

**THE SENTINEL**



**IT'S TIME TO RUN!**

***In this Issue...***

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ELECTIONS '09**

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WITH  
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**NEWS, NEWS, NEWS**



# NO STRANGERS

By: River Smith

The faculty at this school, as well as other schools I'm sure, are worried about enrollment being down, and they are wondering how they can get it back up, or at least keep it from going down further. Wondering about how to attract new students, they may worry about their lack of budget to do this. But because they're not psychic and statistics can't tell the future, it is hard to know who might want to come here, or how they could be enticed. Maybe if the focus was completely on the students who are here now, and the school did everything it could to make sure current students are getting what they want and need out of their experience at the Mount, they would tell all their friends that this is the best school around. They say word of mouth is the best advertising, but as US advertising Professor Jeff Richards says, it can also be the worst advertising, or in other words, it can have great negative affect on a company or organization if one or many people are dissatisfied.

So, how can the management faculty make sure students are happy here so they will tell all their friends to come here? Ask them what they want. Conference with them and invite them to give feedback on a regular basis. Give students more freedom to steer the direction of the school. Encourage professors to give bonus points for extracurricular activities within the school and the community so that students will get more involved and engaged in the learning process. Give students an opportunity to say how they feel, and encourage them to think for themselves instead of always having to regurgitate the ideas of people who lived 200 years ago. How did those people ever become great thinkers? Because they had time to think, and not to just study other people's thoughts. Encourage students to think critically about what's happening now, in the present, and to trust in themselves to be brilliant.

We have such a small school, which has positive and negative aspects. One of the negative aspects is that we have only a few programs to choose from (fewer everyday, it seems), and less reliable course timetables with which to complete our degrees. On the other hand, one of the positive aspects is that because we are so small, we could potentially organize ourselves as a true community. If the Mount wants to increase

enrollment, it has to become even more unique, so that people hear about it far and wide. A school with small class sizes is a good draw, but not when they are so small that courses get cancelled a week before classes begin because there aren't enough students enrolled. With the Peace and Conflict Studies Interdisciplinary Bachelor of Arts Degree, the Mount has one of the most unique programs in Atlantic Canada, and one of the relatively few of its kind in the world in what is now a quickly growing field. Alas, even with twenty-five students currently enrolled in the program, the decision-makers have decided to cut the program, instead of unlocking its true potential. Apparently the school can't afford to hire full-time professors for the program and this is part of the reason why it is being cut. That the program is not seen as a priority makes me sad. But I digress. How can our school be truly different from other schools?

Human beings are bodies of resources; each one of us has particular strengths, abilities, and gifts. We each have a network of friends and acquaintances, a reservoir of experiences, and a unique perspective. Making the most of these resources, and coordinating them for the benefit of everyone is what community is about. We have to encourage the existing strengths in all of us, and in what is available to us, rather than focusing only on the deficits. The Mount, like any school, consists of a group of people connected by close proximity who all have the desire to learn and grow, and to apply critical thinking to the world around us, instead of just taking things at face value. Recognizing this in ourselves and in our fellow students and faculty can bring us closer together as an education community.

This is an invitation to think critically about why you go to university, why you go to the Mount, and why you spend your time on what you do. We could just go to class, do our assignments and get our degrees over with; some have no choice but to do that and only that. But for the rest of us, why not make the most out of being a part of a contained community in which everything we do influences those around us, and maybe even future students? Do you just want a degree, or do you want to leave this place better than you found it? If you are not feeling challenged enough—challenge yourself to engage in your surroundings and to make a difference. Talk to your professors, talk to your classmates, and question your assumptions. Don't feel that

homework is a burden (I'm talking to myself here too), realize that it is a privilege.

The opportunity to learn is a glorious one, and we should revel in it. We have to step up and take responsibility for our world, and for our communities, including our school community. Join a society or create one, find out what your Student Union gets paid to do, become a student representative, learn about what your professors are busy researching and writing about, volunteer, ask questions, protest, celebrate, and if you don't like something—work to change it, because maybe no one else will. Let's make our school a friendly place that sees beyond prejudices and stereotypes. This is not high school and we have no need for cliques. Sure we may have our own group of friends, but we need to see beyond that to the whole school community, and look at how we can each contribute to making our school a force for a better world. We have to look beyond the frivolities of our materialistic society and see what really matters: people, in cooperation with each other and the environment. If we create a true community, where there are no strangers—people will hear about the Mount and be drawn to come here; enrollment won't even be a worry. Think about it, and save a little time for exploration to see what you can make of everything.

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*Have something to say?*

*Say it!*

*publications@  
mountstudents.ca*

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# Betcha Didn't know These Wierd Facts

By Dj Scribbles

- 12 newborns will be given to the wrong parents daily
- A hummingbird weighs less than a penny
- A "jiffy" is an actual unit of time for 1/100th of a second
- A monkey was once tried and convicted for smoking a cigarette in South Bend, Indiana
- According to a British law passed in 1845, attempting to commit suicide was a capital offense. Offenders could be hanged for trying
- Almost a quarter of the land area of Los Angeles is taken up by automobiles
- In every episode of "Seinfeld" there is a Superman somewhere
- Money isn't made out of paper, it's made out of cotton

## Music Facts:

- At age 47, the Rolling Stones' bassist, Bill Wyman, began a relationship with 13-year old Mandy Smith, with her mother's blessing. Six years later, they were married, but the union only lasted seventeen months. Not long after, Bill's 30-year-old son Stephen married Mandy's mother, age 46. That made Stephen a stepfather to his former stepmother, Mandy
- Even though he has recorded some of the most memorable rock and roll classics, the only gold record that Chuck Berry ever received was for "My Ding-a-ling"
- Jimi Hendrix, Janis Joplin, Jim Morrison, and Kurt Cobain all died at age 27
- The American Film Institute has named composer John Williams' score for *Star Wars* as the greatest film score of all time
- Foo Fighter's 'Learn to Fly' video clip featured both members of Tenacious D
- Elvis Presley once entered an Elvis look-a-like contest in a US burger bar and only came 3rd!!

# WISH DAY!

Mount Saint Vincent University is holding their

6<sup>th</sup> annual Wish Day!

Join us for a 12-hour road hockey game in support of

Children's Wish Foundation!

Come as a team, solo player or even as a spectator.

There will be live entertainment, silent auction, food, and more!

Wish Day will take place on

March 13<sup>th</sup>, 2009 8am to 12 midnight in the Rosaria Student Centre on the MSVU campus.

For more information, email: [msvu.wishday@gmail.com](mailto:msvu.wishday@gmail.com)

Watching children's faces light up as they receive their wishes, sharing tears of joy as they meet their heroes...that's what makes giving worthwhile.

The Children's Wish Foundation of Canada is dedicated to making wishes come true for children with life-threatening illnesses. With your support, we can help supply the

necessary funds to help make this happen.

Hockey players (experienced and non-experienced), volunteers and entertainers are needed for the day. If you would like more information, please contact the appropriate individual as noted below.

As well, the MSVU Housing Staff is collecting donations in support of this great cause! To donate, contact a Resident Assistant or Don. For off-campus students and community members wishing to donate, please contact [msvu.wishday@gmail.com](mailto:msvu.wishday@gmail.com).

Please join the MSVU Housing Staff in making dreams a reality!

## Contact Information

General Inquiries- [msvu.wishday@gmail.com](mailto:msvu.wishday@gmail.com)

To Play Hockey- [kilah\\_ashley@hotmail.com](mailto:kilah_ashley@hotmail.com)

To Volunteer- [kilah\\_ashley@hotmail.com](mailto:kilah_ashley@hotmail.com) or 457-2545

Interests In Entertaining- [musiclover2\\_4@hotmail.com](mailto:musiclover2_4@hotmail.com)



"ROGER CAN WRITE HIS TERM PAPERS WITHOUT EVEN LOOKING"

## The Writing Resource Centre

(For the rest of us)

Rosaria 111A  
(off the Crow's Nest)

To make an appointment for some free writing help, call Student Affairs at 457-6567



# A Link to Our Future

On Tuesday morning, February 10th I felt very fortunate to be included in such an important celebration, which was held in the RBC Link. We are able to enjoy this wonderful space due to the support from RBC. The RBC Link is a dynamic space and is one of the most popular gathering places, where students meet to collaborate on projects, to socialize and to enjoy the view of the Bedford Basin. I have certainly spent my fair share of time in the Link.

Tuesday, we celebrated RBC's ongoing support to our University and their recent contribution of \$200,000 to our *Building Together Tomorrow* campaign. A contribution will be designated to the new link connecting EMF to the new Teaching, Learning and Research Centre. This new link will be named the RBC West Link once completed, and the current link has been re-named the RBC North Link.

The RBC gift also includes a \$25,000 donation to endow the Mount's first ever Leadership Scholarship. This scholarship recognizes RBC's commitment to promoting and recognizing academic achievement, as well as community service and leadership abilities.



During the event, President Laurin enthusiastically announced that the Mount has reached 62 per cent of its \$16 million goal. Mount students have generously supported this campaign. This is a strong message to our community that Mount students believe in the future of the University. Together, we will build on achievements such as this, to create the best university experience in Canada.

*RBC has certainly provided a generous link to our future...*

For more information on the Building Tomorrow Together capital campaign contact our University Advancement department by calling 457-6470 or send an email to [BTTCampaign@msvu.ca](mailto:BTTCampaign@msvu.ca).

## MSVU Art Gallery presents

**OPENING RECEPTION:**  
You and your friends are invited to attend a joint opening reception for Susan Feindel: See Below and Micah Lexier's For

Example (Butler, Clark Espinal, Gerken) on Saturday 7 March, 7:30 to 9:30pm. The free chartered bus leaves 2605 Agricola

### The Student Representative

### Council

A councilor's job is to represent his segment of the Union membership within the governing process of the Union. A councilor is an important part of the link between the students and the Union operations and campaigns. The strategic future depends on the work of the SRC and the input of the councilors.

#### Elections Timetable:

- March 10**
  - Nominations close for Council positions
  - Mandatory All Candidates meeting at 4:00pm at Virnie's
  - Campaigning begins for Council positions directly following the All Candidates meeting
- March 12**
  - Election speeches in Selon Cafeteria for Council positions at 2:00pm
- March 13**
  - Election speeches in Rosaria Cafeteria for Council positions at 5:30pm
- March 14 & 15**
  - Campaigning continues
- March 16**
  - Campaigning ends at 8am
  - Election Day Polling Stations open at 9am
  - Election Day Polling stations close at 6pm
- March 17**
  - Election Day Polling Stations open at 9am
  - Polling Stations close at 6pm
  - Election Results announced that evening at Virnie's

Street(Gus' Pub) at 7:15pm and departs for Gus' Pub at 9:15pm.

**SUSAN FEINDEL:**

Organized by MSVU Art Gallery  
Ingrid Jenkner, Curator  
7 March through 17 May 2009

[www.msvuart.ca/feindel](http://www.msvuart.ca/feindel)

**BUTLER, CLARK ESPINAL, GERKEN**

Organized by MSVU Art Gallery

Micah Lexier, Guest Curator

14 February through 5 April 2009



#### The role of the Councilors

The Student Representative Council (SRC) is the official body responsible to govern the MSVU Students' Union. The SRC also has the legislative authority of the Union. This authority and responsibility links the initiatives of the Union to its membership.

#### Working Environment

##### Incoming Transition

- Meet and engage with your predecessor on issues concerning your constituents
- Ensure you have working knowledge of contracts, committees, and administrative tools related to the position.
- Participate in transition workshops

##### Union Governance

- Attend and participate in Student Representative Council meetings
- Attend and participate in the Annual General Meeting
- Attend, participate and constructively work on assigned internal committees
- Ensure necessary, lobby, campaign and strive for Union issues
- Ensure the accountability of the Executive team

##### Constituency outreach

- Be a Union spokesperson
- Engage and promote Union issues with MSVU students
- Establish a relationship with societies that work within your specific constituents
- Bring concerns of your constituents to the council

##### Outgoing Transition

- Ensure that the councilor replacing you is fully capable of continuing your successful legacy.

*This is an excellent opportunity to:* initiate change, represent and protect the rights of your fellow students, learn more about how a university runs, gain skills in governance, and help create a university life that benefits Mount students in all our diversity.

A councilor position will also be a good addition to your résumé and give you experience for work that you may do later.

Only with a full student council can students properly be represented, so please consider running for a position on the Students' Representative Council, and be a student.

\*For more information on the Student Representative Council Spring 2009 Elections, contact Elections Deputy Returning Officer



# News from the Library

By Darrell MacLean

With Reading Week just a memory it is now time to complete those end-of-term projects and get ready for final exams. The Library has something for everyone. For group projects we now have a group study room which can be booked by two or more students with MSVU Student ID's. This space is equipped with a whiteboard and seating for up to ten people with plenty of natural light.

Students entering the Library will notice there is a whiteboard at the entrance where messages can be left for other students on your location within the Library or the time you expect to return. The board has been getting a lot of use since its installation and for this reason needs to be cleared on a weekly basis.

During mid-March we will be holding our annual book sale. This event is one of our most popular and includes literature, fiction, non-fiction, sciences among other works and all items are "a-buck-a-book". Watch for the notices posted around campus and come early for best selection.

We extend a HUGE Thank You to our patrons who contributed to the Food for Fines drive held in January. The donated items helped our local food banks through Feed Nova Scotia.

With the appointment of Roger Gillis as the University Archivist effective March 2, 2009, the archives hours will be 1:00 p.m. to 5:00 p.m. Monday to Friday. Roger can be reached at 457-6401.

The Library will be open extended hours during the April examination period as well as over the Easter weekend. We will post the hours on our website as well as in the Library of the dates and times.

Please check the Campus Calendar, [http://www.msvu.ca/campus\\_calendar/](http://www.msvu.ca/campus_calendar/), for upcoming workshops or visit the Library to book an individual research appointment. We hope everyone does well on their final examinations.

Please visit our homepage, [www.msvu.ca/library](http://www.msvu.ca/library), to subscribe to the MSVU Library Blog and have up-to-date news delivered to your inbox. We welcome you to join our Facebook group which provides access to our services directly from your Facebook account.

## WANTED

### Outstanding Student Leader

Reward:

\$500

Description of student leader:

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

*Reward exceptional student leadership by nominating a student for the*

**2009 Alumnae-Students' Union Leadership Award.** The award, along with the

*\$500 cash prize, will be presented at the Student Awards Night on March 26<sup>th</sup>.*

Nomination Deadline:

Monday, March 9, 2009 – 4:00pm

Nomination forms available:

- Students' Union Information Desk in Rosaria
- [www.msvu.ca/alumnae](http://www.msvu.ca/alumnae)
- [www.mountstudents.ca](http://www.mountstudents.ca)



MOUNT SAINT VINCENT UNIVERSITY  
**STUDENTS' UNION**  
[www.mountstudents.ca](http://www.mountstudents.ca)



# Dear Fellow Students,

Dear Fellow Students,

On behalf of the MSVU Students' Union, I want to address the issue and concerns surrounding the Canadian Federation of Students (CFS) Referendum that occurred on September 24th and 25th.

First, I would like to explain that this was not a sudden decision to hold this referendum. It was an inherited issue that has been the topic of discussion throughout the past few years. Upon taking office, the decision to seek a referendum had already occurred and a letter of intent was drafted and sent to the CFS. I then accordingly followed the appropriate steps set forth by the CFS' and our bylaws in regards to a continued membership within the CFS. We followed the steps by attempting to contact their executive to set up the Referendum Oversight Committee (ROC) that would mediate the campaigns and the referendum as a whole.

Under their bylaws it states that within 90 days of the Referendum date the ROC should be set up consisting of two members appointed by CFS, and two members appointed by the MSVU SU. We heard no response, and moved ahead with the planning of the referendum and our campaign as scheduled.

In regards to our lobbying we understand and appreciate the concerns that we appeared one

one sided in our 'NO' campaign. But we take the stance that it is not our place to present the side of CFS and that they were contacted and given the chance to come to our campus and present their side to you the students. I will on the other hand, apologize for the way the campaign was run.

Before this, I would first like to thank MSVU student Tylor Perry for actively taking the initiative to research CFS and raise questions regarding the referendum. His work and initiative is a testament that students do and will stand up and speak out on issues. I commend him and thank him for caring and taking action.

Promotional materials such as the chalk messages, posters, the speeches in Seton and Rosaria cafeterias, as well as in classrooms, and of basic word-of-mouth were effective but were not a broad enough attempt to reach the complete student body. Perhaps better preparation would have allowed appropriate time to actively inform the student body on a larger margin and avoid what looked to be a focus on the Rosaria population, which was not the intent.

In regards to the results of the referendum, we have entered into a stalemate with the CFS. On September 24th 2008, I received a letter by overnight courier that MSVU SU was in default of the current referendum due to a breach of CFS referendum bylaws. Therefore CFS has deemed the referendum which we just completed as null and void

Although the referendum may be for not, the MSVU SU is dedicated to putting forth the effort to try and make the most of our relationship with CFS. And we can only hope they will reciprocate these actions. Please understand that the MSVU SU took a stance and fought on your behalf for a fee that over the past few years has been questioned by students of MSVU.

The parties involved fought hard and shouldn't be discredited for anything they have done. I would ask that all referendum questions be directed to me and hope that you feel free to speak to me about your concerns. The implications and necessary work associated with this referendum was understood when it was inherited and sincerest apologies are made to those who feel they may have been misled in anyway. My only goal is to be accountable and responsible to MSVU students and I welcome all criticism, both good and bad.

We as a student body are capable of amazing things. And you the students are the most important part of this university. I will continue to lobby for your concerns and on the issues that matter most to the students of MSVU. I thank you for your time, your concerns, and your interest in this issue.

Sincerely,

Jeremy Neilson



Government  
of Canada

Gouvernement  
du Canada



## Important Notice for Students with Canada Student Loans

### Are you graduating or taking more than six months off from school?

If you are **not** returning to full-time studies this fall, you will need to contact us to discuss repayment options:

- **For your Canada Student Loan**, contact the National Student Loans Service Centre at 1-888-815-4514 (TTY for the hearing impaired: 1-888-815-4556).
- **For your provincial student loan**, contact your provincial student financial aid office at 1-800-565-8420.

If you think you might have trouble paying back your student loans, there are federal and provincial programs available to help you stay on track.

Ask about the repayment options available to you. For example, the new Repayment Assistance Plan will ensure your Canada Student Loan payments will never be higher than what you can reasonably afford.

Visit the **Spotlight On** section of [CanLearn.ca](http://CanLearn.ca) for details.

## Avis important aux étudiants qui ont un prêt d'études canadien

### Tu termines tes études ou tu les interromps pendant plus de six mois?

Si tu **ne** retournes **pas** aux études à temps plein l'automne prochain, tu dois communiquer avec nous afin de discuter des options de remboursement.

- **En ce qui concerne ton prêt d'études canadien**, communique avec le Centre de services national de prêts aux étudiants, au 1-888-815-4514 (téléimprimeur pour malentendants : 1-888-815-4556).
- **En ce qui concerne ton prêt d'études provincial**, communique avec le bureau d'aide financière aux étudiants de ta province, au 1-800-565-8420.

Si tu crois que tu pourrais avoir de la difficulté à rembourser tes prêts d'études, des programmes fédéraux et provinciaux s'offrent à toi afin de t'aider à maintenir le cap.

Renseigne-toi au sujet des possibilités de remboursement qui te sont proposées. Dans le cadre du nouveau Programme d'aide au remboursement, par exemple, tu seras assuré que les versements sur ton prêt d'études canadien ne dépasseront jamais un montant raisonnablement abordable pour toi.

Pour plus de détails, visite la section **En vedette** du site [cibleludes.ca](http://cibleludes.ca).

Canada



# It's Graduation Time - Opportunity Awaits

April is coming. Students are panicking. What will they do after graduation?

The Job Finding Club comes to the rescue!

Many graduating students join the Job Finding Club (JFC) to access networking opportunities, resume and cover-letter writing help, and job search information. The Club helps grads access the hidden job market, decide what to do with their degree, and build a portfolio.

"I am currently doing research thanks to the JFC. It was through this program that I found the courage to even apply," says one Liberal Arts graduate.

The JFC can provide you with the tools and support you need to locate and secure a job. If you're interested, visit Evaristus 218 or call 457-6567.

## Job Finding Tips to get you started:

Start now!

Finding a job after university is serious business, and you should treat it that way.

Schedule time each week to devote to the search. Follow these Job Search Steps:

### 1. Self-assessment

What do you want? What can you offer?

Determine what your interests are, what you value and what you are good at. What skills have

you developed in other work/volunteer experience? Employers look for anything from leadership skills to communication skills, from organization to innovation. You have something to offer!

**2. Identify potential employers.** Don't just look at job databases. One of the best things you can do is to try to access the hidden job market – network, read newspaper articles, look at company newsletters and websites, search the yellow pages, read career directories, and volunteer. Some of the best jobs are never posted on job databases, so you need to get out there and find them.

**3. Research the employers you are interested in.**

What do they offer? What do they look for?

### 4. Prepare yourself.

You need a resume and cover letter. You also need to develop your interview skills.

Know your audience and target accordingly.

### 5. Contact the employer.

You can do so by phone, email or in person, but you should always be professional!

If you need help at any of these steps, visit the Career Planning Centre in Evaristus 218.

## CHEAT ON YOUR UNIVERSITY

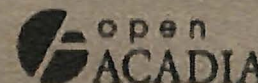
Don't worry. We won't tell.

### Online Courses with Acadia

- Credits fully transferable
- Open entry: start anywhere, anytime
- Over 85 courses available in a variety of disciplines
- Also available: Spring & Summer courses on our Wolfville campus

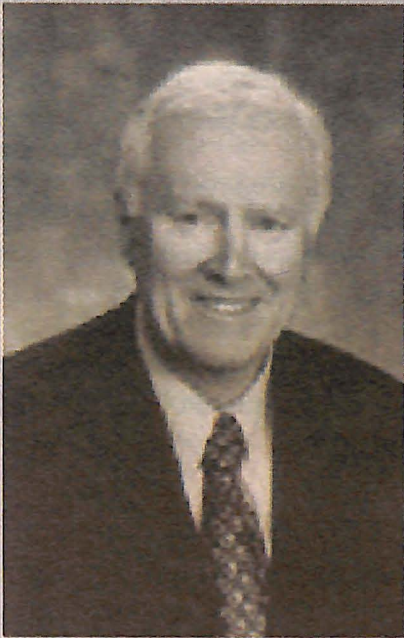
**openacadia.ca**

1-800-763-5066





# Know Your MP's & MLA's



**Bill Casey, M.P.**

**Cumberland Colchester**

**Musquodoboit Valley**



## **TRURO, NOVA SCOTIA**

28 Esplanade

Truro, Nova Scotia B2N 2K3

Tel: (902) 893-2455

Fax: (902) 893-1959

Toll Free in Riding (888) 752-0552

## **OTTAWA OFFICE (PARLIAMENT HILL)**

Room 646-S Centre Block

House of Commons

Ottawa, Ontario K1A 0A6

Tel (613) 992-3366

Fax: (613) 992-7220

Email: caseyb@parl.gc.ca




## **A Message from Megan Leslie, MP for Halifax**



Our economy is facing one of its greatest challenges in generations. After the Government's disappointing first attempt at addressing that challenge, it is critical that their forthcoming budget gets it right.

**The federal budget will be introduced in Parliament on January 26th.**

I want your input on how best we should stimulate the economy, protect jobs and bolster our social safety net. I will be making suggestions on behalf of our community before Budget Day and in Parliament during the budget debate. Please take a moment to write, cut out and mail your views and ideas to me, so that I may best represent your interests.

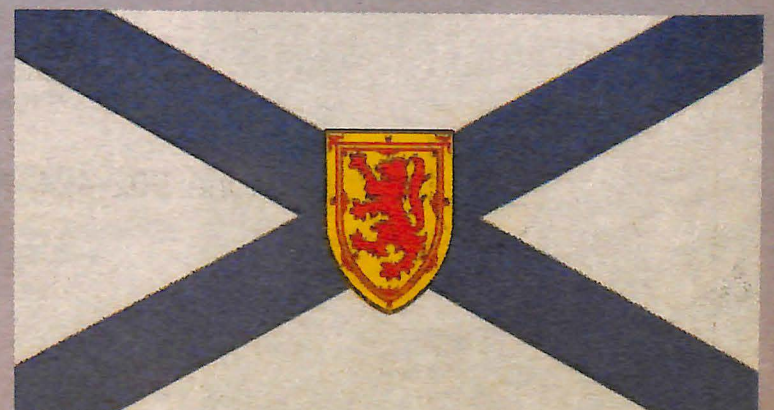


**M.P. HALIFAX WEST**

**geoff regan**

Suite 222, 1496 Bedford Hwy  
Bedford, NS B4A 1E5

For information or assistance  
Phone 426-2217 Fax 426-4339  
email: geoff@geoffregan.ca  
www.geoffregan.ca





# NDP Caucus

**"As we celebrate 250 years of democracy, Darrell Dexter and the NDP are proud to sponsor Nova Scotia students in their political studies and participation in this exciting and educational opportunity! "**



## **NDP Caucus Office**

1660 Hollis Street, Suite 1001  
Halifax, N.S. B3J 1V7  
Phone: 902-424-4234

Toll Free in NS: 1-888-247-0448

Web: [www.ndpcaucus.ns.ca](http://www.ndpcaucus.ns.ca)

E-Mail: [ndpcaucus@gov.ns.ca](mailto:ndpcaucus@gov.ns.ca)





# The Wrestler ponders fate of washed-up athletes

By Alex Fox

The Carillon (University of Regina)

REGINA (CUP) – Darren Aronofsky's *The Wrestler* is the story of Randy "The Ram" Robinson who, 20 years after the peak of his career, is still "competing" in professional wrestling.

Surprisingly, Aronofsky and Mickey Rourke, the underdog star of this film, successfully portray this form of entertainment not as the usual tacky mockery, but as the dismal, painful, and gruesome career it realistically is.

The movie takes a jarring turn from a brutal mockery to an unfeigned portrayal of a fallen athlete's attempt for redemption outside of the ring and the audience is forced to wonder which is worse – being loved in the ring while dying, or being hated outside the ring while living?

It also raises the question of what a fallen athlete

would do to redeem himself in today's world.

NHL player Todd Bertuzzi ended Steve Moore's career through an illegal hit from behind. He was suspended from the NHL and was heavily fined but is still playing professional hockey with the Calgary Flames.

Bertuzzi's hockey ability gained him redemption and may have even forwarded his career. He could have become another washed up blunder in the hockey world, but he worked at earning back his pride.

Some of us may be too young to remember Pete Rose, a legendary player and coach of the Cincinnati Reds, caught betting on games that he coached in. After his retirement, it was determined that he would be banned from the Hall of Fame. This controversy is still being

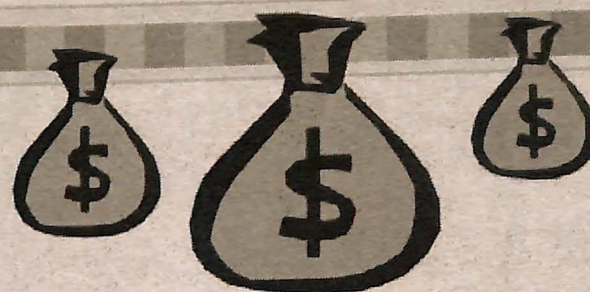
debated.

It seems that 15 years ago they had harsher punishments for unethical behaviour. Does his unethical behaviour really deserve such ignorance of skill, while Bertuzzi's is permitted?

Michael Vick also comes to mind. Vick quickly went from being the Atlanta Falcons star quarterback and highest paid player in the NFL to being convicted of running a dog-fighting ring. He experienced a big fall from one of the top 10 richest athletes in the United States to filing for bankruptcy protection while serving his 23-month sentence.

There has been speculation that Vick hopes to return to football and crawl his way out of bankruptcy. Until his release in July, football fans and animal rights organizations also wait in anticipation to see whether he will attempt to gain back his

## Athletics & Recreation



### EMPLOYMENT OPPORTUNITY! summer Day Camp Leader

Looking for a summer job? It's never too early to start!

The Athletics and Recreation Office is looking to add new faces to their summer day camp team. We are looking for individuals with experience working with children ages 5-11, and are available to work between June 20 - August 28.

#### TO APPLY:

Submit your RESUME & CLASS SCHEDULE to  
June Lumsden in the Ath/Rec Office, Rosaria  
Centre Room 127 or by e-mail at [mount.fitness@msvu.ca](mailto:mount.fitness@msvu.ca)

DEADLINE TO APPLY:  
TUESDAY, MARCH 31, 2009

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glory on the football field.

Rourke's character struggled with choosing to accept his washed up life that he neglected for so long or to dangerously fight for his glory.

Comparably, Rose, Vick, Bertuzzi, and even Rourke fought to recover their careers as well.

However, any attempts by O.J. Simpson, Ben Johnson, and Marion Jones to earn back respect failed.

So who designates the hypothetical pardoning?

It is all of us.

We, the people, cannot seem to make up our minds about who deserves redemption and who does not.



# The dos and don'ts of dieting: Tips on how to lose some of that holiday weight

By Anna Rocoski

The Fulcrum (University of Ottawa)

OTTAWA (CUP) – After taking advantage of their parents' fridges over the holidays, many students come back to university looking to lose some weight. While for some this may mean visiting a health food store or hitting the gym, for others it means going on a diet.

Dieting is seen as a quick and convenient way to lose weight, but does it actually work?

Diets can include drastic changes in food intake, or the ingestion of special dietary supplements. Diets often lead to large, sudden changes in weight.

What many people don't know is that dieting can sometimes be dangerous.

An April 2007 CBC article investigating dieting, notably citing a study by University of California social psychology professor Traci Mann, shows that dieting can actually lead to a weight-loss and weight-gain cycle that can be harmful to the body. Mann led a team of researchers who looked at about 30 long-term studies of diets.

"We concluded most of them would have been better off not going on the diet at all," Mann said in the article. "Their weight would be pretty much the same, and their bodies would not suffer the wear and tear from losing weight and gaining it all back."

A few well-known diets such as the Atkins diet can lead to this weight-loss and weight-gain cycle. These diets all encourage high intakes of protein (meat products, nuts, dairy products, etc.) and low intakes of carbohydrates (bread, fruit, cereal, etc.). The American Heart Association does not recommend low-carb diets as they can restrict foods needed for a healthy diet.

To speed the dieting process, many people turn to weight-loss supplements. The number of supplements available at health-food stores is

seemingly endless and includes appetite suppressants and cleansers, all in the form of pills, powders, and teas, among other things.

Appetite suppressants work to restrain the urge to overeat, or in extreme cases, eat at all, while a cleanser is a form of detox that – according to their manufacturers – works to flush harmful toxins from the body. Unfortunately, the effects of many of these supplements are unknown due to a lack of long-term studies.

It is always important to research health products carefully before consuming them, as they can often have these unknown side-effects. A drug called ephedrine had been linked to serious health problems and death when used as a weight-loss aid, and can only

legally be sold in Canada for use as a nasal decongestant. However, a recent study published in the University of Western Ontario Medical Journal found that while the partial ban has reduced ephedrine's usage, it is still easily obtainable in many products.

The trouble with many diets is that there is a lot of conflicting information available. In a 2004 interview with Walter Willett, a Harvard Medical School epidemiology and nutrition professor, conducted by PBS's Frontline, Willett comments on the confusion that circulates around nutrition and dieting.

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# What Really Grinds My Gears...

**By: Morris MacLeod**

Classes that have eaten up \$500, and have given absolutely nothing to the students.

Have any of you ever been sitting through a class and thought, "when am I ever going to use this information? It has nothing to do with anything I enjoy, it has nothing to do with my future plans. I need to take this course so that the university can drain me of another \$500."

I am doing a finance major, dealing with investments, using derivatives and investment portfolios to earn money through the market. Now, on top of the current topic, when I first started here at the Mount, I was told I would be able to finish the degree here. Now that I have been told that that was not true and I have to go to SMU or DAL in order to finish my degree, you can understand my frustration.

Ok, I will not name names or courses, that is not the goal of this article. What I want is to point out what happened and hopefully by enjoying in the humour of it I will forget how frustrating it was. One day the class gathered a pretty good turnout surprisingly, and the professor started in on the lecture that would change my life.

When you think of a PHD you associate it with expertise and intelligence. This lecture demonstrated neither. The topic was storage on a computer, methods of storing data from your personal computer. Most of us use portable hard drives, USB drives, or maybe CD's. We were then exposed to a 5 ½ Floppy Disk, a PHD professor showed us a 5 ½ FLOPPY DISK as a viable method to store your data! It would take 10 to hold a cover page made on Microsoft Word.

Then it hit me, I was first exposed to a computer somewhere around grade 3, we saved our material on a 3 ½ floppy. That means that he is teaching stuff from 12 years ago, I am paying \$500 for a course that was relevant TWELVE years ago!

Can you imagine sitting down with a financial advisor, looking across the table and hearing, "ok, give me a second I want to backup our progress," he whips out a 3 ½ floppy disk to keep your financial records. Confidence, I think not.

Ok, I know this sounds funny and you might be thinking that this is just some random occurrence, but I assure you it was not. It didn't hit me until I walked up the hill to Rosaria that I realized how all too often these outdated lectures occur.

Another example was a method to protect your database. Large corporations have massive amount of information and need to keep that information safe.

These are the steps presented by a PHD:

1)

Make sure that your database and servers are located in an underground level of the building, it prevents against attacks from near buildings and bombs.

2)

Controlled access to a special elevator, leaving a trail of people entering and leaving, giving a record of all the people who access the room.

3)

At the bottom of the elevator, a lobby, occupying the lobby, an armed guard.

4)

Each server and database would then have individual doors with pass keys.

5)

Each door would lead to an "S" shaped hallway, leading to the server, and databases.

Now, while extreme you might be able to justify precautions 1 through 4. I was a bit confused when I heard 5. I then received an explanation. The "S" shaped hallway was in case someone broke into the building, stole a key card to the

elevator, killed the guard, broke into the specific room, and tried to throw a grenade at the database.

I kid you not, I paid \$500, (not by choice, gotta love required courses) to have a full understanding of this nitwit's idea of how you should protect your database.

If I was to estimate my return on investment here, it would look something like this. Database protection against ninjas -divided by— \$500 = sometimes the letters after your name don't mean shit.

## The desperate search for less annoying words

**By Kristen Wagner/Intercamp (Grant MacEwan College)**

EDMONTON (CUP) – Lake Superior State University just released its 2009 list of words and phrases that should be banished because of overuse or misuse. We should all take a cue, and clean up our own lexicons as well.

The list includes such gems as "maverick," "carbon footprint," "bailout," "staycation," "iconic," "desperate search," and "winner of five nominations."

Of course, there were a few notable omissions from the list. The first one that came to mind was:

"Yes we can!" – the iconic rallying cry of president-elect Barack Obama. The phrase was referenced some 7,892 times a day in the months leading up to the American election. It was subsequently adopted by every touchy-feely empowerment organization known to humankind, and satirized by everyone else. What does the phrase mean, anyway? Who is "we"? What exactly is it that "we" can do? Weak, Barack. Weak.

And this one may not be all that timely, but why "9/11"? We don't refer to any other date by



number. "Damn it! I have an essay due on 3/15, and that's really going to be impeded by work on 3/13 and binge drinking on 3/14." Maybe it's catchy, but it's a fraction. It's not an event, or a date. It has no abstract meaning.

Perhaps we should all take this notion and apply it to our own lives. What words or phrases do you overuse? Think of how the lines of communication would improve and our

society's literary standards would be raised if we each made a conscious effort to purge our spoken communication of stock words and phrases.

If you're having trouble thinking of words you use too much, ask a friend. Chances are they'll be glad to regale you with tales of your annoying habits. Try to limit the conversation to verbal annoyances.

Personally, I have a tendency to sum up other people's angsty diatribes in a single pseudo-philosophical phrase, preceded with "And that's

the thing about . . . leaving assignments till the last minute, being fondled by a creepy guy on the bus, conflict in the Middle East."

While I tend to think of it as active, reflective listening, the venter often feels like their argument has been travilized.

Obviously, the best way to figure out if your catchphrase is annoying is to imagine someone saying it to you. Do you want to punch yourself? If the answer is "often" or "sometimes," you may want to reduce your usage. If the answer is "rarely," you've got a two-week grace period before fists start flying.

If you're having trouble thinking of a new year's resolution, consider reducing the annoyance factor in your speech. If every person eliminates even one irritating phrase from their vernacular, we will be on our way to a brighter future.

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# Exploring the politics of the gay community

**Whether dressing in drag for political reasons or simply to raise much-needed funds, Winnipeg's gay community works to increase awareness and self-esteem**

By Ethan Cabel

The Uniter (University of Winnipeg)

WINNIPEG (CUP) – Dar Lepine refers to his drag persona, Breyanna Burlesque, as actors refer to their characters: in the third person.

When speaking with him, it is easy to understand why: Burlesque is a larger-than-life “rocker chick” that Lepine says listens to “Pink and Kelly Clarkson – bitter, white-girl rock music.”

Lepine, however, is rather reserved. Meeting him at a cafe is to meet a cautious and benign guy, drinking tea and reading a gay pulp novel.

Burlesque is bombastic: introductions consist of a flirtatious smile, a skyward nose, and a kiss to her hand.

One wonders if Lepine's timidity is being therapeutically destroyed by Burlesque's audacity.

And yet when pressed on the significance, either personal or political, of a drag show, Lepine only says: “Other than to be this character to raise money for the needed charities, there's no other reason [for me to do drag].”

As Burlesque, Lepine performs comic, lip-synched drag for the patrons of Winnipeg's three gay clubs and maintains “near-celebrity” status within the community.

Lepine holds the position of Empress 9 for the Imperial Sovereign Court of Winnipeg and all of Manitoba.

The Imperial Court is an international organization that, through drag performance, raises money for charities under the Queer umbrella. The organization is divided into state and provincial chapters and two elected officials spearhead the fundraising efforts for each chapter.

Lepine is one of those elected officials. As he is

Empress 9, the ninth annually elected empress, he is responsible for collecting funds for the Imperial Court's designated charities.

The Manitoba chapter campaigns on behalf of Camp Aurora, a summer camp for Queer youth; the Rainbow Resource Centre, a multi-purpose community center; and the Manitoba PHA Caucus, an organization for increased awareness of and research about,] HIV/AIDS.

Reece Lagartera is a former Imperial Court drag performer who went under the moniker of Carlos Las Vegas. It is Lagartera's belief that drag is deeply rooted in social blasphemy and personal insecurity.

As a previous emperor, Lagartera now advises, along with other previous drag monarchs, the new kingdom: this year's emperor and empress.

“I think what drag queens fail to recognize is that

drag itself is a political act,” said Lagartera. “A lot of drag queens don't recognize that because a number of them are, really, navigating their own insecurities. I find that drag, for many people, is therapeutic.”

By dressing in drag, says Lagartera, a performer is expressing an overt challenge to the traditional gender roles that make up our social framework – not to mention the joys found in the ability to express bashfulness under the guise of a larger-than-life persona.

The conundrum Lagartera finds are in those individuals that claim to do drag for fun. He is quick to point out that the fun of drag comes at a price.

Drag performers, he says, sacrifice dating opportunities and often have difficulty searching for a partner due to a pervading attitude among

gay men that equates drag queens with women.

Leaving the café, Lepine spots a couple of girls he knows. He smiles and hugs them both, chatting convivially, and even urges one to perform at Club 200 (a Winnipeg gay club) that evening.

Both girls are “campers” – kids who went to Camp Aurora, a fully subsidized, four-day excursion for queer youth aged 14 to 21 out at Camp Manitou, a charitable organization with some 28 acres of space just west of Winnipeg.

Camp Aurora is one of Lepine's key charities. The term queer covers a diverse spectrum of people: lesbian, gay, bisexual, transgendered, and two-spirit individuals. The unique problems queer people face, even on a daily basis, can be staggering.

Several Manitoba organizations have been created to combat homophobia, to provide youth

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with a social safety net and to raise awareness of health concerns among the community.

Obstacles by way of funding shortages, personal commitment, increased demand, and public resistance hurt the queer community, especially youth, because services do not meet the demands.

#### [SUB] Educating youth

Outside his advisory duties as a previous emperor, Lagartera is the education and resource development co-ordinator at the Rainbow Resource Centre, a Winnipeg-based community center.

The RRC began as a student group within the University of Manitoba and later coalesced into an essential organization funded, in part, by government grants.

The RRC's goal is "to provide awareness, education and support for the betterment of the LGBT (lesbian, gay, bisexual, transsexual, or other) community."

The problems the RRC tries to eradicate become clear when speaking with Lagartera.

"When you don't have positive role models, but what you do see in the media is dysfunction, rejection by religion, rejection by your family, obviously that's going to affect your emotional health."

The RRC is active in counselling queer youth – where issues of self-esteem and rejection are most prevalent. Healthy dialogue with a counsellor, it is believed, may help reduce the difficulties that stem from emotional turmoil.

"We are more vulnerable to reaching out for that extra drink, or smoking more, or doing drugs as a way to escape – that, in turn, affects your physical health and it just snowballs from there."

Lagartera tries to remove this turmoil at its roots. Through the RRC Anti-Homophobia Education Program, he teaches kids to be aware of how their behaviour affects those around them.

"When I do workshops, my goal is never to change people's minds. They're going to come in with biases, prejudices, and beliefs, but my role is to provide knowledge, and people's decisions are [hopefully] based on the knowledge I provide them."

These decisions can be as simple as avoiding the term gay as a synonym for stupid, an expression that acts, Lagartera says, "at the expense of an entire community."

School administrators unsure of how to deal with homophobia in their hallways are able to request the workshops.

In the workshop, Lagartera speaks about the difference between sex and gender and later gauges his audiences' comfort with public affection between queer couples. He has done his job, he says, if he manages to make people think. Overall, the Anti-Homophobia Education Program has been well received by schools in the province.

Unfortunately, there are still places that don't get the message. According to Lagartera, many Manitoba high schools operate under what is called the "no ham" rule: no discussion of homosexuality, abortion, or masturbation.

These are precisely the schools that need the most help, for students as well as administrators. But the onus is on the school.

"Ultimately, we have to be invited," he says.

Katie Owen is the only counsellor currently with the RRC and has a waitlist of 19 people, most of whom will not be seen before her contract is up.

This situation, brought on by a lack of funding and increased demand for counselling services, could pose a big problem for many queer youth in Manitoba.

A 2004 press release by Egale Canada, a national organization promoting queer justice and equality, and a 2000 study by two University of Calgary researchers, both state queer youth are at least four times more likely than straight youth to make a serious suicide attempt at some point in their lives.

#### [SUB] University pressure

The University of Winnipeg, through the campus LGBT Centre, a place for queer students to socialize and access resources in a safe environment, is an integral part of the queer community.

Homohop, a queer dance party organized by the LGBT Centre co-ordinators, was held Nov. 10 at the University of Winnipeg and is now in its 15th year. The 2007 Homohop generated \$3,500.

As the LGBT director for the University of Winnipeg Students' Association (UWSA), it is 20 year-old Jonathan Niemczak's job to monitor the money spent on events such as Homohop, which is sponsored by the UWSA.

Niemczak is a conservative guy, level-headed, and highly critical of his co-workers.

His motives are practical, however. From his work to amend the Canadian Blood Services' policy of not allowing gay men to donate blood, to his campaign for increased marketing within the UWSA (to allow for corporate sponsorship of large university events to cut costs and provide better campus services), the core of Niemczak's work is modest and analytical.

As the first wave of people begins to strut into the university's Bulman Centre for Homohop, Niemczak remarks that if the money raised this year doesn't exceed last year's pot, the co-ordinators will be scrutinized.

Even among the festivities and joy of a closely-knit community, his comment doesn't feel out of place; after all, the work the co-ordinators put into Homohop, the Centre deserves a substantial return.

Lauren Bosc, a LGBT Centre co-ordinator, estimates Homohop sold nearly 250 tickets, generating more money than it had in previous years.

Similarly, the RRC, with help from Dar Lepine, Breyanna Burlesque, and the Imperial Court, was able to send some 30 kids to Camp Aurora in August of 2008.





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