

THE SENTINEL

Monty's Best of 06 The Mountain Lion Counts it Down

By KENNY FITZPATRICK
MSVUSU

Hey folks! Monty here, your ever loyal and faithful MSVU Mountain Lion, with some fun year-end tidbits for you to growl about! 2006 has left us and 2007 has roared in like a well dressed and Fun-tastic lion. But before 2006 is retired to the hallowed halls of history, let's take one last look back at some of my favorite and delightful 2006 highlights. So without Fur-ther ado, I give you...

Monty's Picks for the BEST of 2006!

Best Movies

1. Babel
2. Blood Diamond
3. Little Miss Sunshine
4. The Departed
5. Pans Labyrinth
6. The Illusionist/The Prestige
7. Akeelah and the Bee
8. Half Nelson
9. Kinky Boots/The Devil Wears Prada
10. Hard Candy
11. Casino Royal
12. V for Vendetta

Best of TV

1. Battlestar Galactica (Monty says if you are not watching,

you're missing the best hour of TV out there!)

2. Heroes
3. Torchwood
4. Ugly Betty
5. Veronica Mars
6. The O.C. (Finally back to what made it so great!)
7. 30 Rock
8. Grey's Anatomy
9. Studio 60 on the Sunset Strip
10. Boston Legal

Best of Music

1. Muse - Black Holes and Revelations
2. Death Cab For Cutie - Plans
3. Snow Patrol - Eyes Open
4. Angels and Airwaves - We don't Need To Whisper
5. The Killers - Sam's Town
6. My Chemical Romance - The Black Parade
7. Red Hot Chili Peppers - Stadium Arcadium
8. All American Rejects - Move Along
9. Justin Timberlake - Futuresex/Lovesounds
10. Nelly Furtado - Loose
11. Imogen Heap - Speak For Yourself

Finding Feminism

By ALLISON MACNEIL
Student at MSVU

We live in a time when being called a Feminist, more times than not, denotes a negative connotation. Although a lot of people are aware of the wide spectrum of ideals that Feminism entails, it appears our generation of women are still hesitant to identify with the "F" word.

Is it any wonder? The popular stereotype of feminists as man-bashing, anti-hair removal, bra-burning (which btw that is SO three decades ago) bitches is not exactly the ideal persona one would wish to have branded on themselves. I doubt I am the only woman at the Mount to have come into contact with a Neanderthal who believes we're all feminists here and asks how my knitting classes are going or what I baked in Home Ec that day. All I can do is shake my head and walk away.

Or is it all I can do?

I can't help but think women are beginning to crack under the pressure of these stereotypes and consequently, shy away from Feminism and any backlash that may succumb from it.

I don't know if I've reached an age where I need to start asking myself

questions like, "Who am I really? Is part of who I am a feminist? Do I know what it means to me to be a Feminist?" but regardless of the answers, I feel like I've been defending the F-word lot lately.

It's funny though - even when I back myself up with examples of how women are still not equal with men, people scoff, throw their hands in the air as though to dismiss what I've said, change the subject and go on believing what they will. And let me tell you, it is FRUSTRATING!

I suppose I've come to the point where I'm comfortable with saying I'm a feminist and dealing with the raised eyebrows, dirty looks, and scoffing. Even if I'm quick to point out that I shave my legs, wear make-up and bras, and am not a lesbian, it's too late - I am instantly a bitchy, hairy man-hater.

Sigh.

So the result of this little venting session is that I'm still not 100% sure what it means to be a Feminist in today's world, but I know that I don't believe women and men are equal in this world and since I want us to be, I believe that makes me a Feminist.

Deal with it.

Summer Job Fair

February 9th, 2007

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Local, national, and international
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Loyola Conference Hall
(*Student ID required)

www.summerjobfair.com



From the Editor

By **ASHLEY DAWE**
Editor in Chief

Dear Readers,

Hello Again. I hope everyone had a safe and happy winter break, and is transitioning smoothly back into the routine of term.

Very sorry that we had no issue for you in the month of December, but technical issues wouldn't allow it. Those issues have been resolved and you will see at least two more issues of The Sentinel before the end of term in April. Please keep your submissions coming so we can keep printing them!

Apologies to our resident cartoonist Liam MacDonald. A sampling of his sketchbook was supposed to appear in this issue, but was left in my office over the holiday break. Catch an extending spotlight of Liam's work in our next issue and see why we are proud to call him a member of The Sentinel.

That's about it for this edition. Keep reading and we'll keep printing.

All the Best,
Ash

STAFF

ASHLEY DAWE
EDITOR IN CHIEF

THIS MONTH'S CONTRIBUTORS

KENNEY FITZPATRICK
CRYSTAL TOBIN
NIKKI TOOMEY
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ALLISON MACNEIL
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JOHN BOWES
JANE MCCORMACK
KATE BUCHAN



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



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

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

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

Applications for the MSc (Clinical Vision Science) program beginning in September 2007 are now being accepted. Applicants must hold a four-year bachelor's degree with a minimum B average (GPA 3.0), with at least one undergraduate class in human anatomy and/or physiology, and a class in psychology with a laboratory component. Exceptional students may be accepted without these prerequisites on the condition that they are fulfilled either prior to or concurrent with the program. Work/volunteer experience in the health care field is considered an asset.

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

Financial assistance may be available to qualified students.
Deadline for applications is March 1, 2007.

Further information is available from our website www.dal.ca/cvs or by contacting
Clinical Vision Science Program
IWK Health Centre
5850/5980 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
orthoptics@iwk.nshealth.ca
(902) 470-8959

Well the Weather Outside is Frightful!

By **CRYSTAL TOBIN**
Environmental Writer

It's a brilliant, crisp, almost warm morning for late November. Dog walking days at their finest. People politely comment to one another on the weather, "some morning!" Am I the only one who's got the creeps and is alarmed here? It's not normal. It's scary and I can't help but sing, "The weather outside is frightful..."

As I head home and put on the kettle and the CBC, it sort of dawns on me that maybe there is hope and that the world is on the right track. According to the reports on Information Morning the world is having a "green" moment. From the Sun to the Economist, Al Gore to Arnold Schwarzenegger, 'An Inconvenient Truth' report to celebrities in electric cars, we appear to have reached a global tipping point in eco-awareness. But is our carbon-guzzling province really prepared to change its behavior? And has our epiphany come too late?

From the late 70s to the mid-80s, environmentalists toned down their rhetoric and endured a lower profile. Only when our Canadian economy seemed relatively healthy again did the environment return to being a mainstream concern. Too little too late? Bad news about the planet - acid rain, the deforestation of the Amazon, the discovery in 1985 of an ozone hole over the Antarctic - became a media staple; on climate change (then more commonly "the greenhouse effect") in particular. A warning issued that global warming would create refugees from the worst-affected countries. Yet these warnings had a limited effect and look at us now.

There are modern precedents for changing entrenched public behavior by federal regulation - drunk-driving, smoking in public places - yet these are much smaller matters. Cutting carbon emissions is not a technological challenge. We have the means now to

generate cleaner energy, drive cleaner cars, properly insulate our homes. But there is a large exception: aviation. Air travel is the fastest growing contributor to climate change. If people are going to fly more, they are going to have to do less of something else. Given that a single long-haul flight, notoriously, has the same carbon footprint as a year's worth of driving, the lifestyle trade-offs selected in future by the world's electorates and their politicians are going to be interesting.

Ignorance is bliss. Sadly, when it comes to climate change we no longer have the luxury of ignorance. We know that the world is getting hotter and that carbon emissions are almost certainly to blame. We know that global warming means rising sea levels, floods, droughts, storms, and inconceivably large numbers of displaced people. We know that these changes are likely over the next few

decades and have huge implications for human health. More importantly we know that there are things we can do, individually and collectively, nationally and internationally. Knowing this means that we must act now if we are to look our children in the eye. We as a society must take our own special responsibility as influential people committed to preserving health and our environment. With so much information and education it's a lot to consider but consider this: Should we continue at this rate, the only success we'll have implemented is genocide. I believe we're well on our way. "If there's simply no place to go...."

Students' Union Welcomes New Team Member and Bids Fond Farewell to Exiting Staff

By KENNEY FITZPATRICK
MSVU SU

The MSVU Students' Union is pleased to announce the arrival of Patti Hutchison as its new Administrative Assistant, replacing the exiting Administrative Assistant Kim Coldwell.



Kim finished a 2 and a half year run with the Students' Union on September 29 of

this year after accepting a position with Grant Thornton in Kentville. Kim was a valued and respected member of the Students' Union team and we would like to wish her much success in her new position and thank her for her dedication and commitment.



Originally from Cape Breton, Patti comes to the Students' Union and MSVU after recently returning to Canada earlier this year with her husband Ian from Mumbles, Wales where she has been working for the past 6 years. The Students' Union is thrilled to have Patti aboard and look forward to working with her on many projects. As Administrative Assistant, Patti takes on many duties with the Students' Union including servicing the student Health and Dental Plan. We look forward to everything Patti has to offer and the new and creativity energy she brings with her. Welcome to MSVU Patti!

You can contact Patti for all of your Health and Dental questions at healthplan@mountstudents.ca or by phone at 457-6532.

Tales From a Lonely Info Desk Worker

By NIKKI TOOMEY
Info Desk Employee, Student at MSVU

Dear Mount Students:

It's not that I don't like my job, I do! Working at the Students' Union is great. I've made lots of friends, learned many new things and have a ton of volunteer experience.... but...well, it gets lonely!

As I sit at the Info Desk day after day and watch students with confused faces wander by, I try to yell at them for attention "Hey...you...you look lost! Can I help?" or "Group work got you down? I can help with that too!" but alas, it is to no avail. Students just don't seem to know what the Info Desk can do for them. They don't know that there are so many resources there.....BESIDES DIRECTIONS. Don't get me wrong, directions are important. We don't want students lost in the woods, but the Info Desk does so much more!

Let me tell you a story! I love stories! Ok, so little Katie Mountstudent is upset. Katie has gotten an A+ on her first university paper ever and she wants to show her parents. She can fax it to them at the Info Desk! She is in a group which has to create major project for a real client and doesn't have a creative bone in her body. The Info Desk can print, bind and laminate her project giving it a professional look. She is also in the Canadian Studies Society and wants to promote and upcoming event but doesn't have the time to draw 50 posters. The Info Desk can print of her posters on colourful paper and approve them for posting! Finally, she needs to buy presents for her family for Christmas and everyone wants Mount gear! Katie can head the Info Desk because we have handbooks, lanyards, memo boards, back packs, t-shirts and a lot more!

See! The Info Desk has it all - there is absolutely no need for me to be so lonely all the time! Come visit the Info Desk and see what we can do for you!

Let's Give 'Em Something to Talk About

By ALLISON SAUNDERS
Student at MSVU

Gossip folks—we're all familiar with it. Whether you're the victim or the source, gossip has affected all of us at some point, especially here at good ol' Mount St. Vincent. Residence life here at the Mount can get you wrapped up in a jumbled mess of truth and lies regarding the lives of your neighbors and friends. Anyone who lives or has lived here at MSVU and has been the least bit social knows exactly what I'm talking about. Rumors at the Mount spread about as quickly as the Norwalk virus. The main reason we love rez-life here is also the best explanation for the gossip chain. It's small. We live in a tiny community. The town of MSVU, just off the Bedford highway, is great for developing friendships and bonds; however, scandal always finds a way of embedding itself within our residences. It's Halifax's very own Wisteria Lane. If you're dating a fellow resident student you're dating Assisi, the Birches and Westwood. A common Friday morning question after a weekend of partying is "did anyone hook up at the pub on last night?" and God help you if you get

caught doing the walk of shame. What is the fascination with the social lives of our peers? I won't lie, I have in my circle of friends some of the greatest gossipers the Mount rumor mill has ever known and by talking with them I have come some conclusions.

There are three different types of gossipers. Those who do it for sport; they aren't particularly interested in the people involved but they enjoy passing on the rumors. These people usually seek out the stories whether or not they know the accused parties. These gossipers play the trading game, using the information they have to earn more from their loose lipped friends. The next type is the malicious rumor spreader. This is who you're hiding your personal life from. These people use the information they gather, whether true or false, and pass it around with intentions of hurting the reputations of others. To my knowledge, and I hope I'm correct, there aren't too many of these out there. But if you know any... steer clear. Finally, the keepers of the rumor vault. These are the people who love to

hear of the scandals and heartbreaks on campus, but keep to themselves. The only motive behind this form of gossip is expanding their knowledge of the ups and downs of the lives of others.

The motivation of behind spreading the Mount's scandals seems to be one of two reasons, if not both. Unconsciously, by passing on a rumor or even enjoying hearing one, a gossip king or queen is living vicariously through the outrageous lives of their friends and neighbors. It is also important to note that misery loves company. This is the second reason behind spreading a rumor: enjoying the misfortunes of others along with the fact that it isn't happening to you.

We're all guilty of taking part in gossip whether we're spreading it or overhearing it.

Just remember it's all fun and games until someone hears your secrets.

Goo Goo Dolls Let Love In at Halifax Metro Centre

By SARAH MACLELLAN
Student at MSVU

International rockers The Goo Goo Dolls performed at the Halifax Metro Centre on Tuesday night, November 21, drawing in fans and concertgoers of all ages. It was the band's first time performing in Halifax and there is no doubt that the Buffalo, US rockers made a good impression.

The Goo Goo Dolls recruited Hamilton, Ontario's own Tomi Swick to open the show, as well as other dates throughout Canada and the Maritimes. Swick's top five radio hit "A Night Like This" was the first single released off *From The Heart* one of the best selling compilation albums in Canada. His debut album, "Stalled Out In The Doorway", was released on August 15. Swick's set was impressive and engaging with his uplifting vocals and pleasing harmonies. He gave concertgoers a little something extra with his own rendition of a Paul Simon song as well as Radiohead's "Karma Police".

As a huge backdrop of the latest CD's cover art emerged, The Goo

Goo Dolls took the stage with a hard-hitting opening of their first single, "Stay With You", off their new *Let Love In*. The band played a number of uplifting songs from the new album, but also included a crowd-pleasing rundown of the band's classic hits throughout their 20-year career. Lead vocalist Johnny Rzeznik and guitarist Robby Takac were both enthusiastic about playing in Halifax for the first time. Rzeznik was energetic and frequently wound up the crowd and got as close as he could to the fans.

The new material proved to be a refreshing treat for fans, as the band performed a number of warm heart-felt songs from the latest album, such as "Let Love In", "Feel The Silence" and "We'll Be Here (When Your Gone)". The songs on *Let Love In* tap into universal awareness and offers hopeful perspectives of relative world issues we face today. This enriching tone can be heard on the hit "Better Days" which was used by CNN in support of Hurricane Katrina relief.

While the new songs supported Goo Goo Doll's recent release *Let Love In*, the band revisited 2 decades of hits with such songs as "Black Balloon", "Slide", and "Naked". The band also pleased fans with their first radio release, "Name", and the all-time classic hit "Iris", which involved less singing from lead vocalist Rzeznik, and more participation on the crowd's behalf.

Some highlights of the show included Johnny Rzeznik's editorial style reference to Canadians rights to free speech, the Dixie Chick incident and an indirect pro-Canadian stand on the Bush administration. The simple back-to-basics approach to the hit "Sympathy" was another memorable moment of the show, as the stadium was lit with the glow of many cell phones and the flames of lighters all swaying to the song. The crowd also enjoyed the danceable sing-a-long favorites "Broadway" and their energetic cover of Supertramp's "Give A Little Bit".

It was evident that the band appreciated the warm maritime welcome and the fans sure soaked up the band's addictive and catchy songs. Although it was The Goo Goo Dolls first time in Halifax, the band made up for lost time with their energetic rock show.

Holiday Season Brings Cheer to Mount Families

By JANE MCCORMACK
Student Resource and Diversity
Centres

Following a successful adoption last Holiday season of a Mount Student and their family by the Canadian Studies Society, and then providing help through fundraising to alleviate the burden of the Holiday period, the Food Resource and Diversity Centre were fortunate to have two Mount Students and their families adopted this year.

The Canadian Studies Society Co Presidents along with Dr. Della Stanley and all of the Society members organized and held a silent auction in Vinnie's Pub. They did an excellent job of raising an amazing amount of money to support their adopted family. Liaison between the Society and the family is a confidential process and a list was drawn up which the Society was able to see what were the needs of the family. Some of the items purchased included hats, gloves, vouchers for food and ensuring that the house remains warm through the winter period, theatre tickets and some toys were also

brought along with the all important fire extinguisher!

Aramark in the Rosaria Café with Carol as the liaison approached the Food Resource and Diversity Centre in October with a hope of adopting a Mount Student and their family. This was the first year that Aramark had adopted from the community of the Mount, and they held a yard sale, and also collected pennies and change in the Rosaria Café. They raised a tremendous amount of money, and their adopted family were asked to write a list for Santa, and Aramark made all the wishes come true with vouchers for food, gloves, socks, and vouchers for Wal Mart with which the family can choose some gifts of their own.

On behalf of both Families and from the Food Resource and Diversity Centre, a wholehearted thank you goes to the Canadian Studies Society and Aramark for adopting two Mount Students and their families. With your

hard work in helping to alleviate the burden of the holiday period and all the stress that comes along with it, you have made things easier for the families and made it a Holiday to remember. This is what the Holiday season is about. It gives you chills just thinking about what these two fantastic groups of people have done!

So the challenge is set for the next Holiday Season. For two years the Canadian Studies Society has taken the lead for supporting their fellow Students, and this year Aramark followed suit. So will your Society be the next?

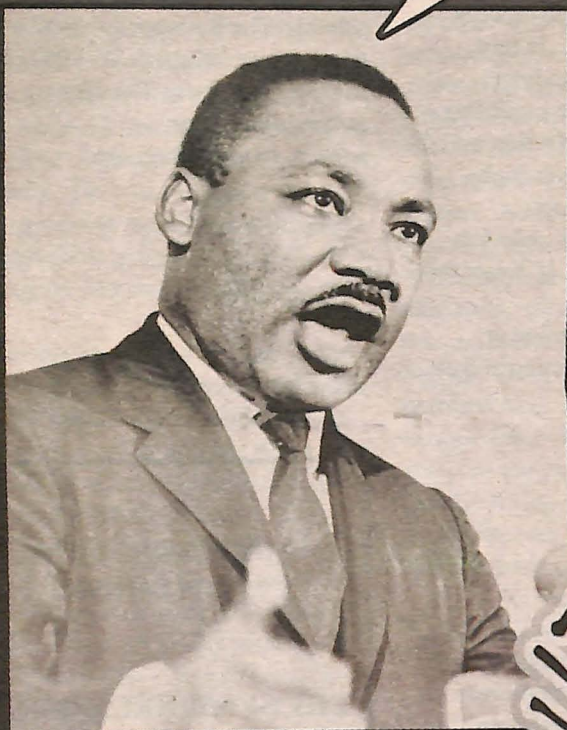
Jane McCormack
Student Resource Centre Manager
Rosaria 114
studentresource@mountstudents.ca
457 6386

RESOURCE CENTER INFO

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MARTIN LUTHER KING JR. (1929-1968) WAS A FAMOUS LEADER OF THE AMERICAN CIVIL RIGHTS MOVEMENT, A POLITICAL ACTIVIST, AND A BAPTIST MINISTER. IN 1964, KING BECAME THE YOUNGEST MAN TO BE AWARDED THE NOBEL PEACE PRIZE. ON APRIL 4, 1968, DR. KING WAS ASSASSINATED IN MEMPHIS, TENNESSEE. IN 1977, HE WAS POSTHUMOUSLY AWARDED THE PRESIDENTIAL MEDAL OF FREEDOM BY JIMMY CARTER. IN 1986, MARTIN LUTHER KING DAY WAS ESTABLISHED AS A UNITED STATES HOLIDAY.

IN 2004, KING WAS POSTHUMOUSLY AWARDED THE CONGRESSIONAL GOLD MEDAL. HE WAS KNOWN AS A GREAT PUBLIC SPEAKER. DR. KING OFTEN CALLED FOR PERSONAL RESPONSIBILITY IN FOSTERING WORLD PEACE. KING'S MOST INFLUENTIAL AND WELL-KNOWN PUBLIC ADDRESS IS THE "I HAVE A DREAM" SPEECH, DELIVERED ON THE STEPS OF THE LINCOLN MEMORIAL IN WASHINGTON, D.C.



THE DATE AND PLACE OF WILLIAM HALL'S BIRTH IS UNCERTAIN, BUT IT IS BELIEVED HE WAS BORN IN NOVA SCOTIA, BETWEEN 1824-32, IN SUMMERVILLE, NS. HALL'S FATHER WAS A SLAVE WHO ESCAPED FROM VIRGINIA ARRIVING IN NOVA SCOTIA ON THE BRITISH SHIP LEOPARD IN 1814.



ROSA PARKS (1913-2005) WAS A SEAMSTRESS AND CIVIL RIGHTS ACTIVIST WHOM THE U.S. CONGRESS DUBBED THE "MOTHER OF THE MODERN-DAY CIVIL RIGHTS MOVEMENT". PARKS IS FAMOUS FOR HER REFUSAL TO OBEY A BUS DRIVER'S DEMAND THAT SHE RELINQUISH HER SEAT TO A WHITE PASSENGER. SHE WAS ARRESTED AND TRIED FOR THIS ACT OF CIVIL DISOBEDIENCE WHICH BEGAN THE MONTGOMERY BUS BOYCOTT, ONE OF THE LARGEST AND MOST SUCCESSFUL MOVEMENTS AGAINST RACIAL SEGREGATION IN HISTORY, AND LAUNCHED MARTIN LUTHER KING, JR., AN ORGANIZER OF THE BOYCOTT, TO THE FRONT OF THE CIVIL RIGHTS MOVEMENT. HER ROLE IN AMERICAN HISTORY EARNED HER AN ICONIC STATUS, AND HER ACTIONS HAVE LEFT A LEGACY FOR CIVIL RIGHTS MOVEMENTS AROUND THE WORLD.

What the Career Planning Centre Can Do for You!

By ALLISON MACNEIL

Career Planning Centre Assistant

I understand it's a hectic time of year (everyone knows that "midterms" last until exams finish) and the last thing you might have time for is an in-depth search on your perfect career. However, I feel it's important for students to know about a great resource they might be overlooking – even if they can only spare the few minutes it will take to read this article.

We all know how confusing and stressful it can be to choose a career path – not everyone knows what they want to do for a living; not to mention that many students in their first and second years are not quite thinking about their future careers just yet. But it's never too early or late to get a head start on exploring possible career choices and looking for work. And that's what the Career Planning Centre is here for – to help make your job search as easy as possible!

In facing the challenge of making a career decision, the Career Planning Centre (CPC) can help provide answers to some of your most pressing questions:

- * What do I want to do?.
- * What can I do with my degree?
- * How can I develop clear and realistic goals while keeping my career dream in mind?

On your job search, make sure you visit www.workopoliscampus.com (access code: occupation) and visit the CPC where Career Counselors and Student Assistants will help you with:

- * Resumes and Cover Letters
- * Accessing the Hidden Job Market
- * Interview Skills (including Mock Interviews)
- * Online Job Resources

If you would like help in any of these areas come visit us at the CPC Evaristus Hall, Room 217. If you would like more information on the services offered by the CPC, please visit our website at www.msvu.ca/careerplanning. So drop by if you have some spare time as the semester winds down and make it a point to check us

out in the new year. We look forward to seeing you!

Tri-Mentoring Program

Want to spice up your resume? Help mentor a future Mount Student? Get advice on life after graduation from Mount alumni?

Tri-Mentoring is an exciting program that involves MSVU graduates mentoring MSVU students, who, in turn, mentor local senior high school students. MSVU students learn about becoming a working professional, and what to expect in the world of work from the MSVU graduate. In turn, MSVU students provide advice, knowledge, and guidance regarding university life, course selection and the admissions process to their high school student counterpart.

Easy to fit into your busy schedule: time commitment is only 11 hours from January to March!

Applications available online at www.msvu.ca/careerplanning and at

the Career Planning Centre, EV 217 (Bring in ASAP). For more information please phone (902)457-6329 or email mentoring@msvu.ca.

Summer Job Fair

It's not too early to start thinking about your summer job!

The Halifax Summer Job Fair provides students with the opportunity to connect with employers that have jobs available during the summer months. Presented by Dalhousie, Mount Saint Vincent and Saint Mary's universities, the fair is open to all students and recent graduates of the partner schools. The Summer Job Fair will be taking place February 9th, 2007 at Saint Mary's University. For more information, visit www.summerjobfair.com.

You Are What You Eat

By KATE BUCHAN

Student at MSVU

If you have been looking for a way to suppress your appetite, might I suggest a thorough read of the US Food and Drug Administration's publication *Food Action Defect Levels* (<http://vm.cfsan.fda.gov/~dms/dalbook.html>). This informative little resource itemizes "levels of unavoidable defects in foods that present no health hazards for humans". The acknowledgment that a certain amount of contamination is unavoidable within the masses of our food supply (or at least, within the American food supply) is not so shocking. But being confronted with the reality of what we are inadvertently consuming is, to say the least, moderately unsettling. Don't worry – you can be comforted by the fact that there are regulated levels of allowable contamination for most your favourite foods and spices – pasta, canned tomatoes, frozen berries, orange juice, and black pepper to name a few.

So what of these contaminants? This handy-dandy

website defines two main categories of accidental calories in their glossary. *Extraneous matter* includes "objectionable matter contributed by insects, rodents, and birds; decomposed material, and miscellaneous matter such as sane, soil, glass, rust, or other foreign substances". In case that doesn't whet your appetite enough, there is also the possibility of contamination from *foreign matter* which includes objectionable matter such as sticks, stones, burlap bagging, cigarette butts, etc". Yummy.

Not to worry. Only a little bit of this stuff is allowed in your food. Rest assured that when buying macaroni and noodle products for example, the action level is an "average of 225 insect fragments or more... or 4.5 rodent hairs or more per 225 g in 6 or more sub-samples". As for canned citrus fruits, you can relax knowing that there cannot be "5 or more *Drosophila* and other fly eggs per 250 ml or 1 or more maggots per 250 ml". And if you

buy bay leaves, there cannot be more than an "average of 1 mg or more mammalian excreta (yup, poo) per pound after processing".

If you are not comforted by the knowledge that there are people out there measuring the amount dog poop and bug parts in the canned foods of Americans, you are not alone. I don't know if it will comfort you less or more to find out that my search for an equivalent Canadian document has been so far, unsuccessful....

SEND US YOUR STORIES!

THE SENTINEL WANTS YOUR JOURNALISTIC PROWESS ON OUR TEAM.

SEND US YOUR ENTERTAINMENT REVIEWS, SPORTS OR MUSIC STORIES, OR AN ORIGINAL PIECE OF NON-FICTION.

WE'LL PUBLISH THEM FOR ALL TO READ!

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MOUNTSTUDENTS.CA**

Food For Thought, Have We Lost Touch?

By ERICA SAVAGE

Volunteer at the Food Resource and Diversity Centres

Do you ever order a meal in a restaurant and wonder where the food came from? Who grew the vegetables? How was the meat farmed? How far did it travel and who prepared it and placed it on the table?

If you haven't really considered this before, you're not the only one. As a result of globalization we have developed an elaborate food system which extends around the world. We can find food all the way from South America in our own grocery stores in Nova Scotia. In fact, sometimes it is difficult to actually exclusively buy local products because we have so much produce that is imported into our area. Next time you're in the stores, take a look at the stickers and labels on the fruit and vegetables you are purchasing. Do you recognize the area? How many hands has it actually been through to get on our shelves? How long do you think it takes to get here?

In the fast-paced society we live in today, we have been socialized into a "convenience" lifestyle. With families taking on more diverse roles than ever before, we have become accustomed to hectic days of school, work, volunteering and being involved in extracurricular activities and sports. With all the expectations and demands, food is often placed at the bottom of the list of priorities. We grab what we feel we need and don't always think about the origin of the food itself. Fast food, ready-made meals, prepackaged convenience foods, delivery at the door, and many more of these services have facilitated the shift from home cooked meals to eating on the run.

In the past, it was tradition to sit at the table during mealtimes, as a family, and eat a meal prepared most often by the mother. Meals were made from their raw ingredients which included fresh vegetables/fruit, meat, milk and breads. There were no additives, unnatural preservatives or uses of genetically engineered products. Food essentially went from the farm to the table and individuals appreciated the outcome of their hard labor. Children understood not only what vegetables were, but how they grew, how they were harvested and how to prepare them in the kitchen. There was a direct relationship between people and food. With industrialization there were shifts in roles and making home cooked meals wasn't always an

option. Through time, these more easily accessible meals became popular. In our generation for example, some of us admittedly have a total gap in our understanding of the food system. Many of us aren't certain where the food comes from, how to cook food if we were given raw ingredients, or who actually grows this food. There is a sense of security for us, in knowing that food will somehow always be prepared and accessible, so we need not worry about these issues.

It also doesn't help that with all the advertising bombarding us on a daily basis; it is virtually impossible to escape the media's attempt to lure you into their restaurants and stores to buy their food. It is extremely difficult to make the time and put forth effort into preparing your own food and avoiding unnecessary products, especially when you're so busy. Unfortunately, we are now witnessing the negative health outcomes of our ever-changing food system. Although globalization has its benefits, certain aspects can be exploited, leaving us with these poor outcomes. Children are more obese than ever, risks for cardiovascular disease, diabetes, cancer and blood pressure have increased, along with various other diseases. Studies have outlined the association between healthy eating and lowering the risk for these illnesses; however our rates are still increasing everyday.

So why should we even care about our food habits? Well, the largest motivating factor for changing patterns of eating may be to ensure better health, but cost and family values may be other factors to consider. Avoiding these high fat and high sodium products and consuming more variety of nutrient dense food will lessen your chances of developing the illness previously mentioned. It may appear on the surface that it is expensive to eat healthy at the grocery store, however in preparing your own meals rather than eating out frequently, you will save money in the long run. So not only are you helping your body, you're helping your wallet as well.

You can try preparing things in advance which you can put in the freezer and take out when your schedule is really busy. Homemade pasta sauces, casseroles, soups and even pizza dough can be placed in the freezer. Taking half an hour every couple of days to cut up a tray of fresh veggies and put them in a container in the fridge is a great way to have snacks ready, especially if children are in the household. Bagging a lunch, which

can be put together then evening before, will only take 10 minutes and save money on eating out, and you'll be certain of what you are eating. When you make your own food you can control what you want to consume, and this is a great way to not only explore food but develop a relationship with food.

Take a trip to the farmer's market and look at the local produce. Not only will you be helping support the farmers of your community, but you will be purchasing food from a known source. Pick up something different, like a vegetable you have never seen before, and learn how to prepare it and tell someone else about it. You can also check out The Grainery (<http://www.chebucto.ns.ca/Health/Grainery/>), which is an interesting volunteer run store providing local and organic food. By starting small and integrating fresh local products in your meals, you can really teach yourself and your families about food and understand yourself, the importance of knowing how the food system works. The Good Food Box is another interesting initiative in which individuals pay a small fee between \$12-\$32 (depending on the season) and a huge box of Canadian produce is delivered to your door. You can check this out at <http://www.foodshare.net/goodfoodbox01.htm>, it is another way to explore food in your community. By trying these products, you will begin to distinguish between things which may have loads of pesticides and other more safe products. You will be able to taste a difference between your home cooked lasagna and that purchased in a microwavable box.

Despite the fast-paced environment which we are experiencing, I think food is still an important part of our lifestyle. I think it's worth making a little time to ensure not only a nutritionally beneficial diet, but also a true understanding of food. I think one can really appreciate food and regain that loss of touch, through getting hands on, and really discovering how food works. The next time you sit over a plate of food see if you have that understanding, and contemplate what it means to you in either knowing or not knowing the origin of the food.

Food Resource Stock is on the Up

By JANE MCCORMACK

Student Resource Centre Manager

This year, like last, the Canadian Association of Food Professionals (CAFP) embarked on a Trick or Eat collection for Halloween. The proceeds were for the Food Resource Centre on campus.

This year the Nutrition Students descended on Bedford for their collection, and collected 80 bags of donations from residences in the area. The items included beans, soup, vegetables, pasta, and rice, and that is just to name a few. This enabled the Students' Union Food Resource to enhance the food parcels offered to our service users. We are now in the position, with the assistance of the Volunteers (quite a number took part in this exciting collection), to give a more nutritionally balanced food parcel.

Our grateful thanks go to the CAFP for a fantastic collection, and to the excellent organization that made the night go off without a hitch. Who knows, perhaps this will become an ongoing tradition for the CAFP and the Food Resource.

Why not drop by and check out what YOUR Food Resource has to offer? You need to be a Student in the current academic session and bring your health card. We have fresh vegetables, fruit, yogurts, bread, tinned goods, snacks etc.....AND IT IS ALL FREE. SO DON'T GO HUNGRY.

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Ship Itinerary

August 11, 2007	Vancouver		5:00 PM Sail
August 12, 2007	Inside Passage Cruising		
August 13, 2007	Icy Strait Point	10:00 AM	6:00 PM
August 14, 2007	Hubbard Glacier Cruising		
August 15, 2007	Skagway	7:00 AM	8:30 PM
August 15, 2007	Juneau	7:00 AM	3:00 PM
August 17, 2007	Cruising		
August 18, 2007	Vancouver	7:00 AM - disembark	

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If you have any questions, please email or call me.

Fred Mack



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