



Volume 1 - Issue 6

March 2003

Jargon

published by the students of msu

*Our Last issue of the
year!*

Hope you enjoy it!

Features:

*Interview with Noam
Chomsky*

Health:

Get in shape for Spring

Editorial:

That Bastard Bush



THE UNION PAGE



NOW HIRING



THE STUDENTS' UNION IS NOW ACCEPTING RESUMES FOR THE FOLLOWING 2003 - 2004
POSITIONS:

CORNERSTORE MANAGER * VINNIE'S PUB MANAGER * FOUNTAIN PLAY CENTRE MANAGER & ASSISTANT MANAGERS (2)
CHIEF FINANCIAL OFFICER (CFO) * RECORDING SECRETARY * STUDENTS' REPRESENTATIVE COUNCIL (SRC) SPEAKER

DEADLINE: MONDAY, MARCH 24th @ 3PM

Interested candidates must be students of Mount Saint Vincent University in the 2003 - 2004 Academic year, in good standing, with no co-op or practicum placement in the coming year.

Interested persons should fax, e-mail or send resumes with cover letters and references to:

Selections Committee Chair: Students' Union of MSVU, 166 Bedford Highway, Halifax, Nova Scotia, B3M 2J6, Tel: (902) 457 - 6123

Fax: (902) 457 - 0444, suexecvp@msvu.ca

Please Note: Only resumes accompanied with Cover Letter and References will be processed.

THE STUDENTS' UNION WOULD LIKE TO CONGRATULATE ALL OF THE
CANDIDATES IN THE RECENT SPRING GENERAL ELECTIONS!



PUB & LOUNGE

FRIDAY: MARCH 21st
The 4th Annual

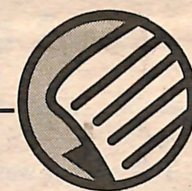
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COMPETITION

MONDAY: APRIL 7
LAST CLASS
BASH!
YEAR END PARTY!

*Awards
Night '03*

THURSDAY: APRIL 3
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**THE STUDENTS' UNION WOULD LIKE TO WISH ALL STUDENTS
THE BEST OF LUCK ON EXAMS AND
CONGRATULATE ALL STUDENTS ON THEIR UPCOMING
GRADUATION.**



Introducing Students' Union for 2003-2004;

The candidates and the promises they make pre-election

By Andrea Newell

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So the timing for our last paper is absolutely wrong for the elections. By the time you all see this paper, the elections will be over. What I propose is that you keep a copy of this paper and see if the candidates live up to their promises. So here they are, the candidates for next year!



Photo by Lara Sifton

Name: Mark Adams

Program and Year: Bachelor of Arts,
Honours in History - 3rd year
Candidate for the Position of: Students'
Union President

Why should I vote for you?: I have the most important experience to become president of the Students' Union. For the last three years I've gained the experience of an involved and aware student. It's time for a fresh face in Students' Union and a solid and equal representation for ALL students. I'm a student working for the students. Vote mark for a well-run Union that you will know and appreciate.



Photo by Lara Sifton

Name: Ryan MacNeil

Program and Year: Bachelor of Business
Administration, Marketing - 4th year
Candidate for the Position of: Students'
Union President

Why should I vote for you?: I have the knowledge of how to take people's ideas and make them reality. I am also focused on moving the Union forward with new ideas and new approaches to outstanding issues.



Photo by Lara Sifton

Name: Liz Evans

Program and Year: Bachelor of Arts,
History - 3rd year
Candidate for the Position of: Executive
Vice President

Why should I vote for you?: I have 3 years experience on Students' Union as residence rep for 2 years and I am Vice President of Student Events this year. I feel I have made a contribution to the Mount community already and am willing to continue to work diligently for MSVU students by any means necessary to represent them 100% both externally and internally as my position dictates.



Photo by Lara Sifton

Name: Sandra Bornemann

Program and Year: Family Studies, 3rd
year student
Candidate for the Position of: VP
Academic Affairs

Why should I vote for you?: I believe that I could bring a unique perspective to the position of VP Academic Affairs. I have a strong interest in the issues of race, gender, sexuality, eating disorders, etc. and believe that these issues are currently not adequately addressed on campus. This position would allow me the resources to work to build awareness in the fore-mentioned areas in addition to building students awareness of plagiarism & harassment policies. I have been involved with Student's Union ever since I came to the Mount almost 3 years ago and also have experience working with the Admissions and Registrar's offices. I believe that I have a lot to offer the Student's Union and look forward to *hopefully* doing so.

Name: Kendra Slack

Program and Year: Bachelor of Public
Relations - 3rd year
Candidate for the Position of: Full Time
Students' Senate Representative



Photo by Lara Sifton

Name: Farai Chakabuda

Program and Year: Bachelor of Tourism
and Hospitality Management - 2nd year
Candidate for the Position of: Vice
President of Student Events

Why should I vote for you?: I've had extensive experience in planning and promoting events on our campus as well as other universities within Halifax. If elected for this position, my main goal will be to promote diversity within the Students' Union body as well as to increase awareness amongst students of the diversity represented on our campus, be it in culture, race, religion or sexuality. Let the voice of experience be your voice, vote Farai!



Photo by Lara Sifton

Name: Kate Jenkins

Program and Year: Bachelor of Public
Relations - 1st year
Candidate for the Position of: Vice
President of Student Events

Why should I vote for you?: I love organizing events and getting involved in campus life at the Mount! I have been involved in the organization of various school and community events for over 6 years now.

Continued next page...

elections, Kate Jenkins, cont. from last page...

...This year, I was a part of the Students' Union and I got to see how things run and get acquainted with the constitution and all that good stuff. I have experience and enthusiasm! I want to work for you!

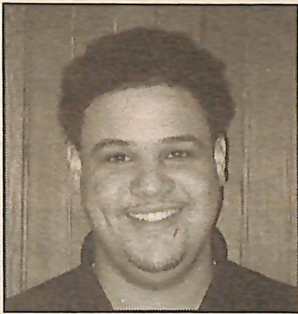


Photo by Lara Sifton

Why should I vote for you?: I'm really enjoying working for the Students' Union this term in the same position that I'm running for. I think we have a lot of good ideas brewing, and it's important to continue working on those. I love being involved in my school, MSVU is wicked, and I intend to be involved throughout my four years here. I'm very easygoing and if anyone has any questions I'd love to talk to you!



Photo by Lara Sifton

Name: Jessica West

Program and Year: Bachelor of Science - 1st year

Candidate for the Position of: Science Representative

Why should I vote for you?: The past academic school year, the Science program was without a rep. I don't want to let this happen again. I was very involved in my Student's Council in high school and served on the executive in grade 12. I am looking forward to the opportunity to be involved with Student Government once again. The Science program may be one of the smallest programs at the Mount, but I hope to make our voice loud. I am a member of the Science Society and also volunteer at the Fountain Play Centre. My goal is to get more Science students involved in campus life.



Photo by Lara Sifton

Name: Heidi Turner

Program and Year: Bachelor of Public Relations - 1st year

Candidate for the Position of: Professional Studies Representative

Where do we stand? Canadian International Relations

By Gary Foley

Recently, as a delegate from our school (MSVU), I attended The Canadian Political Science Student Association Conference (CPSSA) in Montreal. This year's theme was "Canadian Defense Policy in the Twentieth Century". It was an honor for me to not only represent The Mount, but Atlantic Canada as whole. I was the only delegate from Nova Scotia, which in my opinion, is not satisfactory. I believe other schools throughout the province should model what the Mount is doing to give Atlantic Canada a voice. This conference enabled students to share and compare opinions on what our country's role is on the International stage since September 11, 2001.

Some of the topics discussed at the conference focused on what part our military should play in the hours, days and months ahead in regards to current International issues. Should Canada invest more money in foreign aid, or military equipment? How much is enough? Should Canada stick to its traditional contributions involving the United Nations, or determine its foreign military role in terms of US policy?

The broad consensus among delegates attending the conference was that Canada should continue to support humanitarian interests rather than its economic concerns; however, in a country structured such as ours, the complexity of this consensus can be undermined by political and economic factors.

The dependency that is placed on Canada by the United States in terms of its geo-

graphic location and trade, unfortunately, according to political actors, cannot be ignored. Canada is now faced with the moral dilemma-Economics versus Universality. One in four jobs in Canada is affected by the U.S. and 80 percent of our population lives within 200 kilometers of the US border. What position are we going to take in the event of a war that has no direct pay off for the country, but may have serious long-term consequences on us and on the U.S.?

The United States is persistent that Canada should continue pumping money into its military. In my opinion, we need to reassess where we stand on such issues. Also, I believe that the US is looking for a bi-lateral agreement with Canada regarding military action because of its long-term reputation, and involvement, with the United Nations. The US spends more money on military equipment in a week than Canada does in a year, which in the past has been 2.6 percent of its GDP. Again, in my opinion, if Canada sent one person over seas it would be justification for the United States. So, as country are we willing to sacrifice lives over money? What do you think?

The annual CPSSA conference will be held at The University of Toronto next year, where the focus will be healthcare reform in Canada. I encourage people to attend and let our voices be heard.

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Why did Japanese scientists create "square" watermelons? They stack better.

Societies at the Mount: A Year in Review

By Tammy Milbury

As a student at the Mount, I have often heard my peers complain that there are few student run activities on campus, and those that exist are uninteresting and suffer from low participation. This year, as President of the Canadian Studies Society, I wanted to make sure that we had many activities for students to take part in. The society agreed that these activities should benefit individual students as well as the community at large. After attending a few Society Presidents' meetings, I learned that many other societies were on the same wave length.

Aside from the regular social events like pub crawls, bar creeps, movie nights, downtown socials and various types of sales, MSVU societies have brought in guest speakers from outside the Mount, organized gala fundraisers and have volunteered and raised money for many worthy causes.

In terms of charitable activities, MSVU societies are #1!

-Spurred by the Canadian Studies Society challenge, the Mount community raised \$500 and over 1000 food items for the Metro Food Bank Society in December.

-As well, the Child and Youth Studies Society and the Psychology Society both raised enough money to each adopt a family in the Metro Food Bank's adopt-a-family program.

-Throughout the year, the Business and Tourism Society has supported the Metro Food Bank Society, Phoenix Clothing House, Christmas Daddies and the Red Cross.

-When the House for Habitat for Humanity was broken into earlier this year, the Science Society held an informal fundraiser to help out. During the Christmas season, the Science Society also took part in a Toy Drive.

-To mark Caritas Day, the Canadian Studies Society sent out volunteers to sort food at the Metro Food Bank, sort through donations at Hope Cottage, and take inventory of kitchen supplies at Phoenix Youth Shelter.

-The Residence Society held their annual Residence Charity Ball earlier this year which raised funds for Phoenix House.

-For the first time ever, the Child and Youth Studies Society will be hosting "The Program for Children with Autism Gala" on Friday, March 28th, 2003. Proceeds will be going to the program for children with Autism, here at the Mount.

-The Business and Tourism Society will be holding their 29th Annual Business and Tourism Dinner at the Delta Halifax on Wednesday, March 26. His Worship, Mayor Peter Kelly will be the guest speaker.

So, you say, MSVU societies are great at helping the community, but what about the academic side of things? What are they doing to promote higher learning? Well, I will tell you.

-The Canadian Studies Society hosted two lecture teas attended by over 30 past and present students. The guest speaker in the fall was none other than the Mount's Dr. Jane Gordon. Her lecture "Women of Note" was an intriguing way to teach students about Canadian female composers.

-At the spring tea, Mount alumnus Monica Stoilov, Andrew MacNeil and Stefanie David discussed their challenges and successes as local teachers, teaching Canadian content to the children in their elementary and high school classes.

-The Psychology Society, on occasions, has hosted many brown bag lunches featuring psychologists across HRM as speakers. Their most recent guest speaker was Dr. Ruth Carter, who conducts psychological assessments of children and youth for the IWK, Children's Aid and the courts.

-The History Society invited a group of high school students from Germany and Holocaust survivors to talk about how the Holocaust has affected the small town they live in.

-The International Students Society was

instrumental in promoting a very successful International Fair in March.

Societies like the Canadian Studies Society, History Society, English Society and Science Society also provide services such as proof reading essays, tutoring, advising course selection and library resources.

This, I'm sure, is just the tip of the iceberg. The point is that MSVU student societies have a lot going on and are doing their part to help the community around them. Many society presidents have commented on how their society helps bring a sense of camaraderie to each individual department.

Society corners and offices help to give students places to gather and share in some of the best aspects of university life.

For everyone who says societies do not do interesting things, I hope I have helped debunk the myth. One need only to look around - check out the individual society bulletin boards, Jargon's Society Page or society newsletters.

On a final note, and since this is the last edition of Jargon for the year, I would like to say thank you to all the staff of the newspaper for creating a vehicle for all students to become connected to one another.

Our Confession

By Andrea Newell

We, Jargon, have a confession to make. We have been harboring a wild animal in the confines of our underground, top notch security institution. We realize that having such items in our office may breach guidelines outlined by university policy. However, rest assured this animal is in good hands.

When we arrived on site in mid-September, we discovered the poor creature abandoned by its previous owners. At first, Blackey the crow was a little temperamental, as he was cast aside, drowning in a sea of unfinished business and yellowing Picaros. Feeling his pain, we removed him from the old junk pile and trashed the crap. He now makes his bed comfortably amongst a stack of the new, improved, sassy student newspaper - Jargon.

Ever since we adopted Blackey, his attitude has changed. He has been getting out of the

house, and becoming an active member of the campus community.

Some would say Blackey is similar to the average student. He struts into the Fitness Centre, in an attempt to buff up. He spends long hours editing in the newspaper office. Then, he spreads his wings over to Vinnie's where he enjoys his beer, and a good round of pool.

At night, when all the other wild crows are finding rest in the freezing treetops on the Mount ridge, Blackey makes his way home to rest in the comfort of Jargon.

Rumor has it that Blackey is gearing up for the University Idol Competition. He hopes to be the next Mr. Mount. Best of luck Blackey! We love you!



Blackey, the real brains behind Jargon's distribution, is seen here rearing out editor in chief, Andre Duchene, for his shoddy efforts distributing February's issue.

We ran into quite a few snags during our first year. Thankfully we had Blackey to see us through.

Here we see Blackey dictating to Lara Sifton, A&E editor.



For those of you that witnessed this billiards anomaly, that is Blackey miscuing, he wants you all to know that he was recovering from a four-day, 3 trip down to Hollis Street, 2 quart, 48 beer, bender.

Photos by Lara Sifton

Mystic volleyballers slug it out at ACAA playoffs

By Jon Elliott

Packed gym, music blaring, players yelling, and balls bouncing. Many of you are probably thinking what I just described is a basketball game. But no...you would be wrong. It is Mount Saint Vincent University's other kind of ball team in action, the women's volleyball team.

March 1 and 2, Atlantic College Athletic Association (ACAA) men's and women's volleyball playoffs were held at St. Thomas University in Fredericton, New Brunswick. Your very own Mystics made the trip hoping to knock off the competition on the way to the ACAA women's volleyball title.

The feeling among the team heading into playoffs was optimistic, and why not? ACAA 1st team all-star Joni Hirtle was dishing out the assists from the setter position, while twin tower middles Devon Day and Carolyn Carter were shutting down opposing hitters with their gargantuan blocks. Kelly Savary and Lori Matheson were denting the floor with their bombs from the left side of the court, while graduating right side Kristen Middleton, with her feisty red-headed attitude, was showcasing an all around game. Bringing experience, passing, athleticism and encouragement to the court were Andrea Daniels, Chelsea Whitehead, Robyn Thomas and Natalie Masluk. From the bench, assistant coach and former Mystic Kate Morrison provided (depending on the situation) some fire or

general hilarity, while first year head coach Susanne Dittmer was the calming voice of wisdom.

After a successful 12-4 season, MSVU were seeded third for the playoff weekend. Looking to get to the final for a shot at last year's champion St. Thomas Tommies, our Mystics had to first get through the second seeded Universite Ste. Anne Dragons. Considering the Dragons' stand out defence and smooth offence, no easy task.

The positive energy was flowing for the Mystics Saturday morning show down. Adorned in stickers and mean looking fake tattoos, the girls got out to a fantastic start. MSVU's accurate passing allowed Hirtle to give all of her hitters clean looks with her consistent sets. Each time Ste. Anne's would try to close the point gap, MSVU would respond with a thunderous block, diving dig or booming attack. They left the mistake-prone Dragons in confusion, taking the first set 25-15.

Before the second set Dittmer warned her squad not to expect their opponents to make the same mistakes twice. The head coach's words came back to haunt her team as Ste. Anne's came out with fire in their eyes, looking to even up the best of five semi-final. Limiting their mistakes and relying on their superb defence, the Dragons took the second set 25-20.

The Mystics had a sense of urgency starting the third set, sensing that their shot at playing in Sundays final was slipping away. The score was extremely close as the lead switched back and forth. While MSVU would put together a run of well-played points, only to make a string of errors, Ste. Anne's was the model of consistency. MSVU was not able to convert on their opportunities while Ste. Anne's caught the Mystics off guard with their tipping attack. The Dragons took the third set 25-20, putting them in the driver's seat 2-1.

The lady Mystics were determined heading into the fourth set. It was do or die time. Dittmer calmed her team down, stressing the importance of a good first pass and consistency on offence. MSVU took the floor intent on evening up the game at two sets a piece. The play in the first half of the set went just as Dittmer instructed. By limiting their own mistakes, the Mystics forced the play to the Dragons. The teams blasted the ball back and forth, fighting tooth and nail for every point. With Ste. Anne's ahead 22-21 and the gap closing, Dittmer called her last timeout to give her troops a breather and a chance to focus. Unfortunately it was not to be for our squad. An errant pass and an attacking error pushed the score to 24-21, and a strong attack from Ste. Anne's finished the game.

The intense three sets to one match was the

only semi-final to go more than the minimum three games.

With many of her players fighting back tears in their post game meeting, coach Dittmer stressed that they had played an excellent game, and even though they had lost, they had made Ste. Anne's earn every one of their points. Many of the players spoke of the advances the team made in their game to even get to the conference semi-final. Hirtle said that the entire team added to their game. "All of us improved in some way, whether it was our technical skill or mental toughness." Hirtle added that the mental improvement was very important. "Our mental game was subject to steep up and downs, but it was less of a rollercoaster this year. We were able to fight through close games at the end, and we were better at maintaining an even level of confidence throughout a match."

So next year when you are sitting at home or bored in residence, get off your duff, make your way down to the gym and take in a women's volleyball match. Here are a few reasons why: volleyball is a fast-paced and intense sport, it IS cool to support your school (no, really), and these ladies can flat out play.

Congratulations on an excellent season and a strong play-off showing! You have made me, if not your school, proud.

Rez Challenge Wrap Up

By Andrea Newell

The Alexander Keith's Cup Residence Challenge is proving to be a competitive race for the top. Competition activities have been painted with spirited streaks of blue and white. The final challenges are winding up for the year. The current standings are as follows:

1st The Crackhouse with 1541 points

2nd The Aquaholics with 1477 points

3rd The Hella Goods with 1307 points

4th The Pink Playa's

5th The Key Lime Twists

6th The Golden Girls

7th The Pink Ladie's

8th The Red Devils

9th The Busty Babes In Blue

10th Birch 5

These standings do not reflect the points earned from the Lip Sync contest. In all, there were about 10 acts. Each group gained 15 points per entry for participating. Third place and 50 points, went to the Pink Playa's for their shreck performance. Second place, and 75 points went to the Crackhouse for their Grease performance. And finally, first place, and 100 points went to the Aquaholics for their breathtaking performance of Moulin Rouge.

The Crackhouse, also known as Birch 4, have something to say to the rest of the residence teams. Vicky Fowler speaks on behalf of her team, in the following statement:

"We've cheered, danced and shot our way

into the number one position for the Alexander Keith's Cup Residence Challenge. Although there has been some competition, there has been no threat posed as to another Birch/floor taking the lead. The Crackhouse, as we're so lovingly called, has had awesome house representation at this month's past events. It all started when approximately 15 of us showed up for a Mystics game. We haven't stopped since then, and we plan to win the Keith's Cup, along with all the great prizes. Jen Spracklin, our RA supports this new activity in residence life, "It gets everyone in the house together, and we have fun doing it!" There has been much talk already about how our house plans to use the party at the pub, and with the points we have, this talk will more than likely become a reality. So this is our challenge to all the other teams, "come out, and try your best, because we're running away with the lead!"

The Crackhouse has lead, but there is still plenty of time for other teams to take it back.

The Final Event Schedule is as follows:

March 13 - Survivor Night - Trivia Game

March 14 - St. Patrick's Day Party - Shakey Jake performing

March 16 - Top 3 teams go head to head in an all day challenge! Winner gets the party!

Don't forget that you can earn extra points by bringing an off-campus friend, or dressing up for the occasion with school colours. Also, "point grabber" activities can occur at any time. So gather your friends together, and see if we can't give Birch 4 a run for their money!

Got Summer Plans?

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Spring Starts May 5

Art
ART 2013 P3 Studio Art 1
ART 2023 P3 Studio Art 2

Biology
BIOL 2053 V Microbial Biodiversity

Business
BUSI 1413 P3 Intro to Business Research
BUSI 3033 P3 Marketing Principles
BUSI 4953 P3 Business and Corporate Strategy
BUSI 4963 P3 Strategic Issues in Business

Chemistry
CHEM 1013 P3 Fundamental Chemistry 1
CHEM 1023 P3 Fundamental Chemistry 2
CHEM 2513 P3 Organic Chemistry 1
CHEM 2713 P3 Biochemistry 1

Communications
COMM 1213 P3 Communications 1
COMM 1223 P3 Communications 2

Computer Science
COMP 1213 P3 Digital Systems

Economics
ECON 1013 P3 Microeconomic Principles
ECON 1023 P3 Macroeconomic Principles

Education
EDUC 5053 Q3 Problems: Research Literacy
EDUC 5053 Z3 Problems: Research Literacy
EDUC 5303 NT Principles of Assessment
EDUC 5553 P3 Topics in Counselling
EDUC 5843 P3 Instructional Design: Addictions Counselling
EDUC 5843/4893 Z3 Instructional Design: Parental Involvement

English
ENGL 1213 P3 Composition 1
ENGL 1223 P3 Composition 2
ENGL 1306 P3 Composition for Second-Language Students
ENGL 1306 Z3 Composition for Second-Language Students
ENGL 2013 P3 Exploring Creative Writing: An Intro
ENGL 3973 P3 Children's Literature 1

French
FRAN 1113 P3 Basic French 1
FRAN 1123 P3 Basic French 2

Geology
GEOL 1033 P3 General Oceanography

History
HIST 1106 P3 Intro to Western Civilization

Mathematics
MATH 1023 P3 Intro Calculus 2

Music
MUSI 2903 P3 Classroom Guitar

Nutrition
NUTR 1503 P3 Contemporary Issues in Nutrition
NUTR 1513 P3 Food and People

Philosophy
PHIL 2813 P3 Logic 1
PHIL 3723 P3 Ethics, Society and the Health Sciences

Psychology
PSYC 2113 P3 Abnormal Psychology
PSYC 4203 P3 Psychology and the Law

Recreation Management
KINE 180D P3 Intro to Adventure Programming
KINE 184D P3 Intro to Canoe Tripping
SRMK 4563 P3 Adventure Education

Sociology
SOCI 1033 P3 Intro to Sociology: Social Problems
SOCI 2723 P3 Canadian Criminal Justice

Spanish
SPAN 1013 P3 Intro Spanish Language 1
SPAN 1023 P3 Intro Spanish Language 2

Distance Start anytime

Art
ART 3513 NT Women and Art

Business
BUSI 1013 CR Financial Accounting 1
BUSI 1013 NT Financial Accounting 1
BUSI 1703 CR Intro to Business
BUSI 2013 CR Management Accounting
BUSI 2033 CR Financial Accounting 2
BUSI 2033 NT Financial Accounting 2
BUSI 3033 CR Marketing Principles
BUSI 3053 CR Operations Management

Chemistry
CHEM 1033 V Fundamental Chemistry 1
CHEM 1043 V Fundamental Chemistry 2

Computer Science
COMP 1033 CR Systems Programming 1
COMP 1113 NT Computer Programming 1
COMP 1123 NT Computer Programming 2
COMP 1213 CR Digital Systems
COMP 1213 NT Digital Systems
COMP 1813 CR Computers in General Applications 1
COMP 2043 RM Functional and Logic Programming
COMP 2113 CR Data Structures and Algorithms
COMP 2213 NT Computer Architecture
COMP 3703 CR Translators 1
COMP 3773 CR Advanced Object Oriented Application Development with C++

Geology
GEOL 1033 CR General Oceanography
GEOL 1053 CR Coastal Oceanography
GEOL 2753 CR Atmosphere, Weather and Climate

History
HIST 1106 CR Intro to Western Civilization
HIST 2343 CR Maritime Provinces to 1867
HIST 2353 CR Maritime Provinces after 1867

Interdisciplinary Studies
IDST 2906 CR Women in the Modern World
IDST 3103 RM Environmental Law

Latin
LATI 1006 CR Latin Prose and Poetry 1

Mathematics
MATH 0120 CR Functions (non-credit)

Nutrition
NUTR 1503 CR Contemporary Issues in Nutrition
NUTR 2503 NT Human Nutrition 1

Philosophy
PHIL 1406 CR Intro to Philosophy
PHIL 1406 NT Intro to Philosophy

Political Science
POLS 1006 CR Intro to Law, Politics and Government
POLS 1006 NT Intro to Law, Politics and Government

Psychology
PSYC 1013 CR Intro to Psych: Experimental Area
PSYC 1013 NT Intro to Psych: Experimental Area
PSYC 1023 CR Intro to Psychology: Applied Area
PSYC 1023 NT Intro to Psychology: Applied Area
PSYC 2063 CR Drugs and Behavior
PSYC 2093 CR Stress and Coping
PSYC 2093 NT Stress and Coping
PSYC 2153 CR Developmental Psychology
PSYC 2153 NT Developmental Psychology

Recreation Management and Kinesiology
SRMK 2383 NT Intro to Sport Management
SRMK 3783 NT Sport Marketing Strategies

Sociology
SOCI 2343 CR Sociology of Aging
SOCI 2343 NT Sociology of Aging
SOCI 2723 CR Canadian Criminal Justice
SOCI 2753 CR Principles of Criminology
SOCI 3363 CR Sociology of Death and Dying
SOCI 3363 NT Sociology of Death and Dying
SOCI 3393 CR Special Topics in Death and Dying

Spanish
SPAN 1013 CR Intro Spanish Language 1
SPAN 1023 CR Intro Spanish Language 2

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ART 3013 P4 Painting 1
ART 3023 P4 Painting 2

Business
BUSI 3053 P4 Operations Management
BUSI 3063 P4 Management Science 1

Chemistry
CHEM 3723 P4 Biochemistry 2

Computer Science
COMP 2213 P4 Computer Architecture

Education
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English
ENGL 1213 P4 Composition 1
ENGL 1223 P4 Composition 2
ENGL 1306 P4 Composition for Second-Language Students
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French
FRAN 1213 P4 Intermediate French 1
FRAN 1223 P4 Intermediate French 2

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SOCI 1013 P4 Intro to Canadian Society
SOCI 2323 P4 Sociology of Families

Economics
ECON 1013 CR Microeconomic Principles
ECON 1013 NT Microeconomic Principles
ECON 1023 CR Macroeconomic Principles
ECON 1023 NT Macroeconomic Principles

Education
EDUC 4013 CR History of Education
EDUC 4023 CR Philosophy of Education
EDUC 4023 NT Philosophy of Education

English
ENGL 1213 CR Composition 1
ENGL 1223 CR Composition 2
ENGL 1406 CR Reading and Writing Critically 1
ENGL 1413 CR Reading and Writing Critically 1
ENGL 1423 CR Reading and Writing Critically 2
ENGL 2183 CR Shakespeare 1
ENGL 2183 NT Shakespeare 1
ENGL 2193 CR Shakespeare 2
ENGL 2193 NT Shakespeare 2
ENGL 2386 CR The Romantics
ENGL 2476 NT Victorian Studies
ENGL 2773 CR Eighteenth-Century Novel
ENGL 3753 CR Studies in the Short Story
ENGL 3763 CR Studies in the Canadian Short Story
ENGL 4173 CR From Frankenstein to Dracula

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FRAN 3523 NT Littérature Acadienne

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MSVU DAYCAMPERS CELEBRATE CANADA

By Charlene Neves-Corbin

Who says you can't have fun while learning! This year six members of the Canadian Studies Society had a unique opportunity to collectively plan a MSVU Day Camp for the Recreation Department. On January 31, 2003, MSVU daycampers ages 6-12 "celebrated Canada" in many different ways.

The day was spent taking part in various crafts and activities pertaining to Canada, such as making Mi'kmaq talking sticks and Styrofoam beavers and singing Canadian folk songs. The kids played Twister with a Canadian "twist" in which images of Canada were used in lieu of colours and even our mascot "Chuck the Canuck" made

an appearance. Near the end of the day, the kids tore off into Rosaria on a Canadian Scavenger hunt, which was followed by a Canadian flag cake and ice cream with red maple leaf decorations. While much fun was had, I think the biggest hit of the day was our play. Our rendition of Roch Carrier's *The Hockey Sweater* was perhaps a little quirky but the children had a blast.

The whole day was a great success! The kids learned more about Canada and we learned how great it felt to plan a fun and successful day camp for children.

Finally, a Student Cookbook!

By Keah Seymour, Keah O'Hearon, and Christine Deveau

As tourism students at Mount Saint Vincent University we are involved in a class New Venture Creation, that allows us to start and run a business of our choice throughout the semester. As a group we have decided to create a cookbook, which is a compilation of our favorite recipes. Even better though, each recipe contained within the book can be prepared in 30 minutes or less, and will cost you \$12.50, perfect for students who don't have much time to spare or money to spend. It's also a great idea for students who will be living in the new apartment style residences next year! The cookbook con-

tains a well-rounded variety of recipes, from your favorite chocolaty snack to fun and healthy meals. The cookbook contains four sections for your food needs: Snacks and Appetizers, Main Dishes, Desserts, and Drinks. Your purchase will be an investment, which will impress your family, friends, and significant other.

The cookbook is available through the Mount Saint Vincent University bookstore and Pete's Frootique at the price of just \$12.50.

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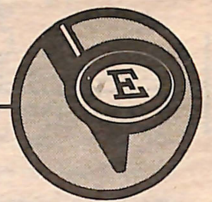
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Cleopatra wasn't Egyptian; she was Greek. And she was the seventh queen by that name.



That's My Bush

By Francis Mullins

A few hours ago I was watching the unelected President of the United States give a press conference. He looked a bit stiff, nervous perhaps without a teleprompter to keep him from saying something that hadn't been pre-approved by John, Dick or Rumsfeld. Unlike many past presidents, George is not known for his rhetorical abilities, leading to allegations that he is a functional illiterate, but I believe those charges to be unfounded. After all, he was reading the reporter's names off the list in front of him just fine during the press conference, sometimes so fast that he wasn't even looking at the questioner he was calling on. I don't think the questions were pre-approved, because Bush completely failed to answer any of the questions he was asked. But the reporters at the White House know the drill by now: if you ask a hard question of the President, it will be your last. This certainly factored into his decision not to call on Helen Thomas, who has been asking questions at Presidential press conferences since 1960. She is 80 now, and openly critical of Bush's White House, but what's a 43 year tradition when you've got a war to fight to ensure peace?

Did I need any more confirmation that this man is not fit to be the Chief Executive of such a monstrously powerful country? I've been holding out hope for the remote possibility that he is actually much shrewder than everyone expects, that he plays the buffoon so he can act like he doesn't know any better, then everybody will be real scared and want to stay outta his way. Does he have Sun Tsu in mind, "The supreme Art of war is to win without fighting," and he is using a supreme show of force to make Saddam crap his pants and disarm. Then the United States not only doesn't invade, but pulls their troops out of the 2/3 of Iraq they already occupy, and Saudi Arabia to boot, and then arranges for the UN to oversee democratization of Iraq. Sadly, those kinds of crazy the-world-is-not-going-to-hell-in-a-handbasket fantasies have no place in objective journalism. The news is about facts, hastily checked and poorly authenticated facts to be sure, but facts nonetheless.

This article may seem anti-American, but listen to what the Bush White House has done to Americans to see who's anti what. In just his first year in power, Bush managed to pull out of the Kyoto Protocol and has done nothing to regulate carbon dioxide emissions, turned down international efforts to enforce the 1972 treaty banning germ warfare, cut

\$700 million for repairs to public housing, cut half a billion dollars from the Environmental Protection Agency, cut funding for research into fuel efficient cars, has pushed oil and gas development in environmentally protected areas in Montana, Florida and Alaska, passed a tax cut, 43% of which goes to the top 1% of Americans, violated the Comprehensive Test Ban Treaty by developing new nuclear weapons, cut funding to Boys and Girls Clubs in public housing, gave 1/30th of the funding requested to the Justice Department for suing tobacco companies, and on and on. That's a short list of what he was up to before 9/11. Since then he's gotten worse.

From what I've heard, most Canadians hate Bush, and it's translating into a not-so-veiled irritation with Americans in general. It all started when he first got into office, and invited the President of Mexico to the White House before Canada's PM, the traditional first head of state to visit the reigning Prez. Then, of course, there was the time Bush gave in to U.S. lumber manufacturers, after they had been lobbying for twenty years, and imposed a duty on Canadian softwood lumber entering the United States, without going to arbitration through the World Trade Organization or through NAFTA. The first big slap in the face, however, was at his first speech to the world after September 11. What Canadian can forget when he said "Nor will we forget the citizens of 80 other nations who died with our own: dozens of Pakistanis; more than 130 Israelis; more than 250 citizens of India; men and women from El Salvador, Iran, Mexico and Japan; and hundreds of British citizens. America has no truer friend than Great Britain." Not only did we get beat out of best friend status by Britain, we didn't even get mentioned!

Well, at least we are not alone. He pulled the same tariff stunt with the US steel industry, putting 30% tariffs on certain grades of steel that happen to be produced in West Virginia, Ohio and Pennsylvania. West Virginia was a key state in the last election. The United States imports at least 2 million tonnes of steel from each of Japan, South Korea, South America, the European Union, and the countries of the former USSR. Twenty million tonnes of imported steel a year, and a whole whack-load of countries losing jobs so outmoded steel mills in the US went go bankrupt. Apparently Bush would rather take shots at the entire industrialized world than face the downside of free trade, but it was a curi-

ously shortsighted strategy as his administration scrambles to find allies for an invasion of Iraq. I guess Bush never figured out that bullies don't have friends for a reason.

And what the hell was he thinking when he lumped North Korea, Iran and Iraq together as an Axis of Evil, before he began to relentlessly pursue an attack on Iraq? You want to know why North Korea has started developing nuclear weapons again, and the means to deliver them to North America? Because the Bush Administration has made it perfectly clear that if you are a member of "The Axis of Evil" then you will be attacked. It's plenty ironic that the U.S. is going to attack a country without any known weapons of mass destruction to "disarm" them, while a country that admits it has nuclear weapons and will use them is studiously ignored. Message to the world: Arm yourselves before the U.S. can get you.

So what is a Bush good for? Hiding behind. Bush doesn't have the vision or the competency to function as a world leader, so he relies heavily on his backup. Vice President Dick Cheney was defense secretary under the previous President Bush during the first Gulf War, not to mention previous stints in the Nixon and Ford administrations. He was also CEO of the oil company Haliburton before becoming Vice President, which had dealings with (surprise!) Iraq and other repressive governments. Don Rumsfeld is Secretary of Defense, and has been hangin' with the Republicans since Nixon was Prez. This is the fellow that has pushed crackpot schemes like "Star Wars" missile defense, the development of which has violated arms control treaties that were designed to limit the proliferation of nuclear weapons.

What do these two fellows have in common? Well, they both avoided combat service during the Vietnam War, they both have a vested corporate interest in reshaping the flows of power in the Middle East, and they both keep reminding Bush not to speak before he is told what to say.

The world has become a much scarier place since late 2000, when Bush supporters managed to stage a coup and steal the Presidency from the winner, Al Gore. I'm not scared of terrorists, far less than getting in a car accident at least. But I am scared of what a C student can do when he is in charge of a military force as big as the next 8 biggest military spenders in the world. I'm scared what can happen when a third-rate President only remains in power because of the support of the most conser-

vative, reactionary, warmongering and greedy sectors of society. I'm scared of what will happen if the U.S. stops paying attention to the United Nations and only listens to what it wants to hear. And I hold out hope that someday soon, the U.S. economy will deteriorate from their \$350 billion+ military budget and the horrendous exploitation of natural resources will halt, so that the world won't die in 50 years.

There is an incredible amount of information available on the shenanigans of Bush and his backup team on the net, the kind of information that wasn't widely available until late in the Vietnam War. There's also some incredibly funny stuff too.

cbc.ca/news/indepth/background/gulf_war.html - A background article on the original Gulf War for those who didn't get to see it the first time on CNN.

www.bushnews.com - Comics, investigative reporting, and be sure to check out the "most popular pages," to find out what it means that Bush is "a fifth amendment cokehead."

www.bushisamoron.org - Everything Bush. Articles and evidence that he's a bad man. Funny stuff too.

www.thesmokinggun.com/bush/bush.shtml - Wow! Bush drunk and making an ass of himself at a wedding.

home.nyc.rr.com/jadedem - Did you ever read Curious George as a kid?

home.twny.rr.com/felicity/bushisms.htm - If you've ever had the pleasure of hearing Bush speak without a script, you've probably heard him sound like an idiot. Here's a pile of Bushisms for you. Am I misestimating him?

maritimes.indymedia.org - Local independent media.

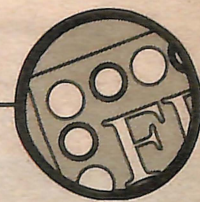
Indymedia.org - International independent media.

www.straightgoods.com - Current stories on the dirty tricks the Bush administration is using to influence the United Nations, and the strict control the U.S. military has placed on journalists covering their wars.

www.antiwar.com
misnomer.dru.ca

www.whitehouse.org - No comment.

Theonion.com - Five stars. You'll thank me if you check this one out.



Chomsky cuts to the heart of the matter

Noam Chomsky sits down for a conversation about the upcoming war in Iraq, the United States' foreign policy, the history of international terrorism and the future of the Middle East

By Faiz Ahmad and Omar Badawi, The McGill Daily

MONTREAL (CUP)—Noam Chomsky, MIT linguistics professor and outspoken critic of US foreign policy, has authored dozens of works pertaining to political radicalism, media control, American military interventions and state terrorism. His most recent book, *9-11*, was an international bestseller and provoked much debate about American responsibility for the World Trade Centre attacks in September, 2001. On November 8, Faiz Ahmad and Omar Badawi sat down with Chomsky to discuss the impending threat

of war against Iraq.

CUP: Do the US and the rest of the world have a responsibility to change the regime in Iraq? Do they even have a right to do so?

No one has a right, and if you don't have a right you don't have a responsibility. Undoubtedly, there are plenty of regimes that need to be changed, and Saddam Hussein's is one. But there's a long list. For example, let's take the United States—a great deal of the world regards the US as "a menace to itself and the world." I'm

quoting a senior member of the Carnegie Foundation writing in a mainstream British newspaper.

Incidentally, there's nothing new about regime change. That's an old, old policy. Just last October there was a commemoration of the Cuban missile crisis—Arthur Schlesinger, who attended the high level meetings in Havana, pointed out accurately that it was the most dangerous moment in the history of the world. And where did it come from? It grew out of an effort at regime change. The US was committed to overthrowing the Cuban government, first by terrorism—when that didn't work, they

tried by invasion, and when that didn't work, there was even more terrorism, which led up to the missile crisis and practically destroyed the world. That's a dramatic case, but there are many others like it. Efforts at regime change are an old story.

CUP: Many believe that, regardless of US motives or methods for removing Saddam Hussein from power, the world and the people of Iraq will be better off without him, often pointing to the Taliban in Afghanistan as an example. The argument, therefore, is that military action is justified.

cont. next page...

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Chomsky, cont. from last page

First of all, the war aim in Afghanistan was not to overthrow the Taliban. That was an afterthought. There were people who were very much committed to overthrowing the Taliban—Afghans like Abdul Haq, one of the most respected Afghan leaders, whose position was that the US was bombing the country in order to show its muscle and to scare the world, not to overthrow the Taliban. Getting rid of the Taliban was a goal added three weeks later, when the war was almost over.

Would the world and the people of Iraq be better off without Saddam Hussein? Absolutely. But you can go down a list from A to Z and pick out a lot of countries for which that's true. Does the US have any special right to intervene? Of course not. In fact, if anyone believed Bush's arguments and the arguments of the pro-war people, there's a very simple way to overthrow Saddam Hussein which has many advantages to the current plan—help Iran invade. Terrific. The Iranians will tear Saddam Hussein to shreds, they'll kill anyone who's anywhere near him, they'll destroy all the weapons of mass destruction, they'll make sure that no successor ever develops any weapons of mass destruction—a great contribution to disarmament. There'll be people on the streets of Basra and Karbala cheering as the Iranian liberators come in, there won't be any problems with the UN, there won't be any US casualties, there won't be any Israeli casualties, it's just perfect. So why isn't anyone talking about it?

There are two downsides to this proposal: it doesn't leave the US in control of the second-largest oil reserves in the world, and it doesn't get Bush out of his immediate domestic problem, which is how to terrify the country into submission while he pursues a domestic agenda that's extremely harmful to most of the population—which, incidentally, is an immediate problem. That's why they have to invade this winter and not next winter.

The problem with next winter is that it's in the middle of a presidential campaign. By then you have to have had the victory behind you, so that the brave cowboy can be praised for saving us from disaster. The timing is purely domestic. The long term goals are something that everyone has known for years. The people that are running the show in Washington now are all supporters of Saddam Hussein—they supported him through his worst atrocities.

CUP: *What would you see a just policy toward Iraq entailing?*

I think that weapons inspectors should go back. The US has been trying very hard to prevent weapons inspectors from going back, because they want to go to war. Remember what Resolution 687 says—that the disarmament of Iraq should be part of a general program of reduction of armaments and delivery systems throughout the region. That makes very good sense.

The US wants to go in exactly the opposite direction. But if you think that anybody has the right or the responsibility to overthrow Iraq, there's the obvious example of Iran. They're the victims, they have the means, they can be trusted far more than the United States. After all, 60 per cent of the population is Shiite, not necessarily pro-Iranian but at least much more positive toward Iran than toward the US. Iran would be much more successful in installing democracy—they can give a voice to a lot of the population, which the US probably can't. It's an insane proposal, but it makes much more sense than the actual proposal if we take the reasons seriously.

CUP: *Mr Negroponte, the US ambassador to the UN, has stressed that the US is committed to allowing weapons inspectors to go forward. Addressing the fears of war-weary members of the Security Council, he called the last draft resolution put forth by the US "the best way to achieve the disarmament of Iraq by peaceful means." What do you think of his assessment?*

He knows perfectly well that it's the worst way. The Bush administration has stated explicitly that they are interpreting the resolution as an authorisation to go to war. That undermines the likelihood that Iraq will agree to inspections—that's pretty obvious. Conditions have been imposed which allow the United States to do what it wants—conditions which were carefully written into the draft, such that the United States at any point can say, well, you didn't meet the conditions, so we bomb you. So if at four o'clock in the morning an inspector shows up at a presidential palace and he isn't given the keys in five minutes, the US can say 'Okay, you're in material breach, therefore we bomb tomorrow.' In fact, they can say anything they

want. This resolution is simply a way for the countries of the world not to have to face the wrath of the United States. They're terrified of the United States, for pretty good reasons.

CUP: *It seemed initially that there was some resistance on the part of France, Russia, and the other permanent members of the UN Security Council. But recently they seem to be acquiescing to American demands.*

Frankly, they're not going to stand up to the US. No one is. The entire world—including Middle Eastern nations like Iran

and Kuwait, the main victims of Saddam while he was a US ally—resists the idea of war. They all hate Saddam, they'd love to get rid of him, but they realise that, as horrible as he is, he can't hurt anyone outside his narrow reach. The only people afraid of the mushroom cloud are in the United States. But which country is going to want to prejudice its relations with the United States over something they know the United States is going to do anyway? Particularly when the US has been making clear all along that they don't need a resolution?

cont. next page...

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Chomsky, cont. from last page...

In fact, the US has said very explicitly that the UN is only relevant if it grants Washington the same authorisation that Congress did. Everyone on the Security Council knows that, including France, Russia and China. If the US is going to do it anyway, there's no reason to oppose them. This is what the UN calls the Yemen effect—it has to do with Yemen's refusal in the Security Council in 1990 to go along with the Gulf War, at which point they immediately had all aid cut and all sorts of impositions imposed on them by the US—other countries don't want to live with that.

CUP: So then what is the relevance of the Security Council and UN in world affairs today?

Zero. The US has made it clear that their relevance is zero. When you say at high levels, "you are relevant if you let us do what we want to do, and you're irrelevant otherwise," then the answer is that they're irrelevant.

Incidentally, that's nothing new. Go back

30 years, for example: the big issue of the day was the US war in Indochina. Every country at the UN was basically opposed to it, except for maybe England and Canada. But did that ever come up? No, there was no resolution, no discussion. The reason was perfectly plain. Everyone understood that if the issue came up at the United Nations, that's the end of the United Nations.

A year or two ago there was some brief talk about how the criminal court in the former Yugoslavia might investigate NATO war crimes. That was dropped very fast. During that period an American congressman visiting Canada was asked by the National Post what would happen if someone looked into NATO crimes, and his answer was basically correct: that if that ever happened, the United Nations buildings in New York would be taken apart brick by brick and thrown into the Atlantic ocean.

CUP: How do you see military action against Iraq affecting the Palestinian-Israeli conflict? Ariel Sharon's representatives have said that Israel will wait until the US has dealt with Iraq before pursuing a political track with the Palestinians, and

Binyamin Netanyahu has said that US assistant secretary of state William Burns' roadmap for peace "is simply not on the agenda."

We don't know if the roadmap is on the agenda because we don't know what it is. In fact, we don't even know that it exists. There are plans about the Palestinians. The people near the centre of power, like Richard Pearl, Douglas Feith and, probably, [Donald] Rumsfeld have been talking about reorganising the Middle East for years. They have all kinds of far-reaching plans.

A war will be a complete disaster for the Palestinians. Sharon does have a plan for peace. Everyone has a plan for peace. Hitler had a plan for peace. The question is, what kind of peace? Sharon's peace involves some degree of autonomy and administration for Palestinian enclaves which Israel doesn't want to have to administer. Sharon's borders for Israel are much more expansive than Barak's were,

but the basic conception is the same. Barak's chief negotiator at Camp David in 2000, Shlomo Ben Ami, has explained that the goal of the Oslo process from the beginning has been to establish a permanent neo-colonial dependency for the Palestinians—something on the order of South African bantustans.

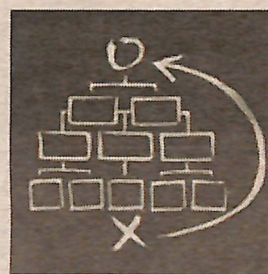
In fact, the security officials in Israel have been playing close attention to South Africa's solution to the black problem 40 years ago. Establish black homelands, black police, black administration that control the population; white South Africans don't want to bother with that. And you can have some development dependent on white South Africa. That's a model that has been seriously considered in Israel. It's discussed very prominently in the Israeli press at high levels, and it was more or less the framework for the Camp David proposal. Sharon's roadmap is on that order except that he wants the Palestinian enclaves to be small.

cont. next page...

Joel Duggan
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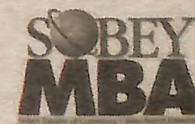
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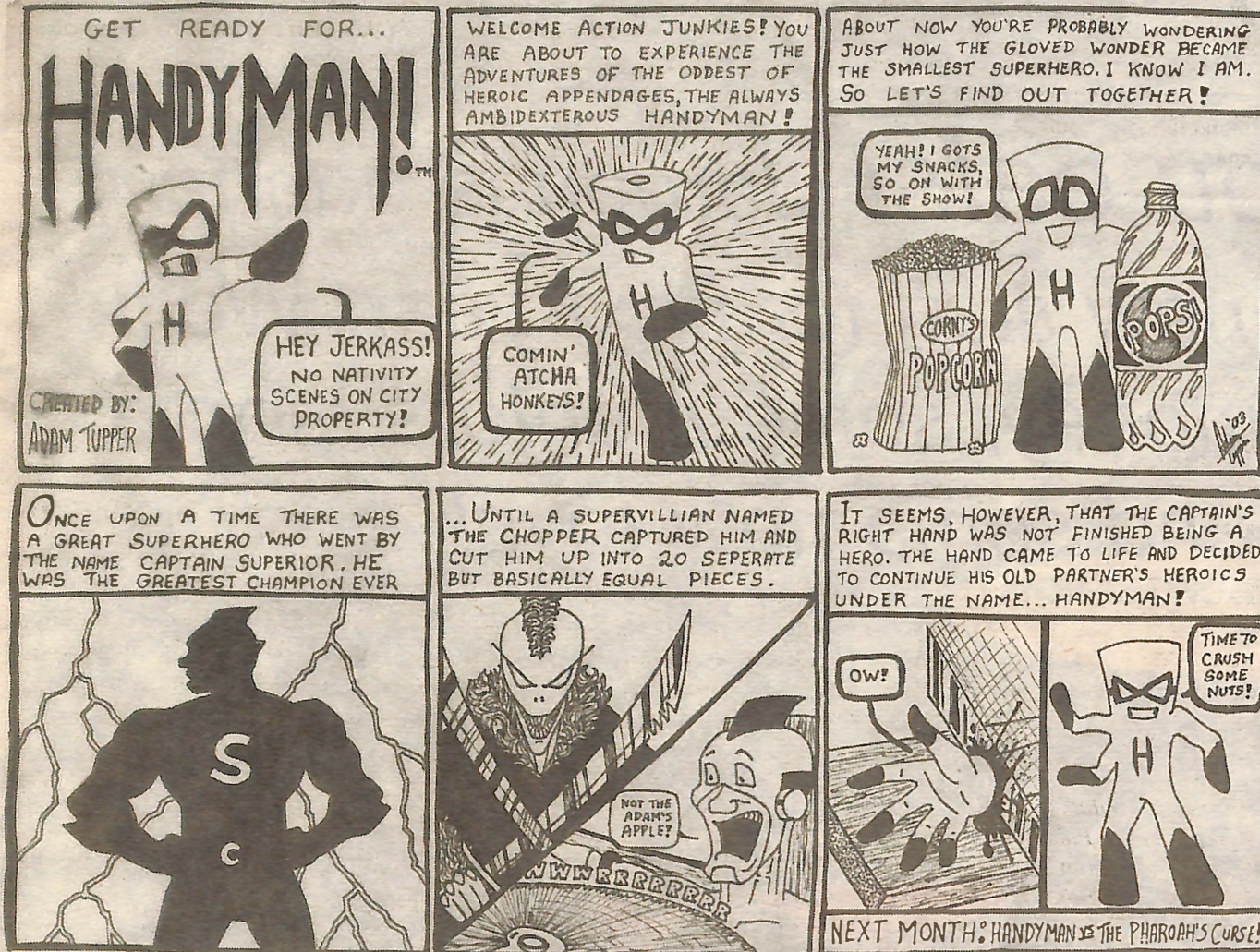
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Chomsky, cont. from last page

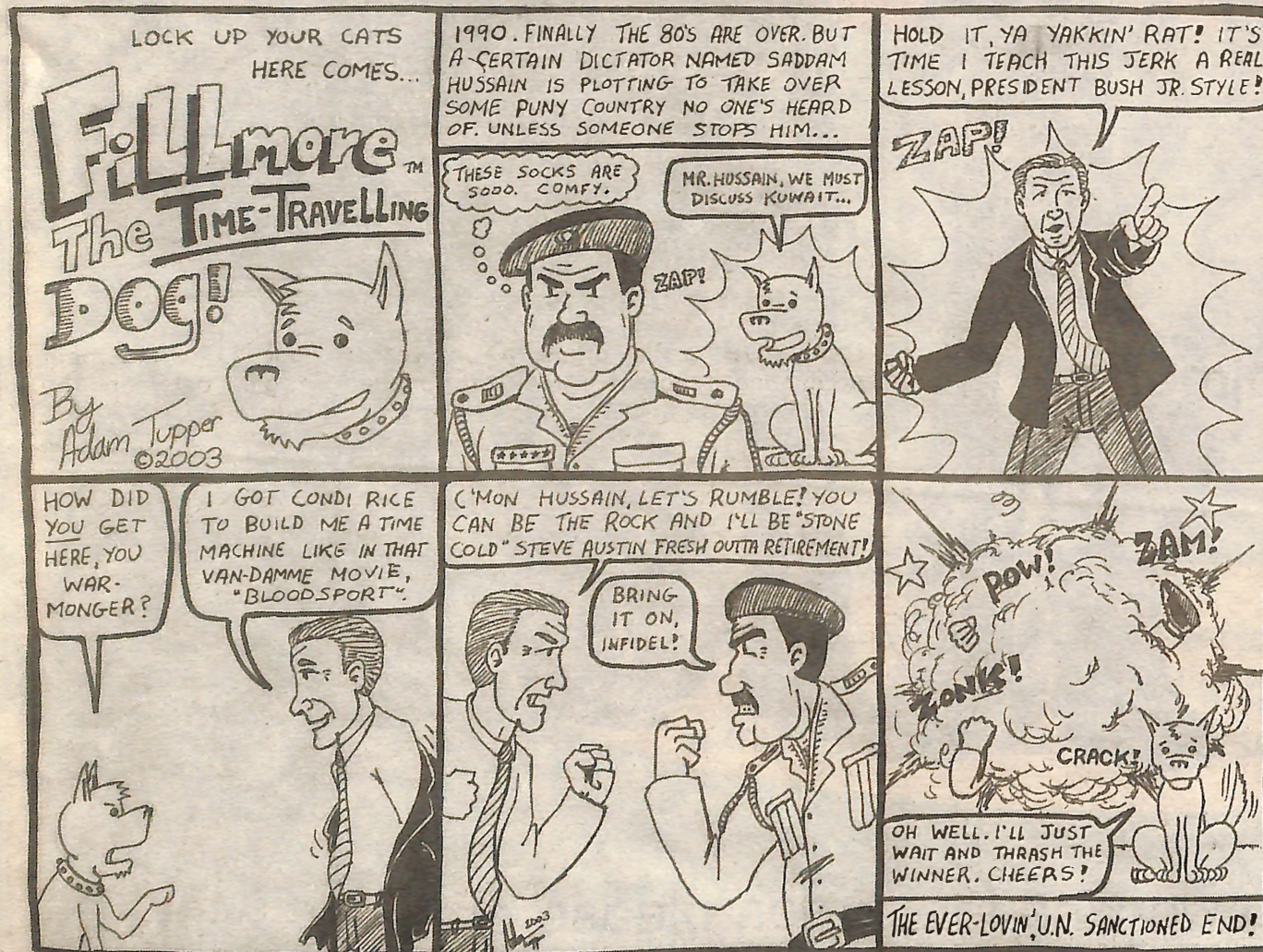
CUP: Is the war on terrorism a manifestation of the "Frankenstein syndrome," meaning that the US is now having to protect itself from enemies that it itself has created?

That's happening, but let's be a little bit clearer. The war on terrorism was declared in 1981, by pretty much the exact same people who re-declared it after 9/11 and with the same rhetoric. The war on terrorism has been going on for 20 years.

Orwell would tell us that the war on terrorism is in fact a terrorist war. In the first phase in the war on terrorism led by Washington throughout the 1980s, the US carried out massive terrorist atrocities in Central America and the Middle East, Southern Africa and so on. That was the first phase in the war on terror. The second phase in the war on terror, which they re-declared on September 11, 2001, happened to be aimed at the organisations that you describe. The terrorists are now those recruited, trained, organised, and armed by the CIA and its associates in the 1980s, not to help the Afghans, but for reasons of state, power, the usual kinds. Around 1990 they turned against the US. In 1993, related groups came very close to blowing up the World Trade Centre. That was in 1993, not 2001.

Those groups happened to be organised by the West. You can say the same about plenty of others. Take Israel's main terrorist enemies—Hizbollah and Hamas. Where did they come from? The origins of Hamas lie, in part, with Israeli sponsorship of radical Islamist groups meant to undermine the secular Palestinian leadership. Hizbollah came out of a US-backed Israeli invasion of Lebanon 20 years ago, which killed about 20,000 and had no defensive purpose whatsoever. The end result is that it helped create Hizbollah.

Incidentally, terrorist acts are just a gift to the most hard-line oppressive elements. An increase in terrorism gives Sharon an opportunity to drive the Palestinians out, it gives the Russians an opportunity to clamp down in Chechnya and so on, throughout the world. It's very probable that the same thing is going on in Indonesia now.



comics by Adam Tupper

Pain travels through your body at the rate of 350 feet/second!

cont. on page 16...

NSCAD GRAD SHOW

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graph TD; Title[NSCAD GRAD SHOW] --> Gallery[ANNA LEONOWENS GALLERY  
1891 Granville St Halifax NS]; Title --> Dates[April 22 -26, 2003]; Title --> Reception[Opening Reception: April 22 5:30-7:00]; Title --> Contact[For more information contact Sigrd  
at Gradartshow@hotmail.com or Derek at  
the Anna Leonowens Gallery]; Title --> Description[Largest Graduation show ever at the Nova Scotia College  
of Art and Design. Come join us and the Grads celebrate  
with a campus wide showcase of their work.]; Title --> College[NOVA SCOTIA COLLEGE OF ART AND DESIGN];
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Chomsky, cont. from page 13...

What lay behind the Bali [nightclub] bombing is not yet clear, but chances are it was the group Jamat al Islamaya. And where did they come from? They're part of the Suharto dictatorship's effort, with the backing of the United States and Britain, to link up radical Islamists and the Indonesian military in order to carry out terrorist atrocities against their own populations. The big massacres in Bali, far worse than this one, were a collaboration between Islamist groups and the army.

CUP: As you said, it seems that a US invasion of Iraq is pretty much inevitable at this point. How much difference can popular resistance still make?

A huge difference. It's the only thing that can stop it. What prevented the US from carrying out saturation B-52 bombing of

Nicaragua in the 1980s? Popular resistance. Current resistance to the war in Iraq has no historical precedent, to my knowledge. I can't think of another case where there was such large-scale protest against a war before it even started. Protest over the Vietnam War only came after four or five years of smashing South Vietnam to dust.

There is unprecedented opposition right now—US policy analysts are keeping their eyes open to it, and if it grows even more, they'll be concerned. In fact, some of the high-level hawkish arguments against the war is that too much division will be created inside the US. That's a concern which even the worst mass murderers worry about. Hitler worried about it, which is part of the reason why the Germans didn't carry out a full national mobilisation the way the Allies did. They just didn't trust their population, which probably set back their war effort. No matter who you are, military dictator, mass murderer or democratic leader, you have to be concerned about popular opinion.

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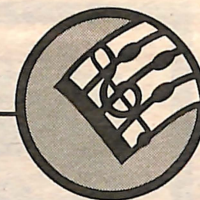
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Interview with Grand Theft Bus; Little Known Band that Could & Will

By Heather MacDonald

On February 27th, 2003 I was fortunate enough to conduct an interview with the ever entertaining, and constantly on the go, Grand Theft Bus. The band that hails from across Atlantic Canada has a reputation for on-stage spontaneity and a unique sound that combines many musical genres. Upon the release of their debut album *Birth of Confusion*, I thought it was high time that we got to know these boys; Tim Walker, Bob Deveau, Dennis Goodwin and Graeme Walker, a little better.

Heather MacDonald: What CD's are currently in your CD player?

Tim Walker: The Sea and Cake- Nassau, Blur- The Best of Blur, Interpol-Turn on the Bright Lights, Sonic Youth- Washing Machine, and Temple of the Dog.

HM: If you had to describe your music using three adjectives, what would they be?

Bob Deveau: Confused, real, and open.

HM: For anyone who has never heard of Grand Theft Bus, what should they know or expect?

Dennis Goodwin: Nudity, sexually explicit lyrics, some thrash metal and perverse parodies of Sharon, Lois, and Bram songs (just kidding). I don't really know how to answer that but I'm going to try. If you've never heard us before you should expect a real diverse repertoire of songs. Some are really bouncy and are three and half minutes long with a catchy melodic hook. Some are completely structured and are 15 minutes long. Sometime we can have a huge improvisational night- sometimes we don't. It depends on our moods and the set list we write that night. Overall just expect to have lots of fun and dancing.

HM: What makes Grand Theft Bus Unique?

TW: If anything, it is that we do not limit ourselves when we are writing. We don't strive to fit into any specific genre nor do we consciously try and hone a specific sound. Because we all have different influences and varied personalities. Each of us comes at the music from a slightly different place. Everybody's ideas come to the table and get mashed about until we hopefully come up with songs. If, in this process, we come up with something unique then great, but in the end all we really care about is staying true to ourselves and to the music.

HM: What are your musical influences?

BD: Everything. Except for new country and money music, I guess that's kind of redundant though, but you get the picture.

HM: What is your favorite song on the album?

BD: I'd have to say *Low* because it was recorded long before we had ever played it live, which is a rarity for us. It is a well-written song that was crafted in the studio whereas most of our songs develop by being played live over and over again. I guess it just feels really fresh to me.

HM: Your band tours frequently. What are the positive aspects of touring?

Graeme Walker: Playing live is something that is a necessity for all of us. We feel very fortunate to be able to make music for a living. Playing live takes us to various locations as well. We've been able to meet many new friends because of this. We've watched a community of friends grow in the two years this band has been together. I think that's a very healthy thing.

HM: What are some of the negative aspects of playing live?

GW: Negative aspects? I think for us it's a bit different. We don't all live in the same city. Two of us live in Saint John and the other two live in Fredericton. This means that the time we do spend together is always on the road, leaving little time for rehearsal. We try and manage and lately it's been better but sometimes it's tough. Being away from home is always a struggle, but it's a sacrifice we make. We all have very understanding people in our lives that accept what we do.

HM: Why should people buy your new album?

DG: For magnicity.



Grand Theft Bus is, from left to right:
Tim walker, Dennis Goodwin, Graeme Walker, Bob Deveau

Grand Theft Bus will be touring throughout Atlantic Canada this March. If you like what you hear or you would like to actually hear what they are all about check them out at one of the following venues; March 13th in Saint John, NB, at UNB SJ, the 19th in Charlottetown PE, at Myron's (opening for the New Deal), the 20th in Fredericton NB, at the UNB Cafeteria (opening for the New Deal), the 21st in Moncton NB, at the Oxygen Club (opening for the New Deal), the 22nd in Halifax NS, at the Marquee Club (opening for the New Deal), the 28th in St. Andrews, NB, at Tidal Pool, and March 29th in St. Andrews, NB, at the Tidal Pool.

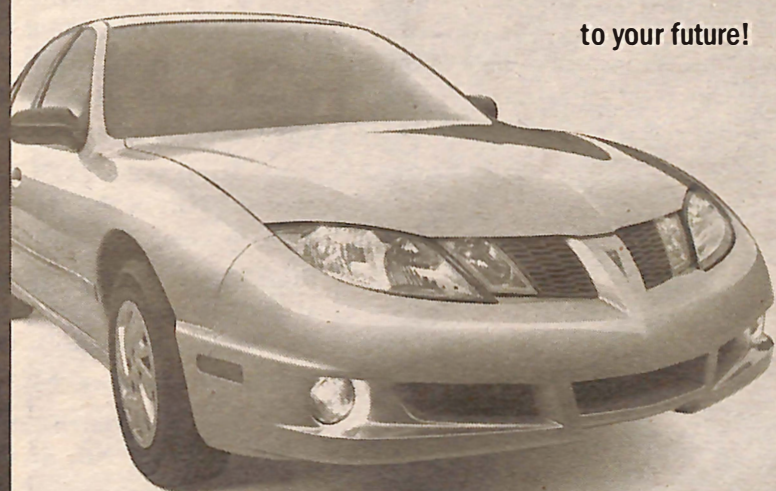


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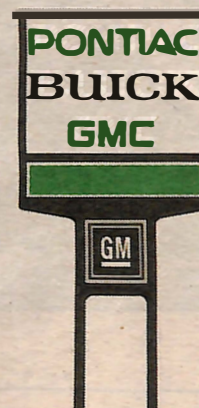
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Movie Reviews

By Robert Broderick



Home Release Pick of the month: *Enigma*

Looking for a spy thriller with lots of suspense? An intelligent film to twist your head around? Well my friend, *Enigma* is the puzzle for you. Set in World War II England, *Enigma* is about a code-breaker named Tom Jericho (Dougray Scott, *Mission: Impossible 2*) who is called back to duty after a nervous breakdown. Jericho must break the Nazi's secret enigma code in order to turn the tide of the war. Jericho must also solve a mystery: the disappearance of his beloved Claire (Saffron Burrows, *Deep Blue Sea*). As the clues come together, the pieces connect Claire's disappearance to a fleet of German U-boats in the Atlantic and a mass grave in Poland. *Enigma* is one of the smartest films I've seen in a while. But it's more suited for those who prefer a lot of suspense to action. Regardless, *Enigma* will keep you guessing. *Enigma* also stars Kate Winslet (*Titanic*, *Iris*) and Jeremy Northam (*Gosford Park*), and is produced by Mick Jagger. What happened to Claire? Will the Nazi code be broken? What is the secret behind the mass grave? Truly, this is the enigma!

Home Release Canadian Pick: *Century Hotel*

On behalf of the staff, I would like to welcome you to *Century Hotel*. The film is a collection of seven separate stories that take place between the 1920's and the eve of the Millennium. Each story takes place in room 720. Stories of illicit love, murder, suicide, sex, and madness. His first feature, director David Weaver presents each story with a unique style. The film features some of Canada's finest talent, including: Colm Feore (*Chicago*), Tom McCamus (*I Love a Man in Uniform*), Mia Kirshner (*Not Another Teen Movie*), songsters Chantal Kreviazuk and Raine Maida (of Our Lady Peace). *Century Hotel* is a haunting, sexy, and hypnotic work of art. I recommend you check in and stay a while.



Home Release: *Undercover Brother*

He has the smooth style of *Shafi*, the ass kickin' Kung-fu moves of *Black Belt Jones*, and a really freakin' big Afro to match. He's *Undercover Brother* (Eddie Griffin), the suave soul brother who doesn't take jive from anyone. His mission: to foil the evil schemes of...The Man! *Undercover Brother* is a hilarious comedy filled with the grooves of the 70's. There are also some funny performances from Chris Kattan (TV's "Saturday Night Live"), Dave Chappelle (*Half Baked*), Denise Richards (*Wild Things*), and Chi

McBride (TV's "Boston Public"). My favourite scene is the wet and wild chick fight between Richards and Aunjanue Ellis. If you remember anything from *Undercover Brother*, make sure it's this: "You mess with the 'fro, you got to go!" Solid! DVD features include a blooper reel, deleted scenes, a video by Snoop Dogg, and the original *Undercover Brother* animated Internet shorts that inspired the film. Austin Powers may have the mojo, but *Undercover Brother* has the funk.



Daredevil

The Devil you say? Not often does a summer blockbuster come out in the dead of winter. Considering what we will be bombarded with this summer, I don't blame anyone for releasing a film like *Daredevil* this early. Ben Affleck plays the title character with brilliance, as well as Daredevil's alter ego - lawyer Matt Murdoch. Although Daredevil (based on the Marvel comic of the same name) looks like your typical vigilante superhero that wanders the city in the name of justice (like Batman or Spiderman), Daredevil has a twist: he is blind. He does however have a radar of sorts, which helps him "see" (like eco-location) through sound. This power was the side effect of a childhood accident involving toxic chemicals. The chemicals also gave young Murdoch faster reflexes along with augmenting his other senses. These powers combined with the murder of his father equals a superhero out for revenge.

As a teenager, I read *Daredevil* comics. I'm familiar enough with the material to know whether the film adaptation is any good. I loved this film. The casting is perfect (even Affleck). Jennifer Garner plays Electra, kung-fu fighting super chick and Daredevil's love interest. I especially enjoyed Colin Farrell's turn as the deadly villain Bulls Eye. In the comics, Bulls Eye has a costume (there is a funny line in the film about him wanting one) - but here we see a guy with a bulls eye literally on his forehead (carved into the skin). The best part about Bulls Eye is his ability to turn anything into a weapon (a playing card, paperclips, and even a peanut are used). The most interesting casting is of Michael Clark Duncan (*The Green Mile*) as criminal mastermind Kingpin. In the comics, the Kingpin is white. However, I really enjoyed Duncan's portrayal. He did the character justice. I doubt anyone else could have done as great a job. I am impressed with the film portrayal of *Daredevil*. It's as close to the comic as one can get. The film is fun, but still keeps a dark tone to it. This is definitely not *Spiderman*. The level of fun and excitement is always high. The special effects are especially trippy. I recommend everyone see *Daredevil*. Well? Go on! I dare you.



Bowling for Columbine

I would call this the best work of fiction in history . . . if it were not a documentary. Uber documentary filmmaker Michael Moore explores the American gun

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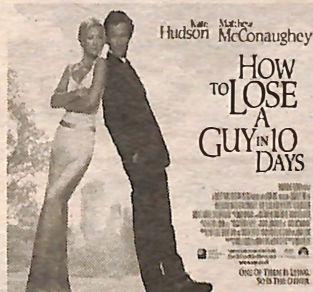
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culture in *Bowling for Columbine*. You may ask why the title? Well, it's based on the fact that the two guys who shot up Columbine High School in Littleton, Colorado went bowling before going on their murder spree. I say this documentary is a work of fiction because Moore demonizes the United States as a deranged, racist gun-loving society, and makes Canada look like the least violent place on Earth. I admit I enjoyed the film. I loved the animated version of American history. I noticed that most of the highlights of that history involved nervous or racist white people who used guns (I also admit there is some truth, even if it is one fucked-up cartoon segment). Michael Moore based his impression of how peaceful Canada is on three cities: Sarnia, Windsor, and Toronto. All in Ontario of course. Notice that Toronto gets the least attention. Moore tries to convince us that Canada is a haven for non-violence, and a country with little poverty. Moore asked to see a "ghetto". I must say that "slum" in Sarnia is the cleanest one I have ever seen. You would think Moore would know better, considering *Bowling for Columbine* is produced by Halifax-based Salter Street Productions. You would also think Moore would at least hint at the fact that Halifax has had some violent crimes involving guns. Not a chance. I enjoyed *Bowling for Columbine*, but that does not mean I would recommend it. I found it funny and entertaining, but a little bit fake (just a little?). If you choose to see this documentary, take more than a mere grain of salt - take a five-pound bag. I would like to know how the people at Salter Street can sleep knowing what they made. The only things learned from this bullshit are that America's involvement in other countries like Afghanistan and Iraq over the years (giving them weapons and C.I.A. training to fight Iran and Cold War enemies like Russia) has come back to bite them in the arse, and from the mouth of Oklahoma City bomber Terry Nichols' brother that "There are a lot of whackos out there". Noooooo shit! *Bowling for Columbine* is nominated for an Oscar for best feature documentary, meaning an Oscar win for Salter Street. I can only wonder what will be said in the acceptance speech. Remember to thank Satan!



How to Lose a Guy in 10 Days

Usually movies are a form of escape from our everyday lives- away to

forget our problems. *How to Lose a Guy in 10 Days* made me forget that Kate Hudson and Matthew McConaughey have actual talent. It is the most mean-spirited "romantic comedy" I have ever seen. A new, crappy twist on a tired formula: boy meets girl, boy makes bet that he can make girl fall in love with him in a set time, while girl (here's the twist) has to write an article on what not to do in a relationship. The "ready bake" comedy recipe has failed miserably. It is unreal and predictable. What I learned from this film: Only beautiful people can fall in love and have a perfect relationship, and any problems can be solved in thirty seconds of corny dialogue. A few poignant words and suddenly all is right with the world. *How to Lose a Guy in 10 Days* is funny, but not "Ha, ha" funny.



The Pianist

No jokes. No smart-ass comments. Just a serious review. *The Pianist* is the dark horse nominee for best picture at the 80th Annual Academy Awards (Oscars for the rest of you). The film gives us a harsh and unflinching look at life in World War II Poland. We see how the Germans systematically take away the rights of the Jewish people, how the Jews were treated in the Warsaw ghetto, and how Jews of different social levels treated each other. We also see the story of a talented pianist and his struggle to stay alive. Adrian Brody (*Summer of Sam*) plays the title role with the mastery of a film veteran. Just the look in Brody's eyes conveyed more than any amount of dialogue. The joy, the pain, and the desperation were all there. Roman Polanski (*The Ninth Gate*) directs what is not only his comeback film, but also his first masterpiece in ages. *The Pianist* is powerful in every way imaginable. In a time of terror and uncertainty, there is a feeling of triumph and a will to survive. In spite of the odds, *The Pianist* is my pick for best picture at the Oscars. Why? This film did not need computer-generated characters, or catchy musical numbers, or sex appeal, or even big name Hollywood stars to get my interest. All it took was the truth. Will it win? Probably not, but it would be a great sight to see. Do not doubt the human spirit.



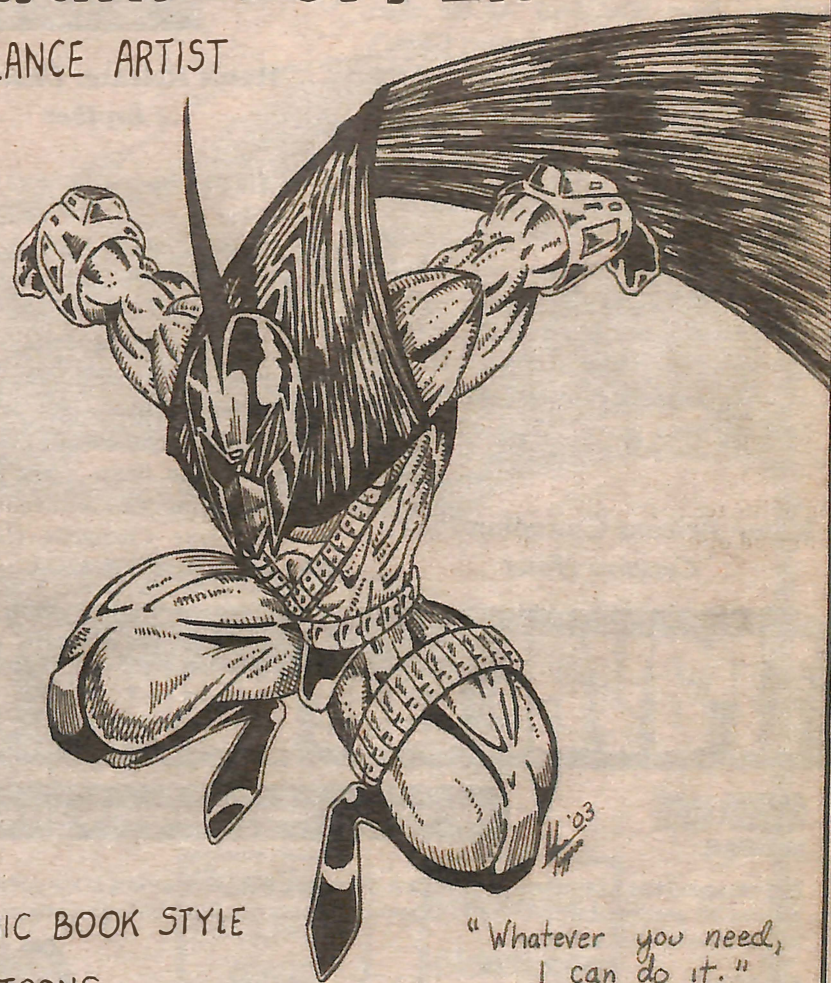
The Life of David Gale

Is it a thriller? A morality tale? Social commentary on the media and the death penalty? I guess it is all of the above. I figured *The Life of David Gale* would do better than it has. For several months, I have seen the trailer been played to death. I liked the trailer. It drew my interest, as did the powerhouse cast of Kevin Spacey, Laura Linney, and Kate Winslet. It would be easy to be a sheep and follow the other critics in giving the film "no stars," but I

actually liked it. I thought *The Life of David Gale* was an engaging, well-crafted piece of work. I found it intense and occasionally heart wrenching, especially when helplessly watching the downward spire of Spacey's Gale. I was interest in where the film was going on the issue of the death penalty, but it was not as effective as *Dead Man Walking*. Kate Winslet goes a little over the top in her portrayal of a bitchy New York journalist (though she is a bit more pleasing to the eyes than Susan Sarandon). Overall, I thought *The Life of David Gale* is an excellent film. Veteran director Alan Parker does an excellent job. There are a few twists and turns, especially at the end where the thin vale of drama is removed, turning *The Life of David Gale* into a thriller. Two underrated actors who no one seemed to talk about are Gabriel Mann, who plays an intern to Winslet's journalist Bitsey Bloom; and Matt Craven as a creepy cowboy with a secret.

Adam TUPPER

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Horoscopes

By Keiran Morgan



Aries-

Now is your chance to find out everything you ever needed to know about those close to you dear Aries. St. Thomas has decided to impart a favor upon all mortals and reveal to them what knowledge they truly desire to acquire in the upcoming months...however you must harness your impulsive behavior and decide what it is you really need to know. My advice to you: only ask questions that you won't care about the answers. Who will win the Oscars this year might be a good frame of reference.



Taurus-

It's more than you ever could have asked for, you dependable little creature you. Any secret little curiosities you have been harvesting your entire existence will soon be revealed to you through the wondrous workings of the great St. Thomas, finder of all. Don't be afraid of what has been lurking in the dark, as you might find it delightfully surprising to see who has been fantasizing about grabbing on to your horns and riding the bull.



Gemini-

This month you will be the biggest winner in the house, Gemini. Your natural curiosity will be fulfilled by a strange little angel who has come to fulfill your every.... question. Who will you marry, what will they look like, what will you do for the rest of your life? The waiting is over, but first you have to prove your worth. That's right, a truly angelic angel would never do anything for free, therefore, ask yourself what you enjoy the most and is, at the same time, the worst thing for you. Once you give it up you will be blessed with answers to questions you haven't even asked yet.



Cancer-

You are quite the traditionalist, Cancer. This means that life, with its endless degree of unanswerable questions, is just the way it has been since the existence of mankind. So what will you do when a friend of old, a.k.a. St. Thomas, comes knocking on your door with all your solutions to the great riddles of life? You better think about whether the meaning of life really is to live as your grandparents did, or if it's time to shed your shell and be informed of life's greatest mysteries.



Leo-

Usually you hate to share the limelight, but this month things might be a little different. For example, everything that your ex has ever hid from you (and you know he didn't pick up that scent by walking through the perfume isle in Shopper's), will be brought to light by this special person whom you will be forced to share the spotlight with. His name is St. Thomas and what he brings is the answers to all of life's little mysteries. The only problem is he is also able to report on all of your little misdoings. So the question you better ask yourself before bombarding the busy little saint: Is your plate clean enough for Saint Thomas to eat off of?



Virgo-

Are you who you think you are, Virgo? You're practical self says yes, of course, but there's something else stirring inside you that says no, of course not! You need not distress over

such internal turmoil, for St. Thomas is here to save the day! He will find all that is lost and answer all that is unanswerable. Of course, if he doesn't show that means you will have a lot of explaining to do for yourself.



Libra-

Some questions Libra, are of far too much importance to ask for a third person's perspective. There are not many of such questions out there, and most are not aware that such questions exist, but you know that the questions flooding your brain are worth answering. The unfortunate thing is that while the rest of us get to cheat our way to the answers, you my friend, have a lot of hard work ahead of you before it all comes clear...or murkier.



Scorpio-

As the zodiac's most talented detective you pride yourself on being above having to ask anyone for advice- least of all anything pertaining to your personal life. Unfortunately, while you are extremely talented in sleuthing around everyone else's business, you are rather oblivious when it comes to yourself. Fortunately, St. Thomas is coming, and will help you take care of all the issues that you have been too blind to deal with.



Sagittarius-

Just because you happen to be one of the most honest signs of the zodiac doesn't mean that you have ever fooled yourself into thinking others are built of the same caliber. You have always wanted to know what that crabby cancer is hiding, what the pretentious Pisces is really thinking under the guise of innocence. As long as you can sit still long enough for St. Thomas to find you, all the world's tricky little secrets will be opened up for you.



Capricorn-

You're worried that with the coming of St. Thomas everything that you have achieved by hiding the truth will all come flying in your face. It's a scary prospect I know, but perhaps you are exaggerating the scope of it. Just ask yourself- of all the people you trampled over to get you here- how many saw it coming? Most people don't need the help of a Saint to figure out where you are coming from, yet they still love you anyway.



Aquarius-

You have naturally altruistic beliefs tendencies dear Aquarius, only because you believe in human beings' inherent goodness. Any exposure of what really goes on in each one's head might jade you beyond repair, thus my advice to you is; don't succumb to the desire to find out what really is, simply follow your instinctive voice and happiness will be yours.



Pisces-

You don't need anyone's help to figure out the reality behind the lies. Your psychic abilities allow for you to pick up on what others wish you wouldn't. However, St. Thomas is making the trouble to extend truth to all the critters of the zodiac, so perhaps you should make use of his help and ask yourself; have your sensory projectors been picking up on what's really going on, or have your own feelings somehow muddled them up?

Fitness and Nutrition

By Peter Ledrew

In writing this article I realize there is so much I could discuss when it comes to fitness and nutrition. It is an area full of theories, claims, scams, and fads, where a few of them actually work and most of them just waste your time and money. It's a touchy topic that leads many to frustration and failed attempts at leading a healthier life. One way to solve this problem is to improve the benefits you get from your workouts. Seeing the results of hard work will motivate you to continue and stick with it and hopefully it will become a regular part of a healthy lifestyle. Okay let's get straight to the chase and talk about some important rules to follow for how to get the most from your weekly workouts.

Rule #1 Do both cardio and weights.

Many females often restrict themselves to only doing cardiovascular training such as treadmills and stair climbers. Fortunately the benefits of strength training has caught on as reputable journals continue to prove the benefits of this training. Proper weight training builds lean muscle tissue that is metabolically active and as such raises one's metabolism even at rest. In the long term this means a leaner physique. Some women fear getting too bulky or big from lifting weights. Fortunately that concern does have much basis as they lack the significant testosterone concentrations needed to have such an effect. Usually it's only the steroid using women in bodybuilding that get such muscular physiques.

Weight training also stresses the bones making them stronger and less prone to osteoporosis later in life. Women especially have a heightened risk for this condition and regular weight training could dramatically decrease this risk.

Rule #2 Don't spend hours at the gym.

This is a common mistake by beginners and even by some more advanced trainers. Quality not quantity is definitely the key to getting the most from your workouts at the gym. Overextending yourself cannot only lead to sickness, but also limits the ability of your body to recover and get stronger from the previous workout. If your goals are more endurance oriented then maybe those hours will be well spent, but for the majority of people just 30-60 minutes, three to five times a week is all that is needed. Also give muscle groups a rest by breaking up your weight routine. Simply working a muscle over and over without adequate rest will just continually

break it down. When you work your muscle you break it down, damaging it until enough time, rest, and adequate nutrition allow it to be repaired. It is during rest that the muscle strengthening process actually occurs. Even when you have to budget your time a 15 minute workout at a higher intensity level can lead you to your fitness goals. When you spend well over 60 minutes at the gym you increase the likelihood your body will begin to secrete the stress hormone cortisol which is as beneficial to your training goals as those tequila shots your friends forced on you Friday night. Just "Don't" Do it! .

Rule #3 Focus on the larger muscle groups.

Using compound exercises that stress the large muscle groups of the legs, back, and chest is a very effective way to minimize training time and improve training results while burning more calories. A compound exercise is one that uses more than one muscle group and in doing so uses more calories to perform. For the chest the best example would be the flat bench press which works the large pectoral (chest) muscles as well as the triceps and to a partial degree the biceps. The lat pulldown exercise effectively works the Latissimus dorsi (back) muscles as well as the biceps and shoulders. Squats are great as they work the quadriceps, hamstrings and glutes. A certified personal trainer is a good person to consult in effective exercises and proper exercise technique

Rule #4 You cannot, I repeat, you cannot, spot reduce.

Spot reducing is an out-dated concept that needs to be forgotten forever. You can do ab exercises till your face turns blue, you can squeeze those buns till it hurts, but no matter how much you work these muscles you cannot reduce the fatty tissue that lies above and around them simply by doing these exercises. Proper nutrition, regular cardio and full body weight training will in the longer term reduce body fat in such hard to tone areas such as the stomach, hips and butt. So instead of spending so much time doing those boring ab exercises try investing more of that energy into pumping some iron and doing your cardio.

Rule #5 Proper nutrition is half the battle.

Good results in the gym are further stimulated by good nutrition. Well there are some exceptions to this rule and

we all begrudge those people, but for the most part what you eat correlates with the health of your body. Learn the benefits of a healthy diet by visiting websites such as the dietitians of Canada website. Always remember if anything sounds too good to be true it probably is. Eating healthy is not always easy and it is work especially in the beginning, but over time it will become much easier and enjoyable. Just give it a chance. Resources such as Canada's Food Guide to Healthy Eating is an excellent guide to follow and will provide you with the basics in healthy eating.

One very important rule to follow is to always have a post workout meal that contains some carbohydrate and some quality protein. Our exercised muscles work like a sponge to soak up any needed nutrients following the workout and research has shown timing is essential as there seems to be a two hour window where the body up regulates it's use of carbohydrates and protein. Carbohydrate and protein are needed to replace used muscle glycogen, promote protein synthesis helping the muscles recover from the workout and get stronger for the next. Often times over-training can be stimulated by not following the post workout rule limiting results in training. Nutrition research has shown a preferable 2:1 or 3:1 ratio of carbs to protein is best to stimulate faster recovery such as 30-60 grams of carbohydrate and 10-30 grams of protein. Good food sources for carbs include Fruit or even fruit juice, bread, cereal, or pasta. Protein sources such as milk, yogurt, cheese, whey, or meat are good bets and the benefit of a post workout health shake is enhanced by the fact that a liquid meal is easier and faster to digest and absorb. Get it into your body right after your workout and remember the sooner the better. Check out the post workout shake ideas below.

Poor Student Recovery Drink

2 cups milk with 4 Tbsp white sugar mixed in with a spoon, providing approximately 24 grams of protein and 48 grams of carbohydrate. This gives you your 2:1 carb to protein mix. Any other time of day you would want to avoid excess sugar and products that contain it, but after a workout the body prefers it's easily absorbable nature. It's also nice to note that calories consumed after your workout are less likely to be stored as fat as the body is busy using them for recovery and as well your metabolism is increased for a few hours.

Rich Student Recovery Drink

1 cup milk + 1 cup water + 20g

whey protein + 2 Tbsp white sugar + 1 banana. Whey protein is simply the highest quality protein available and can definitely give your recovery a boost.

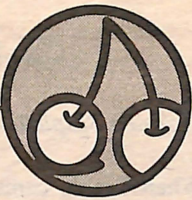
Nutritional needs of Women.

Women have some special nutritional needs that need to be considered. First of all, because of menstrual losses women need more iron than men do. This makes them more vulnerable to iron deficiency and at the extreme end of this condition leads to iron deficiency anemia. Some signs of anemia include easy fatigue, loss of color, and inability to pay attention—definitely not what you want to face along with a tough school semester. This condition may also occur more often in strict vegetarians as they avoid the highly absorbable heme iron found only in meat, poultry, and fish. Nonheme iron is found in plant sources and isn't as well absorbed, but eating foods rich in vitamin C along with nonheme iron can dramatically increase its absorption. Good plant sources of iron include spinach, beans, tofu, and enriched cereal. Men should aim for 10 mg daily while women should get around 15 mg.

Calcium is a well-known nutrient that is constantly promoted to keep bones healthy and strong while preventing osteoporosis later in life. Women are more prone to osteoporosis, which is a disease in which the bones become brittle and fragile. Although osteoporosis does indeed inflict men it is much more common in women. Making sure you get sufficient calcium throughout your bone building years, which slows after age 26 years of age or so will pay off as you get older. Good sources include milk, cheese, yogurt, and broccoli. Both men and women should try to get in around 1000-1500mg daily. It is important to note that supplements of minerals such as these are not always a good idea. Minerals interact in the body and too much of one can cause a deficiency in another. For example, large amounts of Calcium have been shown to interfere with iron, so someone taking regular large doses of calcium from supplements and diet could theoretically increase their risk of iron deficiency. Judicious use of supplements can serve a purpose in certain circumstances, but the benefits of a healthy diet are enormous and complex, still not fully unraveled by science with much more to learn.

Enjoy!

When your face blushes, the lining of your stomach turns red, too.



Arousing Suspicion

By Dane Butler

I apologise but I happen to like this title, whether or not it relates to the topic will be up to the reader. Last fall one of the larger stories in gay news was the coming out of former NFL defensive lineman Esera Tuaolo. This is old news now, and it is not like this story shocked the world. No coming out of a prominent figure has yet shocked the world. For whatever reason rumours seem to garner more interest than actual fact. Once it is made fact that someone is gay or lesbian it ceases to be interesting. Look at Rosie O'Donnell for example, she was all over the media with stories surrounding her homosexuality or heterosexuality. Then once she comes out; she does an interview with Diane Sawyer and then the media stops caring. Was it the haircut? Probably not, but I am not judging the media. I will

come back to this point in a little while.

Growing up I was always involved with sports. I come from a family who has always been interested in sports. To this day I am a huge sports fan, and to the surprise of some I am a gay male. I am not going to claim that I have ever been a great athlete, I wasn't bad, and perhaps if I had trained harder or been more committed I could have gone farther but it is not like I would have been heading to the NBA or anything.

What is the issue with gays in sports? It is a funny thing that many people believe that if you a male and you are not good at sports that you are gay. Conversely many people believe that if you are a female and you are good at sports that you are a lesbian. This

would seem to be attributing masculinity to success in sports.

Lesbians are considered to be more masculine than heterosexual women are, also more masculine than some gay men. Now of course I am generalizing, not all people believe this but it is a common perception I have come across. No person can be classified so simply; it cannot be said that all homosexuals are bad at sports no more than one can say that all heterosexuals are good at sports.

In reality homosexuals are just as diverse as heterosexuals, some are masculine, some feminine. Some homosexuals are intellectual, some are liberal, others conservative. I'm just ranting now so I'll get back to the point. Diversity, just like heterosexuals, is

what homosexuals have.

Tuaolo's news gave us another recent reminder of what a homosexual can do. Was he a spectacular player? No he was not. But he did have a career in a sport that is considered to be the peak of masculinity. Every so often it is nice for someone to come forward to remind the public that yes gays are out there. Like Martina Navratilova and Billie Jean King two famous lesbian tennis players, both gay men and women compete in sports. Each in their time brought notoriety to the issue of gays in sports. There is always news for a short time, interviewing fellow players and coaches.

Continued next page...

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Arousing Suspicion, Cont. from last page...

When Tuaolo came out there were lots of questions being asked of his former teammates; most of the answers that made the news were negative responses. I phrase it that way because there are likely a lot of positive comments that didn't make the news, and again after the initial media storms we go back to the way things were.

Why is it that pro athletes, particularly male ones are afraid of having a gay teammate? I think most would be offended that I use the word afraid, but it is the truth. It is not that they are afraid of the individual, it would be that they are afraid of the gay man playing the sport.

Many heterosexual men perceive gay men to be weaker, and to have one playing at the same level as heterosexual men takes away from this perception. Ideas of masculinity are key factors here. Former Mount professor Blye Frank wrote an interesting article which sheds a little light on what heterosexual men think it means to be masculine. He surveyed a group of teenage boys and some of their responses ring very true. The essay is entitled "Straight/Strait Jackets for Masculinity: Educating for Real Men", and that is what much of the following information comes from.

In "Straight/Strait Jackets for Masculinity" one of the youths Frank interviewed, Mike, gave this interesting response "sports is probably the biggest thing to prove you're a real man, besides not being a fag". What is not being a fag? There is no answer to that question, but that is a good point. Sports are for real men, whatever real men are. There is a quote from another youth, Evan, which is interesting. Evan says "Men act in ways that produce masculinity. That's what sports is about. That's what fighting's about. That's what having a girlfriend or having a good body is about. Those are things that gain you authority, power...over other men and women". That quote points out the issue of power and masculinity, masculinity is often associated with strength and power.

Anyway I'll get back to the issue at hand. Coming out is a trial for any homosexual, even if the end result is positive. For someone in the public eye I do not doubt that coming out is all the more difficult. There are a number of notable athletes who have come out, former NFL running back David Kopay even wrote a book about his life as a football player, and coming out after his retirement. Canadian Olympic medallist swimmer Mark Tewksbury, Olympic diver Greg Louganis, and figure skaters Brian Orser and Rudy

Galindo came out as well. Aside from the aforementioned tennis stars on the female side there is Missy Giove, a mountain biker who is considered the Michael Jordan of her sport. I also recently read an article about a college skier who came out to his classmates and fellow skiers. Please pardon the name dropping in the paragraph, and I have more names I could put in here but I had better move on to a new point.

Accused of being gay, ouch!

There have been a number of cases over the past few years. The most recent cases have gotten a little more media attention than prior cases like Troy Aikman, or the Canadian Women's hockey team. Last year "Out" magazine did a supposed interview with a gay major league baseball player who is still playing. There was a great deal of speculation that the player was Mike Piazza of the New York Mets. Piazza in my opinion is heterosexual, and he did not seem to mind the insinuation that he was gay and that he thinks baseball is indeed ready for an out player. Some other situations have not been as kind.

For instance at the moment there is a little controversy over former major league pitcher, and hall of famer Sandy Koufax who has been rumoured to be gay. This has been denied adamantly and has left many people wondering why he or his spokespeople are offended enough to threaten a lawsuit.

I wonder what the offence in being called gay is. It is true that it isn't nice to be called something that you are not, but being called gay shouldn't be the end of the world. Should someone take offence to being called gay it probably relates to a seizing of power away from that individual. In most circles homosexuals are still seen as being less significant, or holding less power than heterosexuals, and that goes for men and women. I do not wish to deal too much with issues of power, because that is a large topic but it is something that needs to be considered here.

For athletes who come out their main fears are being ostracized and potentially becoming targets for other players. In a sport like football for example, where the game is rough and physical it may even be dangerous for an athlete to come out of the closet. This is one of the reasons why I personally don't think an athlete in that

type of sport should come out while still playing. But on the other hand, perhaps I should give pro athletes the benefit of the doubt. I have no doubt that if someone were to come out while being an active player there would be issues. But the other players and the league would adjust eventually to accept this reality.

It has often been rumoured that many gay athletes play pro sports, and there is a silent understanding between their teammates and management that they are gay; it is simply not made public. Yes I do have a long list of pro athletes, who could be gay, but I gain nothing and you gain nothing if I put them all in this article. People in general seem to be growing along with society in terms of tolerance of not only homosexuals, but of all groups. Not to say there isn't a great deal of intolerance in the world, but I would like to think we are getting better.

Why do we care?

To me, and many people I know it doesn't matter whether someone is gay or

straight, and yet I am always watching TV, or going through the mall and think to myself "oh he's gay, she's a lesbian" and I don't know why. I think it has to do with wanting to identify those in your group, your peers, those that are like you. You want to identify those in your community in hopes of expanding your world.

As a homosexual male I look at an out athlete and I think that it's great to see someone who can show gay youth that they can accomplish anything. Whether it is sports or in entertainment, that homosexuals can be as good as heterosexuals and be on the same level. It is a matter of pride I suppose, and once one comes out, another will and another and soon it won't matter at all. Really that is what I would like to see the world of athletics come to, the ability for athletes to be judged by their abilities not by their sexual orientation.

...Really that is what I would like to see the entire world become, a place where you are just a person and what you do with your life is what matters, not who you go to bed with...

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The Fire House Youth Ctr. & Bedford United Church

When?
March 25 and 26- afternoons & evenings
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- ★ understanding employers' needs and expectations
- ★ interesting ways to increase your choices

Stay tuned for more detailed information or call 835 7086
This event is made possible in part by funding from HRDC.

Arousing More Suspicion

By Dane Butler

I determined that for the sake of not boring the reader to death I should split my article into two parts. So the first part was about gays in sport, and this part is about the growth of homosexuals in television, music, films and media in general. What has perpetuated this change? General societal acceptance it would seem. Over the past thirty years there has been tremendous growth in gay rights and the number of men and women who come out a younger ages. This leaves those in the entertainment industry to consider who is watching, or listening or what have you. The result seems to be a plethora of gay or lesbian characters, who bring any number of perspectives to viewers, and out actors or musicians again, like an out athlete make homosexuality more visible to the general public.

Music for the minorities

I decided to just break this down at least into a couple of categories to make it easier on you the reader. Why? Because I like to please the reader if I can, and so long as none of you teach grammar hopefully I am succeeding. But I digress. Music is a funny thing, in the disco era, and in the early eighties there were a number of groups with homosexual members, and everyone knew about it and nobody cared.

For whatever reason over the course of the late eighties and the nineties homosexuality became less prominent, or at least it seemed so. But things can change, and then change back. Although I would still say that there are a number of people in the music industry who are gay and closeted. But now there are many out musicians like Rufus Wainwright or Ani DiFranco who have made homosexuals very visible in music. Back in the day there was Boy George, Erasure, The Pet Shop Boys, and of course to the surprise of nobody, George Michael. On the lesbian side let us not forget members of the Parachute Club, whose lyrics relate strongly to women's rights.

Now at this stage my point likely seems tired. But in the case of the music industry when an artist actually comes out there seems to be very little news over it. The obvious exception here is with George

Michael, but that had more to do with the circumstances that led to his coming out. Can you say media circus? Anyway, it's old news and to most of us it wasn't news at all.

The growing acceptance of homosexuals in music is not complete by any stretch of the imagination. There are still some issues to deal with in terms of sensitivity. Of course that doesn't only apply to gay people, but also to women who are treated as objects in any number of music videos.

The Medium and the Queer Message

I hope Marshall McLuhan will forgive me for bastardizing his quotation. Television is the best place to find homosexual characters in prominent roles. Whether or not we believe these characters further acceptance of homosexuals or hinder it to perpetuating stereotypes is an ongoing debate. Now on television we have the show *Queer as Folk*, which was at first a show in Britain and is one of the first, if not the first shows to focus on gay characters. Now that there is a North American version of the show it gives us even more of a portrayal of homosexual characters.

It is not for me to say whether or not this show is for better or for worse. It is interesting to note that the show is actually most popular with straight women. There is also the NBC comedy *Will & Grace*, which features two gay males, characters in lead roles. There is also a gay character on the HBO series *Six Feet Under*. What I like most about the American version of *Queer as Folk* is that the lesbians are actually featured characters in the series. Whereas in the British version they were minor characters, who were rarely featured outside of any plots surrounding the main characters child. These are main characters I am speaking of, any number of shows have minor parts for homosexual characters. In fact there was a statistic from 1999 that stated one third of television sitcoms and dramas either had a gay recurring character, or had handled a storyline featuring issues around homosexuality.

This is not a new thing; there have been many series over the past fifteen years that had gay plotlines or characters. Waylon Smithers has been appearing on *The Simpson's* for at least thirteen of the fourteen seasons of the show. And again out actors have made homosexuals more visible to fans, Rosie O'Donnell, Ellen Degeneres, Sean Hayes (Jack on *Will & Grace*), as well as the many heterosexual actors who play gay characters in movies or television. Many people close to Rupert Everett were worried his career would suffer if he came out, because he was often cast as the leading man in romantic films.

I know what you are thinking, these people were all obviously gay. Well perhaps that is true. It is also fair to say that in terms of acting many people fear being typecast due to admitting their sexual orientation. It is probably a fair concern; Hollywood has been known to shun people for lesser reasons.

Whether a person is obviously gay or not, by admitting their sexuality to the world they give another perspective of what gays can accomplish. I am not saying an out celebrity has to be a role model. I must reiterate that most homosexuals just want to be treated as equals, and not treated differently due to sexual orientation.

Why do we care?

I am certain everyone is bored with this by now, but fear not, this is the last paragraph. I always like to point out who is gay, I don't know why, as a test of my gaydar possibly, but more likely as I wrote in the other article it has to do with wanting to know others who are like you and what they are doing. I do not blame anyone for not coming out. Everyone must come out of the closet only when he or she is ready and nobody should be forced to do so. Locally whether we see it or not there is a gay community, and well-known gay persons, journalist and multi-talented Jane Kansas for example. Progressive Conservative MP Scott Brison who is running for the leadership of the federal PC party. Yes, gays can be conservative. These are just a couple of people there are more, and in any medium the visibility is growing. The hope is that with more visibility comes more acceptance, and with that more homosexuals will have the confidence to come out and to feel that they will be accepted. Thanks for bearing with me over the course of these two articles. I could have gone a lot further with them, but I will save that for a dissertation of some kind.

Safer sex in the city

We can help you take care of your sexual health:

sexual health information

free condoms

safer sex supplies

low cost birth control

emergency contraception (72 hour morning after@ pills)

Surfing that Sexy Web

By Dane Butler

Admittedly catchy titles are more forte. This one is perhaps a little weaker than most, and perhaps relates little to what I am actually writing about. I am in fact discussing a website, and no it is not pornographic. I happened to catch an ad on the radio for the website sexualityandu.ca. I will discuss the ad in a moment. To say it raised my ire is possibly an understatement. I did take the opportunity to visit the site before I judged it too harshly.

Good site. Most definitely, it must be a good site if I am using such a short sentence to describe it. The Society of Obstetricians and Gynaecologists of Canada are the administrators of the website. The main focus of the site is on education, naturally, and is broken up into sites for four groups: teens, adults, parents and teacher, and health professionals. This makes the site easy to navigate, by making the information relevant to the categories. Keep in mind that the site is still growing, and I hope that it continues to do so. Each of the groupings contains sub-categories where you can find most of the information contained on the site. There are quizzes

which a to test your knowledge of STI's (sexually transmitted infections) or birth control methods. This stuff is fun but it is fairly generic.

What I think makes this site great is the Parents and Teachers section. In this section there is information on how to talk to youth about a variety of topics surrounding sexuality, being gay or lesbian, teen pregnancy and abortion. It provides a lot of information in an unbiased fashion. This site is an important resource because many adults aren't sure of how to approach the topic of sex and sexuality with youth. This site really can help, whether you use the information to advise someone or allow him or her to navigate it themselves.

I realise this isn't much of a review, my interest in writing an article about this site had nothing to do with the site itself. I was expecting it to be a good site, which it is. Although I should point out that when I put the word transgendered into the sites search engine it didn't give back any results. So I think to myself that if there is no information on transgendered issues I think

the sexuality needs to be taken out of the URL.

As I said before this site has an ad on the radio which raised my ire. The dialogue goes something like this.

"Dad, I need to talk to you, I have these feelings for my friend Kelly", "oh let's watch hockey", then there is the spiel about the site, and as the commercial ends "oh Dad, I should probably mention...Kelly's a guy."

The dialogue itself isn't the worst part. The absolutely ridiculous voice used by the actor who plays the son is cartoonish and is basically what confirms the offensiveness of the commercial. Coming out is not to be taken lightly, nor is having to tell your parents that you're pregnant. This commercial completely insults what is actually a very difficult experience for most gay youth by making light of it; oh ha ha Kelly is a guy, that's brilliant. You probably have to hear this commercial for yourself.

So far everyone I know who has heard it,

has thought the same thing, that it makes light of a serious subject in an untactful and offensive way. I am not saying that you can't make good satire out of something like coming out of the closet. But this commercial is beyond reproach as far as I am concerned, and it should be pulled, which is a concern that I emailed to the webmasters. Whether the administrators of the site are to blame or not I cannot say, it might be the fault of an advertising company with their heads up their ass. Oops sorry little bit of raised ire their.

So what we end up having is the site itself, which is a step forward for sexuality to be more accessible, and the ad for the site which is a step back.

Definitely check out the site for the information it contains, I definitely recommend it. However it needs to be said, that for a site about sexuality, at least one of their commercials is about as sensitive as, hmmm let's say Reverend Jerry Falwell.

Slippin it on

By Dane Butler

Okay well condoms do not get slipped on per say, but due to a computer snafu this is the second time that I have written this article so I reserve the right to poke fun at my title. Oh poke, that's funny. It came to my attention recently that there had been a major announcement concerning the use of Nonoxynol-9 for condoms and lubricants. Nonoxynol-9 is a widely used spermicide which has actually been on the market for about fifty years, and began being added to the lubricant on condoms in the mid 80's.

There has been a calling made by many leading scientists and health groups for condom and lubricant manufacturers to voluntarily remove Nonoxynol-9 from their products. The fear is focused on these condoms or lubricants being used in anal sex. Vaginal intercourse is still considered safe with the use of condoms with N-9 lubricants.

Early research on Nonoxynol-9 had

showed that it might aid in the prevention of HIV infections. Recent research has proven this belief to be false. The new research has indicated that use of Nonoxynol-9 rectally may increase the risk for HIV or STD infection. The research found that even a small amount of N-9 can weaken the cell lining of the rectum, potentially increasing the risk of HIV infection. Nonoxynol-9 although being an effective spermicide, offers little pregnancy protection if the condom breaks and offers no extra disease control. This is why many manufacturers of condoms and lubricants are voluntarily removing Nonoxynol-9 from their products.

This call came back in September and I honestly hadn't heard about it until a couple of weeks ago. I also had never heard that Nonoxynol-9 could reduce the risk of HIV infection. I was always under the impression that for anal sex there would be no reason to use a condom with a spermicidal lubricant, or a lubricated condom at

all considering how much extra lubrication is needed for anal sex. For anal sex a non-lubricated condom is best. All of the major condom manufacturers make non-lubricated condoms. Remember that lubrication is essential for anal sex, and finding the personal lubricant that is right for you is also important. You may remember that in a previous issue I discussed condoms and lubricants. As Sue Johanson says "lots and lots of lubrication", that is the key for comfortable anal sex. Well that and being mentally prepared for it that is. Remember not to use condoms that have lubrication containing Nonoxynol-9 for anal sex, whether you are a gay male, a straight female or any other person experimenting with anal sex that safety is key. With that in mind everyone, be yourself, and be safe.

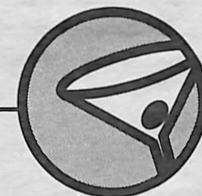
Information courtesy of
www.sexualityandu.ca

My Apologies

I must apologise to the Halifax Lesbian, Gay, and Bisexual Youth Project whose email address magically disappeared upon printing of the last issue. If anyone has been waiting for it the address is:
youthproject@youthproject.ns.ca

Once again I apologise for the error and hope that people will make use of this information and contact the Youth Project.

At birth, a panda bear is smaller than a mouse.



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If you're interested in becoming a part of the SAA

please contact Amy at:

University Advancement – Alumnae Relations

Phone: 457-6433/email: alumnae@msvu.ca

SCIENCE SOCIETY

We are pleased to announce the three winners of the annual Science Society Scholarships: Angela Gillis, Steven Fancy and Sharon Chandra. These outstanding members have been active throughout the year contributing to the society whenever they were needed. The awards will be given out at the annual Science awards banquet tentatively scheduled for April 28.

Also, we will be having our elections for next year's executives at the next general meeting on April 21 at 12:30 in the general Biology lab. Anyone is welcome to run and we really need people to step in and keep the Science Society going. The positions available are President, Vice-President, Secretary, Treasurer and PR. For more information on any of these positions, please send your questions to .

Lastly, we are going to the Halifax Feast Dinner Theatre on March 21 from 7-10:30 to see the show, "My Big Fat Cape Breton Wedding". Anyone is welcome to join us. The cost is \$42.58 for non-members while members will have a portion of their ticket paid for. Sign-up sheets are in the Student Resource Centre and on the Science Society bulletin board. The deadline to reserve a seat is March 14.

Have a great end of term and good luck with your finals!

GLOBAL VILLAGE SOCIETY

The Global Village Society will be hosting a 30-Hour Famine at MSVU March 21 and 22nd. If you are on campus and would like to participate, I would love to have you. If you are off campus - don't worry, I will find you and be asking for donations soon!

All proceeds go to World Vision to fund projects and foreign aid. The next time you sit down to eat lunch remember: 27,000 children will die today.... what will you do?

Thanks for the support
Jenn Gillespie B.A.C.S.
Bachelor of Public Relations
Mount Saint Vincent University
Founder: Global Village Society

FSGN SOCIETY

The Family Studies and Gerontology Society would like to thank all those students who helped out and participated in the society events of the past year. Our last and most important event of the year will be Career Night on March 19th from 6:30-8:30 in Seton 404/405. The purpose of this event is to bring the students together with potential employers from the community for the opportunity to network and learn more about one another. Some employers that will be attending are Family SOS, Regional Residential Services, Department of Health, Senior Citizens' Secretariat and more. In addition, we also have available information from various social work and counseling programs from universities across Canada, for those who are interested

in furthering their education. This is an evening of great opportunities and we hope many will attend.

We will also be holding one more society meeting on March 25th at 12 noon. The purpose of this meeting will be to select the executive committee for the FSGN society for 2003/2004.

Wishing everyone good luck on exams and have a great summer!!

For more information, please visit the FSGN society
website: www.fsgnsociety.homestead.com

THE CANADIAN STUDIES SOCIETY

We would like to introduce its executive

for 2003-2004:

President: Melissa DeWolfe

Vice President: Allyson Kinley

Secretary: Michelle Sampson

Treasurer: Leola Connor

Members At Large:

Oona Cooper, Nick Daaboul, Richard de Varennes, Afton Doubleday

Trisha Dwinell, Robyne Gorman, Cheryl Slack

The year has come and gone so fast!

Thank you to everyone who made the year a great success! Look for us next year in Seton 545. Our phone number will be the same: 457-6463 and if you wish to contact us over the summer, our email address is: canadianstudies.society@msvu.ca
See you in September!!



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Sacateria September 2003-2004: More to come-

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