test driving a number of classroom technology systems for that university and is happy with the CPS.

"CPS worked great, and a few new instructors at SMU have come on board this semester," said Sarty.

Some students feel that the technology is more appropriate for larger schools, such as the University of Toronto or Guelph

University, both of which are using the system, than for smaller Maritime schools.

"The class is less than thirty people," said one student in Waterman's class at Mount Allison. "I really don't think it's that necessary."

"He's a really good teacher, so I don't really see the need," continued the third-year student.

Students in classes using the technology are required to purchase the handheld device as they would be required to purchase textbooks for the class. The "clicker" sells for \$7.56 with taxes and students are required to register the clicker on the

e-instructions website for an additional \$15 per semester.

"It's a little annoying because the textbook was like \$100 so it adds another \$25 to the price of the class," said one student.

The technology is designed and marketed by eInstruction Corporation, based out of Denton, Texas. Outside of Atlantic Canada, the CPS is also being used by the University of Victoria, University of Saskatchewan, University of Toronto, University of Waterloo, Guelph University, Laval, and Lakehead University.



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## Vote for the Kids

by Afton Doubleday

Finally! Childcare has made the national agenda and is a central issue in the elections debates. All four national political parties have proposed plans for a national childcare strategy. The Liberals included a childcare plan in the 2003 Red Book, but until now the issue has gone largely unrecognized. Meanwhile, parents have been struggling to find available childcare spaces and the money to pay for the spaces once they are found. Childcare is an issue of the safety, health, development, and wellbeing of the nation's children.

The Liberals' proposal is an extension of the Foundations Program that was set out in the 2005 budget and has led to agreements with all ten of the provinces. The Foundations Program provides \$5 billion to the provinces and territories between 2005 and 2010. Of the five billion, \$100 million is allotted for childcare on First Nations reserves. Under the agreement the

provinces are committed to putting the money into childcare facilities that abide by the QUAD principles – quality, universality, accessibility, and developmental. This is an important aspect of the plan, as it gives preference to regulated childcare that includes early childhood education as a component, which can be safer and aid in children's development. The Liberals will add an additional \$6 billion to extend the program to 2015. Money will be given to facilities through the Strategic Infrastructure Fund and the Municipal Rural Infrastructure Fund to provide capital to create new childcare spaces. The plan is estimated to create 625,000 new childcare spaces over the next five years.

The Conservative Party of Canada has proposed the Choice in Childcare Allowance to help parents cover the costs of childcare in a more flexible way. Families would receive \$1200 per year for each child under six years old, starting in 2006, with no stipulations on how the money is used. This could be beneficial to parents who use in-home childcare services or other informal

services, or who chose to have one parent stay in the home with the children. However, it only provides \$100 a month per child, which in many cases does not cover the full costs of childcare. The Conservatives will also create the Community Childcare Investment Program to provide \$250 million per year to create childcare spaces and a \$10,000 tax credit per space created by employers. The program will create 125,000 new childcare spaces over five years.

The New Democratic Party is proposing a Child Care Act that will commit a federal funding program for licensed, non-profit childcare centres. The Act will set out \$1.8 billion in the first year and an additional \$250 million per year for five years to be given to childcare centres. The Child Care Act is intended to give permanence to the NDP plan. The NDP plan is expected to create 200,000 new childcare spaces. The NDP will also increase each family's Child Tax Credit by \$250 per year until it is increased by \$1,000.

The Green Party has not provided specific numbers for a childcare plan, but will

see all local childcare centres linked in a national network and create new funding networks for childcare centres. The Green Party will expand the Child Tax Credit and provide tax incentives to businesses that provide flexible work shifts and on-site childcare. The Green Party also proposes that the work week be reduced to thirty-five hours to give parents more time to be in the home.

We must take advantage of the attention that childcare is getting in the election to advance the agenda of a national childcare program that allows all parents to ensure that their children have safe, reliable care for their children. Four different options have been provided to Canadians, and we must decide, do we want flexibility or accountability, policy reform, or workplace reform? Parents face many different situations across Canada, but they have the opportunity to choose which childcare strategy will work for them. When deciding how to vote on January 23, please make childcare a part of your decision and vote for what is best for the kids.

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## Conscience, not fear, should decide your vote

Liberal scare tactics and smear ads no reason to avoid other political parties

by Patrick Ross  
*The Gateway (University of Alberta)*

EDMONTON (CUP) -- Anne McLellan wants you to be afraid. Upon opening her campaign office on December 2, Canada's incumbent deputy prime minister had a message for Canadians: vote Liberal lest the oh-so-scary Conservatives come to power.

"Landslide" Anne McLellan—who, curiously, has never won a landslide victory—urged voters (particularly NDP supporters) to support the Liberal party by voting strategically in order to block Stephen Harper and his Conservative party from taking

power.

There's a good reason why McLellan and the Liberal party push this message: in the 2004 election, an anti-Conservative swing vote was crucial in delivering the Liberal party (including McLellan, who won her riding by a scant 600 votes) to power, albeit in the form of a minority government.

This is why Paul Martin also wants you to be afraid. While his party's poll numbers continue to slip, and the Conservatives continue to extend their lead over the Liberals, Martin has (once again) resorted to warning Canadians of the "perils of Stephen Harper"—resorting to petty fear-mongering where legitimate, albeit incompetent, political campaigning has failed him.

Perhaps the most disturbing sign of this can be seen in the Liberals' newest campaign ads. One in particular makes note of Harper's proposal to increase the presence of Canada's military

in or near Canadian cities—a plan intended to improve the military's ability to respond to emergencies.

The Liberal ad in question claims that this would mean "soldiers with guns in our cities," suggesting the Conservatives would declare martial law and turn Canada into a fascist police state. Of course, such a suggestion would be absurd—if it wasn't simply a flagrant lie.

Then again, perhaps Paul Martin and Anne McLellan have plenty of reason to be afraid of the Conservatives—as well as the NDP and the Green Party. Martin and McLellan have had to watch as their party's campaign is sucked deeper and deeper into the abyss of cataclysmic failure, while their opponents' campaigns have been comparatively successful. Spreading their fear to the electorate may seem like a reasonable and effective political tactic. Unfortunately, all this does is lead Canadians astray.

The Liberal campaign urges voters to "Choose Your Canada." Never before has this statement been so profound. Many may disagree with Stephen Harper's vision for Canada—this is their right as Canadians, and god bless them for exercising it. But the Liberal alternative—a Canada where NDP and Green Party voters sacrifice their convictions for fear of the Conservative bogeyman—is certainly no better.

Now, more than ever, there's a need for Canadians to vote according to their consciences. If your conscience demands you vote for the Conservative, NDP, or Green parties, please do so. If your conscience honestly demands you vote for the Liberals, that's exactly what you should do as well.

Canadians must not allow themselves to be paralyzed by fear. On January 23, let's choose our Canada: one where politicians can't win elections by manipulating us with fear.





## Taking a bite out of federal politics Ballot-eaters protest current democratic system in Canada

by Vivian Belik  
The Uniter (University of Winnipeg)

WINNIPEG (CUP) -- While most people will be neatly placing an "X" on their voting ballot during next week's election, there will be a few who will choose to add ketchup to theirs and eat it.

Shelagh Pizey-Allan, a first-year student at the University of Winnipeg, chose to eat her ballot at an advanced polling station this past week as a way to protest a political system which she feels is not working.

"I think that voting in general legitimizes the [political] system that we have -- there are some small changes that can be achieved but I think that the system is very undemocratic and when we vote for it we legitimize it - that is why I've decided to eat my ballot," said Pizey-Allan.

Pizey-Allan, who ran in the Fort Whyte provincial by-election this past December on a Green Party platform, and is helping Green

Party candidate Vere Scott with his federal election campaign, says that the existence of alternative political options in the federal election is important but admits that she won't be voting for the Green Party this time around because she does not agree with all of its platform policies.

"When you vote for a party you endorse all of their policies and personally I have some problems with some of the Green party policies," she said.

Pizey-Allen is not the only disillusioned young citizen who is hungry for change. Beau Burton, Coral Maloney and Chris Webb also chose to eat their ballots at advanced polling stations around Winnipeg on Monday. Beau Burton, a member of the New Socialist Group, ate his vote because he did not want to support what he considers a capitalist system of democracy here in Canada.

Speaking at a political forum last week held at the University of Winnipeg entitled Does the Federal Election Matter?, Burton stated that our current system, which he believes to be highly corporate-influenced, "radically subverts the power of the people," and "disconnect[s] people from [political] issues."

Much like Pizey-Allan, Burton also thinks that very little change can be accomplished through the federal electoral system.

"As long as there is private control over the economy we will see only very small policy changes," says Burton. Chris Webb, a landed immigrant who has been living in Canada for the past five years cannot vote and has chosen to eat a fake ballot instead.

"I'm eating a [fake ballot] in solidarity with the immigrant community in Canada who is given no voice in the democratic system," says Webb. "I think the system needs to be reformed [to take into account] the way that votes are represented in the House and who is eligible to vote."

Eating one's ballot is an offense in Canada according to Elections Canada, the independent body set up by Parliament to manage the electoral system. On their website it states that "eating a ballot, not returning it or otherwise destroying or defacing constitutes a serious breach of the Canada Elections Act."

In the 2000 elections, three voters in Edmonton were charged for eating their ballots. Although the charges were later dropped it prompted Elections Canada to sternly warn voters about the

repercussions of defacing their ballot in the 2004 election.

It is not the illegality of eating one's ballot, however, that is stopping other frustrated voters from carrying out similar acts of protest.

Sally Rudd, a fifth-year political science student working as a briefing secretary for the Minister of the Environment in Ottawa agrees that the system needs reform but feels that there are ways of enacting change by working within the current system. "A more constructive way of achieving change in Canada is to vote for a party in Canada which has participatory democracy as part of its ideological platform," says Rudd.

She believes that if people feel alienated from the democratic system here in Canada it is not for lack of avenues open to citizens to become involved in the political process. "It's the citizen's own responsibility to get involved in politics. There are a lot of opportunities to do so beyond voting such as taking part in forums, online debates, and political party events - it just takes a little more work than voting."

# Student's are reminded that applications for the Bachelor of Education Program are due January 31st



## The Road Less Travelled to the NHL

Canadiens goaltender Yann Danis is one of many NHL players to take college route

by Jared Book  
The Concordian (Concordia University)

MONTREAL (CUP) --The road to the NHL varies from one player to the next. Most Canadians choose the shorter route, opting to go from high school directly to Canadian Junior Hockey. However, a new trend is forming in the NHL as many aspiring players are deciding to attend American universities beforehand. For the Habs' Yann Danis, the choice to pursue higher education took precedence.

"Hockey has always

been important, but school is important, too. I wanted to have a backup plan so I decided to try out college so that if hockey didn't work out I'd have something to fall back on," Danis said.

Several NHL stars have come out of the US College program--Paul Kariya, Martin St. Louis, Dany Heatley, John LeClair, Joe Mullen have all come from NCAA schools to play in the NHL. Although most of the players who come from the NCAA are American, Danis, Kariya, St. Louis and Heatley are Canadian.

Andrew Cogliano, and Jonathan Toews go to the University of Michigan and University of North Dakota respectively.

Danis, who received a degree in business economics, exemplifies the term 'late bloomer' to a tee. He was drafted late in the annual QMJHL draft and went undrafted in the NHL draft. His hard work and great play was enough to get

a contract from the Montreal Canadiens near the end of his last year at Brown University. In his last year, 2003-2004, Danis made the NCAA East All-American team and won the ECAC Player of the Year and Goaltender of the Year awards and made the 1st All-Star team. Danis went straight to the Hamilton Bulldogs where his stock rose to the point where he became the starter in Hamilton during the lockout season last year and was able to battle for the backup job to Jose Theodore and got his first NHL action this season and became one of a select group to earn a shutout in his first NHL game, against the Atlanta Thrashers.

"I don't think that [not getting drafted] took pressure away. At least I didn't look at it that way. Yes, I had my education to fall back on, but I was still concentrating on hockey and trying to help my team win," he said. Danis also said that life as a student athlete helped him

mature.

"Playing in college helped me mature more than if I had gone to Junior. I got to college [when] I was 19 and I had spent four years there and it helped me mature off the ice but also on the ice. We don't play as many games, so we had the opportunity to practice a lot and train a lot and work on things I wouldn't have been able to fine tune as much in Junior."

Danis also had the opportunity to watch his former teammate at Brown, Brian Eklund, make his NHL debut at the Bell Centre on Nov. 8 with the Tampa Bay Lightning. Eklund was drafted in the seventh round by the Lightning in 2000.

At 24, Danis doesn't have to think about life after hockey right now, but he does admit his degree will make it easier. "It helps to know that I'll have something to do, but right now number one is still hockey," Danis said.





## Water is Wise

Staying hydrated in all seasons

by Emily Shepard  
The Argosy (Mount Allison University)

SACKVILLE, N.B. (CUP) -- Most of us are not hydrated enough. From the average adult to high-performance athletes, water plays a crucial role in strengthening and renewing the body. Knowing when and how to consume water and other fluids is important if we want to stay fit and healthy.

On average, medium-active Canadians lose around 2.5 liters of water per day through perspiration, defecation, and respiration. This water needs to be replaced. Even mild dehydration strains the cardiovascular system, reduces athletic performance, and weakens the body.

While the old motto of drinking eight glasses a day (approximately two liters) is a good recommendation and reminder, it is not scientifically based. Different bodies require varying amounts of water to maintain hydration. Athletes need to pay particular attention to fluid intake. Drinking water before, during, and after exercise is important to maximize performance, avoid injury, and improve fitness.

Approximately two hours before exercising, it is recommended to drink 500 ml of water. During exercise, athletes should

consume water every fifteen minutes. This will ensure that the body has enough water to maintain proper levels of sweat and therefore control body temperature.

Regardless of exercise level, it is important to consume water throughout the day. Thirst level is not always a good indication of hydration level and carrying a water bottle is a good way to ensure that hydration is not being neglected. The body also loses water overnight, so having a glass of water before and after sleeping is also recommended.

Avoiding diuretics (substances which stimulate urination) like alcohol and caffeine will also improve hydration. If you do have a coffee or a beer, following it with a glass or two of water will ensure that no fluid is lost.

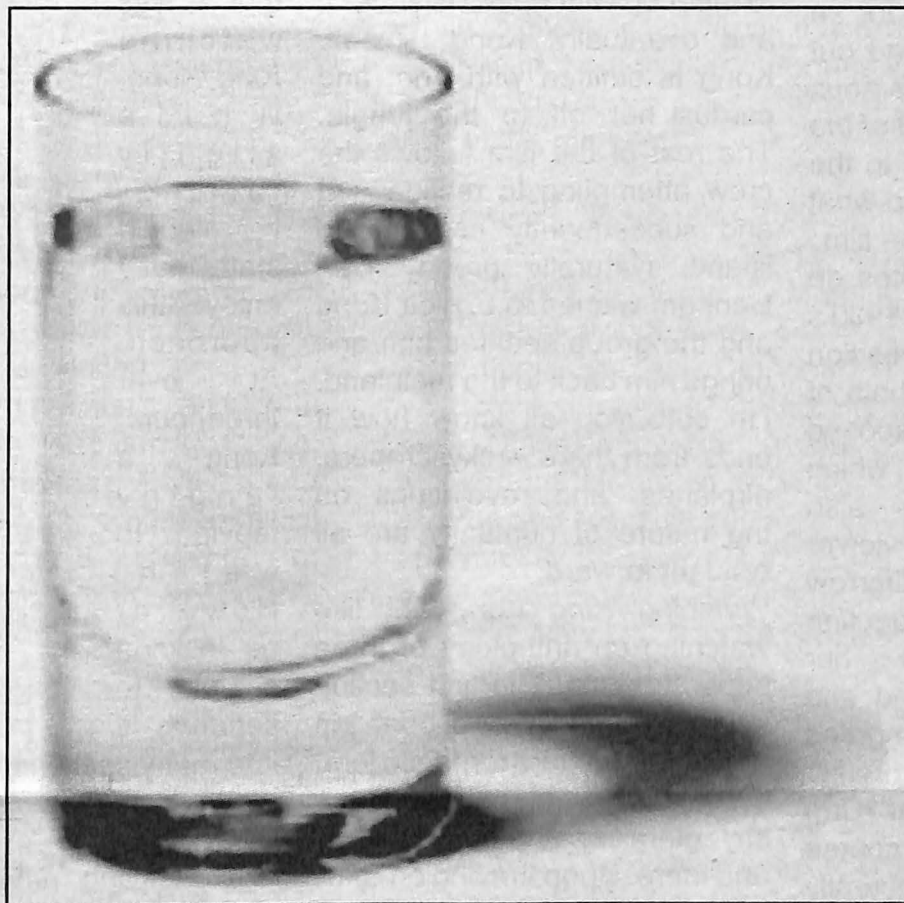
For those who exercise intensely for more than one hour, water may not be enough to avoid dehydration. In fact, consuming

only water during intense exercise can lead to "water intoxication".

Sports drinks and gels, containing electrolytes and sodium, promote fluid absorption and retention, renew energy lost during exercise, and can fuel tired muscles and delaying

you are not consuming enough fluids. Extreme dehydration can result in dizziness, increased weakness, and heat exhaustion or heat stroke in warmer conditions.

To determine how much liquid you should consume during and after workout sessions you can weigh yourself before and after exercising, on an empty bladder. Determine the percentage of your body weight that was lost during the workout. This represents fluid loss. For every percentage point lost, 500 ml more should be consumed during or after exercising. At four percent body weight loss, exercise performance is reduced by twenty to thirty per cent. At five per cent, fatigue and dizziness set in. Between six and seven percent, collapse is likely if exercise is not stopped. It is also dangerous, however, to gain weight during exercise through over-consumption of water.



fatigue. To maintain hydration you should drink 500 ml of fluid for each gel pack consumed.

However, these drinks and gels should only be used in instances of intense and prolonged exercise, as otherwise they are merely expensive and high-sugar substitutes for water.

In warmer weather, cool water is best for staying hydrated, as it is absorbed more quickly than warmer liquids. While the potential for dehydration may be more obvious in the sweaty summer months, we are constantly perspiring and excreting water.

Common dehydration symptoms include thirst, loss of appetite, fatigue, irritability, muscle cramps, and decreased coordination. Urine colour is the most basic indication--particularly in the morning. If your urine is a dark yellow, then

*Feel like getting in shape???*

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## Movie Review- King Kong

by Shalen Hutchings

When I was first told that *King Kong* was being remade, I was surprised. As I saw it, it was a film that lacked a reason for an update. When I later found out that Peter Jackson, most famous as the director of the *Lord of the Rings* trilogy, was signed to the project I was curious as to what direction he would take the film.

The first few minutes do a good job of creating a 1930's feel, with the great depression affecting most people. Shots of the homeless are juxtaposed with crowds in theatres, which we learn later have also been dwindling. The viewer is introduced to Ann Darrow (Naomi Watts), a struggling actor/comedian. When her theatre is shut down and she is left without a job, she agrees to sign on to a film project spearheaded by director Carl Denham (Jack Black). Of course viewers know that he is not really filming a movie, and is merely using the boat and film crew to get footage of Skull Island. While

on the boat, Ann falls in love with writer Jack Driscoll (played by Adrien Brody). This romance is shown through a few montage scenes but comes off as quite believable.

Upon arrival on Skull Island, the crew investigates only to meet up with native islanders, and eventually, Kong himself. Kong is smitten with Ann, and carries her off to the jungle. The rest of the film follows the crew attempting to rescue Ann and subsequently escape the island. Naturally greedy Carl Denham wishes to exploit Kong and the group sedates him and brings him back to the mainland. I'm sure you all know how it ends from there – skyscrapers, airplanes, and revelations on the nature of humanity are all brought forward.

Watching *King Kong* felt like watching an anthology of three separate films. The first section involving the city and boat trip looks like standard romance fare. There are comedic moments, shy glances, and a kiss here and there. Upon arriving on Skull Island, the film seems to splice into Jurassic Park, showing several species of dinosaurs and a fight with a T-Rex or two. It

wasn't until the group return to the city in the final twenty minutes that I was reminded that I was watching *King Kong*. While slightly jarring, I would state that I enjoyed this approach. At over three hours, Kong a lengthy movie to watch. However as Jackson seemed to separate it into many sections, it seemed to retain the interest of those in the theatre.

Having never seen the original *King Kong* or its many sequels and remakes, I wasn't quite sure what I was getting into when I sat down in the theatre.

However I was pleasantly surprised that a film held my interest in such a gripping way, despite having one of the most well-known endings in cinema. I encourage you all to see the film on the big screen; a home television will not do it justice.

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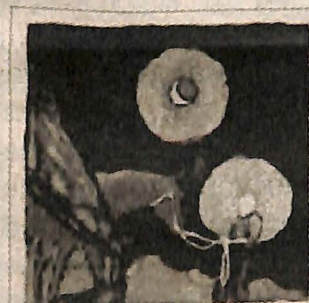


## CD Review Self Titled- Broken Social Scene

by Michael Luciano

Let me start by saying that the more I listened to this album, the more I enjoyed and appreciated it. If I had written this article a week ago, my opinion would have been much different because this is an album that needs to be listened to from start to finish and listened to carefully. By the third time I went through "Broken Social Scene" I was hooked on its romantic sound; romantic in a quirky rock sort of way.

What I truly like about Broken Social Scene is that their music is refreshing and good for listeners with an open mind, or for those who are simply sick of C100 and Q104.



## CD Review- Calexico / Iron & Wine In The Reins

by Taylor Moran

Calexico and Iron & Wine (Sam Beam) team up to create *In The Reins*, an eight track EP containing moments of creative genius, and the expected awkwardness of high-profile collaboration. Both Calexico and Iron & Wine have garnered critical acclaim for creating unique, beautiful music.

Calexico's eclectic rhythms provide a rich back drop for Beam's delicate, whisper-

In my humble opinion, Broken Social Scene and the rest of the Arts and Crafts label are some of the most important bands in Canadian music. It's nice to see this level of creativity when the music industry is overflooded with Shawn Desmons and Shania Twains. I am sure many of you enjoy Shania's music, but I can only handle so many "Oh oh uh ohs" before I need something more diverse, and that is exactly what this album delivers. Catchy music is great, but it's the little voice imperfections and loose musical format that makes Broken Social Scene so appealing.

I am the first to admit that this album isn't for everyone, but if you have a patient ear and can appreciate unique musical creativity and a wide range of sounds, you might just find this album brilliant.

rich vocals. On "*He lays in the Reins*" Calexico provides Beam with a fuller sound by adding a steady drum beat. The track's enchanting melody is interrupted by Salvador Duran's bizarre operatic signing, making it feel more like an artistic experiment rather than a song. There are gaps in the album's sound, where we are reminded that two very different sounds are being fused together. "*Sixteen, Maybe Less*" is a high point; pairing Beam's dreamy lyrics and Calexico's rare ability to create passive-aggressive music—a song within a song if you will. Soft melodies, reflective lyrics, and solid rhythm all rise and fall, succumbing to each other with precise timing, creating a pretty song.

*In The Reins* gives Iron & Wine fans a chance to hear the soft spoken singer backed by one of the best rhythm sections around, providing his songs with a bigger, more expansive sound.

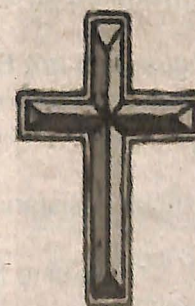
## What I'm Listening To

by Taylor Moran

Whenever I pass a fellow student in the hall who is wearing headphones, I'm always curious to know what they're listening to. I thought this column would be a good way to see what music Mount students are listening to. In following issues, I'll be pestering the staff here at the Sentinel, and anyone who strikes my curiosity to give a list of songs that are worth talking about. These lists will be in no particular order and are not "favorite of all-time" selections, just songs you currently dig. So here goes, Taylor's playlist of the moment:

- Take my Money and Run- Cuff The Duke
- Eli, the Barrowboy- The Decemberists
- Bermuda Highway- My Morning Jacket
- Jezebel- Iron & Wine
- Autumn Shade II- The Vines
- Before you Leave- Thrush Hermit
- In Other Words- Ben Kweller
- War on War- Wilco
- You and Me- Neil Young
- I'm Only Sleeping- The Beatles
- Happen Now- Joel Plaskett
- From Now On- Ron Sexsmith
- Say Yes- Elliot Smith
- Echo Park- Joseph Arthur
- Milano-Sigur Rós
- Carry Me Ohio- Sun Kil Moon
- Masters of War- Bob Dylan
- Anthems for a Seventeen Year-Old girl- Broken Social Scene

If you have any feedback, or just want to share what you're listening to contact us at [newspaper@mountstudents.ca](mailto:newspaper@mountstudents.ca)



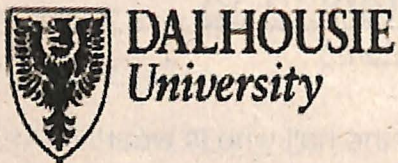
Joyce Saunders, Shobha, and The Contact

January 31<sup>st</sup> 7pm-9pm at Vinnie's Pub

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Deadline for applications is March 1, 2006.

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

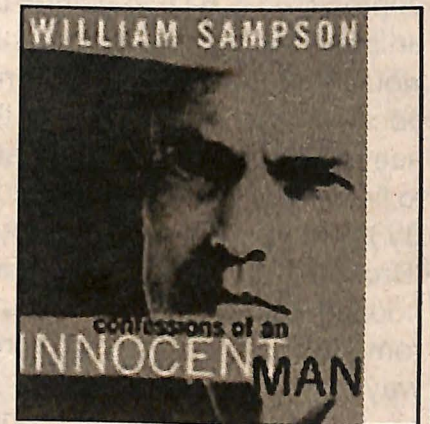
Clinical Vision Science Program  
IWK Health Centre  
5850/5980 University Avenue  
PO Box 9700  
Halifax, NS B3K 6R8

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

**Book Review-**  
**"Confessions of an**  
**Innocent Man" by**  
**William Sampson**

published by McClland and  
Stewart

Reviewed by Allyson Marsh



The book "Confessions of an Innocent Man" gives the reader a detailed look at William Sampson's imprisonment in Saudi Arabian jail, which lasted over two years.

A Canadian expatriate working in Riyadh, Sampson found himself a pawn in the cover up of terrorist actions inside Saudi Arabia. Arrested for being a part of bombings throughout the city Sampson suffered almost daily torture at his captors hands while they forced false statements that lead the public to believe that he was a felon.

Through his time in prison Sampson struggles for his freedom as the Canadian government turns a blind eye.

This story is truly a heroic tale exposing weaknesses in the Canadian government and the dangers of live in a foreign territory. If you are weak at heart you may want to avoid this read as descriptions of Sampson's beatings and rapes are almost too much to bare.

*Photo courtesy of chapters.ca*



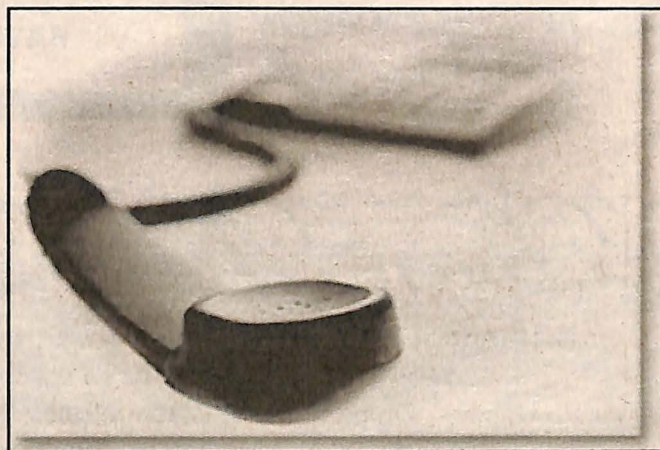
## Waiting for the Call

by Kristen Baker

Women these days are a lot more daring when it comes to the tricky process known as "The Dating Game." I see more and more of my female friends approaching men, batting their eyelashes, and buying them drinks. It's a good thing. Today's empowered women see something they want, and go after it. No longer do they wait around for good things to happen- whether it's as playful as talking to a cute boy at a bar, or as serious as asking for well-deserved raises or promotions at work. It's safe to say that we live in a time where men and women are both expected to pursue their best interests.

Now, I consider myself to be confident when it comes to the opposite sex. I do not get intimidated easily, and, yeah, I'll often be the first of my friends to start a conversation with a cute stranger. However, with

this said, there is one aspect of single living I just can't seem to take control of. This is, of course, the unbearable act of waiting for **the phone call**. Of course, I could bypass this whole stage by making the call myself, but for some reason I'm always the one left waiting by the phone.



Why must this be so agonizing? Surely there must be some interest there, or this person would not have asked for your phone number in the first place. Perhaps this person likes for the girl to make the first move, and is simply waiting for her to call him. Maybe he is busy

and won't call until his schedule calms down. Or maybe he is playing it cool by keeping to the "Five Day Rule" and will call when enough time passes, so as not to seem desperate. And of course there's the worst possibility of all: maybe he just won't call. These are only a few of the thoughts that pass through my mind while waiting for **the phone call**.

Now, I have to believe that I am not the only person who goes through this. However, when faced with this situation recently, I solicited a friend's advice, asking her if she'd ever had the same problem. She told me, "I can usually tell if a guy is into me or not. If I think he is, I won't hesitate to call him first." I respect this. I do. Her forward attitude somewhat boggles my mind, though. I have to admit, I try to play it pretty nonchalant. I like the feeling of control that

comes with being pursued. And of course, it's no secret that men and women are always looking to have the upper hand. I believe this is where the struggle of making the first call becomes a problem. If you are dealing with two strong individuals, it is very possible that neither one will want to relinquish their control. How do you overcome this? I wish I knew. Perhaps this is where MSN and text messaging come into play. One quick click of the send button and the worst is over! Or perhaps I have it completely wrong and making the first phone call is an act of gaining control, not losing it.

Whichever way you look at it, someone has to pick up that phone eventually. If nothing happens, I think the worst part is not so much the act of being rejected, but more the haunting question of: "Why?"

After about five days, I usually begrudgingly accept the inevitable. I think next time I'll have to get his phone number and leave the waiting to someone else for a change!

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**Sat. -Sun. 10:00am – 6:00pm**

(Sat & Sun 10-11am Continental Breakfast)

**Seton**

**Mon. - Thurs. 7:30am - 7:00pm**

**Friday 7:30am- 3:00pm**

**Closed Weekends**

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ARAMARK's MSVU Website

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Chinese New Year

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Nutrition Month

Spring Special



# The Union Page

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12

11 AM  
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## AGM

### ANNUAL GENERAL MEETING

The Students' Union would like to invite the students of MSVU to attend this years Annual General Meeting on January 26th, at 1pm in Seton Auditorium A.

For agenda items and details please visit:  
[www.mountstudents.ca](http://www.mountstudents.ca)

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Meet the Halifax West candidates on January 17th at the All Candidates Meeting in Seton Auditoriums B & C. 7pm - 9pm.



# FROST WEEK... WINTER CARNIVAL 2006

**THURSDAY**  
**FEBRUARY 2**

Kumoniwannaleiya  
Hawaiian Pub  
6th Annual  
9pm @ Vinnie's

**FRIDAY**  
**FEBRUARY 3**

Hatfield Farms  
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Tickets \$15 @  
Rosaria Info. Desk

**SATURDAY**  
**FEBRUARY 4**

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"The Fog" &  
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2pm in Vinnie's

**SUNDAY**  
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T-Shirt Party  
Jan. 20 - Newfie/Caper Revival  
Jan. 24 - Toonie Tuesday  
Feb. 16 - Trojan Love Pub  
March 3 - Mardi Gras Super Pub  
March 9 - Superhero Superstars Pub  
March 17 - St. Paddy's Day Party  
March 23 - Steal the Bar Party

**Mondays**  
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**Tuesdays**  
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**Every Friday**  
PUB Night

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The Return of the  
Vinnie's V.I.P. Contest



## Annual KIDS CARNIVAL

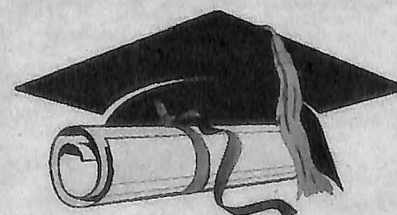
**Saturday - January 28 @ 12pm**  
The Rosaria Multi Purpose Room!  
Bring the kids, and enjoy treats, games, music,  
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