

# THE SENTINEL

MSVU's Student Voice

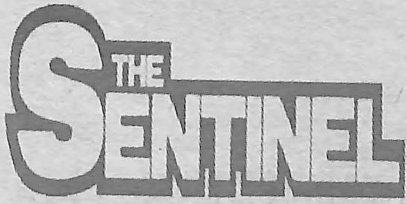
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## Matt Mays, the Holidays, and More!







Allyson Marsh  
Editor-in-Chief

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## Vote, Damnit!

By Allyson Marsh  
Editor-in-Chief

It's that time again! No, I don't mean the holiday season. It is election time once again. With the 2004 vote leaving a Liberal minority government to rule Canada anyone with any interest in politics has been excepting this time to come sooner rather than later. Have I lost your interest already? According to what the media has told me I probably have. For some reason young people just don't seem to vote.

Think about all the people in your social circle. Back in early 2004 did you even talk about politics, parties and the like? I know that while i tried to engage friends in such conversations most just said things like "I don't like politics" or "this stuff is boring". I won't lie. It can be boring. But would you rather be bored and informed making relevant choices about your future or unaware letting some hack like me pick what happens to you? Come January 23<sup>rd</sup> I'll be out at the polls having my say, but will you?

It's not like it is hard to vote. Information about polling stations can be found around town or on elections.ca. If you aren't registered to vote this site also gives you the information to get your name on that list. All you need to do is read up on what the

leaders believe (or better yet watch it on tv), decide who is for you, and when the day comes drag yourself down to wherever your polling station might be and make a simple mark next to the candidate you like.

That doesn't sound too hard does it? People have fought to the death to the right to vote and all you really have to do is take a half hour out of your day to have your voice heard. Voting is a privilege people die for and you're too busy surfing the net or chatting with friends to do it?

Now you may still think there is no reason for you to vote. What's happening doesn't concern you. When you grow up you'll be a responsible Canadian citizen taking part in the democratic process. Sorry to tell you, but that might be too late. Chances are if you are reading this you are paying tuition. Don't you think the federal government might, oh I dunno, fund education? If you have a problem with the cost it is you who has to say something. The sixty year old man down the road will be more then happy to have the Prime Minister take away a few million dollars from education to put into social security, and that man will be out voting to say so. Other issues like health care and the economy affect you whether you see it or not, and the choices made today could change things greatly for the future. It is you who will be around in twenty years having to deal with the state of Canada, not your

parents, not all the people that make up the voting population presently. The blueprint for our time is being set as we speak and you can work with that for a better tomorrow or you can sit around and hope tax isn't raised by twenty percent in the next x amount of years. That is up to you.

Vote if you want to. It's your choice. But if your apathy gets the best of you January 23<sup>rd</sup> and you decide to watch tv instead of picking your next Prime Minister don't come crying to me when you don't like the outcome. You loose your right to complain when you give up your ballot. It's as simple as that.

*If you do want more information  
check out these websites*

[www.elections.ca](http://www.elections.ca)

[www.apathyisboring.com](http://www.apathyisboring.com)

[www.liberal.ca](http://www.liberal.ca)

[www.conservative.ca](http://www.conservative.ca)

[www.ndp.ca](http://www.ndp.ca)

[www.rushthevote.ca](http://www.rushthevote.ca)

The Sentinel and The Mount Saint  
Vincent Student's Union Would like  
to wish all students and staff a safe  
and happy semester break  
We look forward to seeing you in  
2006



## 4<sup>th</sup> Annual Multicultural Night Better Than Ever

Krissy Arbuckle  
VP Academic Affairs MSVUSU

Our international students are the best! November 25<sup>th</sup> marked the 4<sup>th</sup> Annual Multicultural Night put on by the International Students Society, and it keeps getting better every year. This is the second year that I co-hosted the event, so I had an inside



look during all the planning, the preparing and the performing, and let me tell you our international students have got it together!

First off, the room looked amazing. The tables were all decorated, there were balloons everywhere, and the banner was beautiful. Every year the society creates a masterpiece of a banner, and this year was no different. It was black and silver and perfect.

To start the show off the society recognized Dr. Brown for her contribution to international students here at the Mount, as this is her final year as President.

As usual, there were a wide variety of cultures showcased in the forms of song and dance, and this year, a new addition of spoken word. Some of the highlights of

the show were Mima's Hula dance, a Japanese love song that the girls sang beautifully, a traditional African dance and a Chinese fan dance. Our Wednesday night open mic host Lloyd gave us a taste of Newfoundland and our first ever Mount Idol winner Shani graced us with some gospel. Marvin (Native Son) touched everybody in the room with his spoken word performances, Mandy's modern twist ballet was enjoyable to see and Suneetra's expression of Indian dance was beautiful. Goldeen and Bantu

were fantastic in their lyrical dance, and as always, our very own Mystical Sensations got the crowd all warmed up for the after party! All the costumes were gorgeous, and every performer was more than ready to go.

Everything behind the scenes worked too, which is the sign of a truly great show. Props to the IT boys, well done.

Multicultural Night is by far my favourite night

of the year, and the after party is always awesome. There is so much work that goes into organizing an event like this, and what makes the night the best for me is seeing how excited and pumped the international students are to see all their hard work pay off, which it did ten times over this year.

For those of you that missed this great night, you can purchase a video copy with the proceeds going towards a scholarship for an international student. Make sure you don't miss it next year, I guarantee you'll love it!

**A big congratulations to all of those involved. You deserve it!**

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**MSVU  
STUDENTS  
VOTE YES**

**U-Pass Vote  
Passes 626 - 86**

**Krissy Arbuckle  
VP Academic Affairs MSVU  
Student Union**

The results are in! The Students' Union held its long awaited U-Pass referendum from November 28 to December 1, and the vote was largely in favour of getting the U-Pass, by a vote of 626 in favour to 86 opposed.

So what happens now? The Union is meeting with Metro Transit before Christmas, and we will present them with our referendum

results. As stated on the ballot, this does not 100% guarantee that we will have the program, but it was a very important next step.

Trust me, the entire thing is so much more complicated than I thought at first too. Basically we needed 300 hundred people to vote, and a majority of them had to vote in favour in order for the negotiations to be continued. The fact that we more than doubled that in numbers, and have an overwhelmingly large Yes vote shows that this is an issue that Mount students care about.

We will keep you posted on our website, [www.mountstudents.ca](http://www.mountstudents.ca), and here in the paper as things unfold, or stop by the Union offices with any questions. Thanks to everyone who came out to vote.



## A Truly 'Super' Night

By Chris DeWolf

If you didn't remember the Super Pub the morning after, you probably won't remember it now; by the time you read this, it will have been at least two weeks ago. No matter – for the purposes of introduction, let me refresh your memory. The regular 'pub night' venue, Vinnie's Pub, was temporarily expanded to include most of the first floor of the Rosaria Student Center.

Now, all drunken dancing to pre-recorded music could be punctuated by periods of stumbling through a small hallway between dance floors. To get a closer look, I needed to blend in with the crowd, so I threw on a button-up shirt and soon found myself indistinguishable from all of the other males there. I wasn't singing along to the Nelly song about shoes that was playing while I was standing in line, though; I should have come better prepared.

How does one review a glorified dance party? I suppose the turn-out was good, yes, and those lights certainly did flash a whole bunch of different colors. The price was higher than the regular 'pub nights', and for what? A separate dance floor? It's like paying more for an extra-large jar of mayonnaise that goes rancid just as fast: you're not going to enjoy it all at once anyway, so why not just make two separate trips to the store? This is, however, dependant on whether you like mayonnaise in the first place. I don't, which is why I immediately busied myself with standing still near a dark wall. People kept inviting me to dance, and my throat is still

sore from yelling excuses not to.

The pressure to dance was alleviated temporarily by DJ Caleb Simmons, who effectively cleared the dance floor with an inadvisable combination of beatboxing and "The Lion Sleeps Tonight". Then someone bought one of his CDs and my relief turned to pity.

Security was friendly with both their requests and their gloved hands, making sure no sharp metal objects became accessories in the inevitable brawls of the evening. The music was far less stimulating, however; the unimaginative, recycled playlist consisted of every Top 40 hip-hop hit from the last year. Lil Jon's enthusiastic yelling acted as a replacement for melody for a large portion of the night, but after a few generously-mixed drinks, I didn't care, and, apparently, neither did anyone else.

The dance floors now overflowed with zombies, bobbing up and down to the constant, predictable 4/4 bass drum rhythm, occasionally raising an arm and pointing to emphasize a particularly memorable or obscene chorus. I started to get the feeling that thinking was not just unnecessary, but discouraged. It was then that tempers bubbled to the surface, and some alpha males decided the time was right to clash antlers. This drew more of a crowd than even Caleb Simmons could have hoped for, and was equally self-important. I then tuned out and thought up a good, long mayonnaise analogy.

Hedonism! Egoism! Flashy lights! High temperatures! Lack of awareness! If this sounds like a good time to you, come to the next Super Pub. I hear they're going to play some rap in two places at once.

## Grass Roots for Green Spaces

By Afton Doubleday

Diana Whalen, MLA for Halifax Clayton Park, spoke to Mount Saint Vincent University students on Monday November 14, 2005, about an important environmental issue in the Mount community. Whalen wanted to raise awareness in the community about a wilderness area known as Birch Lake/Blue Mountain that is being threatened by development. The area is home to the largest point in Halifax Regional Municipality, several Lakes, and many animal species including moose and 150 species of birds. Located behind Kent Building Supplies in Bayer's Lake Park, Birch Lake is a taste of nature in the middle of a city.

Whalen gave three reasons as to why the Birch Lake area is at threat: urban sprawl, the value of the Crown lands as real estate, and the proposed Highway 113. Work has already begun on the new highway, which will save only eight minutes for commuters. Whalen has been advocating to the government that the Birch Lake area be moved from the jurisdiction of the profit seeking Department of Natural Resources to the Department of Environment where it will receive greater safeguarding. She introduced a Private Members Bill to have Birch Lake put into the Environmental Protection Act to ensure that the

Crown land will not be sold or developed. Whalen asked that students write to the Premiere and request that the Birch Lake area be designated as parkland under the Environmental Protection Act.

It was also requested that students write to encourage the government to support another Private Members Bill she submitted that would remove parental contributions from student loans applications, making post-secondary education more accessible to students from middle-income families. Whalen stated that changes must be made by the Nova Scotia Government to keep young people in the province. With tuition fees in Nova Scotia the highest in the country, there is not much incentive for students to remain in the province to get their education. Higher education levels and population retention are also key to strategic development in Nova Scotia.

Whalen stressed the importance of public input in policy and development strategies through public hearings. She encouraged the students to write letters to the MLAs and circulate petitions, such as the one circulated at the discussion for Birch Lake. Writing letters may not seem like a grand political gesture, but according to this MLA it works. Before our communities are broken down for profit, students must get active in local issues and raise awareness among community members to promote smart development in Nova Scotia.

[publicland.ca/bluemountainbirchcovelake](http://publicland.ca/bluemountainbirchcovelake)

## HRM Says No To Traffic Lights

Krissy Arbuckle VP Academic Affairs MSVU Student's Union

So apparently we don't have enough students that get hit on the Bedford Highway to warrant getting traffic lights or so says the HRM.

The Students' Union has been in discussions with Mayor Kelly and HRM about this issue, as it is a clear safety hazard for our students. The city responded initially by agreeing to come and do a study of the area, and of the amounts of both car and student pedestrian traffic. One small

problem. They came in August, when the student population isn't accurately represented.

The results of the study came back, and they were not in our favor. We need your help. We need to approach this as the students of the Mount, not just as the Students' Union, and we need to apply pressure. Contact the Students' Union with any ideas or opinions you have on the issue, and start writing letters to Mr. Kelly!





## Gamers Give Back

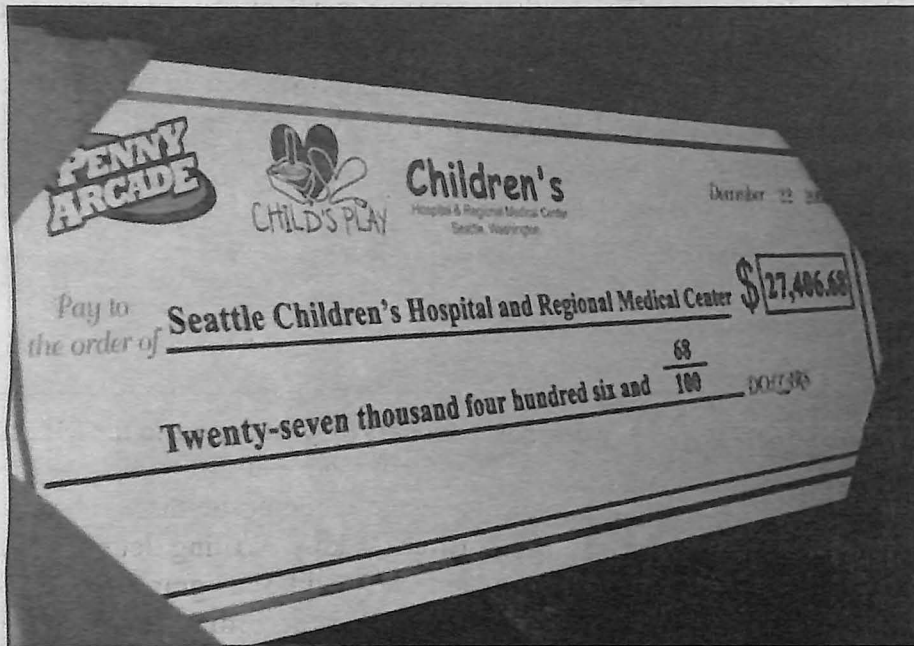
### Seattle-based children's charity comes to Halifax

By Shalen Hutchings

In 2004, Jerry "Tycho" Holkins and Mike "Gabe" Krahulik (co-creators of the popular Penny Arcade web comic) promised that their successful Child's Play charity fundraiser would arrive in Canada in 2005. True to their word, two hospitals in Canada have become part of the program this year:

and continues to expand each year.

Out of all the hospitals in Canada the IWK Children's Health Centre was chosen to become part of this program. Do you want to help this worthwhile cause that will benefit a local hospital? "We have partnered with Amazon.com, which hosts a series of "Wish Lists" stocked with toys the hospitals have requested, as well as age appropriate videogames and game systems selected by Child's Play. Simply choose the hospital nearest you from our interactive map at <http://www.childsplaycharity.org> and the toys you purchase will be delivered directly. We also accept



The Hospital for Sick Children in Toronto, and the IWK Children's Health Centre in Halifax.

The charity was created in 2003 in response to an article written in the Washington Herald claiming that video games train children to kill. Upset by the accusation that video games alone could cause such behavior, Holkins and Krahulik decided to put a positive spin on gaming culture while helping out a worthwhile cause. "Child's Play" was created, and a call was put out for donations of money or gifts, all to be given to the Children's Hospital in Seattle. Through the efforts of countless people, they raised over \$250,000 in toys, gifts, and donations. The charity expanded in 2004 to include five hospitals and raised over \$310,000. Child's Play is now an annual event,

cash donations via Paypal to [childsplaycharity@penny-arcade.com](mailto:childsplaycharity@penny-arcade.com), which will be split evenly among the hospitals in this year's event," says Holkins. "There are no "administrative fees" or other hidden costs associated with giving to Child's Play – every cent is passed on."

Donations are accepted until December 20<sup>th</sup>. All items donated are given to hospitals, which will use them as part of a sign-out process, so they are available to all children.

For more information, please visit <http://www.childsplaycharity.org> or <http://www.penny-arcade.com>.

Photo courtesy of penny-arcade.com

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## Remembering the Montreal Massacre

By Emilie Browne

On the evening of December 6<sup>th</sup>, 1989, the quarter-century progress of Quebec's quiet revolution came to an ear-shattering standstill when 25-year old gunman Marc Lépine arrived at Montreal's École Polytechnique. Lépine entered, declaring "I want the women. I hate feminists!" He separated the women from the men, and proceeded to open fire with his semi-automatic.

When the gun fell silent twenty minutes later, Lépine lay dead. That evening, he had taken his own life, the lives of 14 female engineering students and had injured 13 others, nine of whom were female.

Shock ran through Quebec and the rest of Canada. Lépine's actions had single-handedly reminded a nation priding itself on progression of women's rights that there remained those who would kill, and die, for the political belief that women had no right to enter domains traditionally reserved for men.

In a suicide note attached to his body, Lépine listed the names of nineteen prominent women from Quebec, commenting that "lack of time" had been what had allowed these "radical feminists" to survive. Instead, fourteen young women between the ages of twenty-one and twenty-nine lay dead because of their desire to better themselves through education.

As information concerning the deadly shooting emerged in greater detail, some Canadians simply wrote Lépine off as a "madman," ignoring the significance of his female targets. Lépine himself rejected the madman label in his suicide letter: "...Though the Mad Killer epithet will be attributed to me by the media, I consider myself a rational and erudite person...only the arrival of the Grim Reaper has forced [me] to undertake extreme acts."

Judy Rebick, leadership candidate for the National Action

Committee on the Status of Women was among those who did not believe that Lépine could be written off as a mere psychopath. She argued that had Lépine "killed fourteen Jews, he'd have been seen as disturbed and anti-Semitic," illustrating that violence against women as a very real motivation for the crime.

In an unprecedented outpouring of grief, Canadians embarked on three days of mourning declared by municipal and provincial authorities, candlelight vigils were held across the country and the capital's flag was lowered to half-mast. The Sunday following the massacre, tens of thousands gathered in the freezing temperatures of Montreal winter to pay their respects to the closed caskets of the victims. That day was truly one for reflecting on what Gendercide Watch executive director Adam West referred to as "the gendering of violence in our society and around the world."

Therese Daviau, mother of victim Genevieve Bergeron admitted that "even though it is painful for the families, it is also necessary to mark the anniversary every year." Daviau continued with her plea for people to take action against violence: "Our daughters can't have died for nothing. We have to do something positive with this."

Since the tragedy, December 6<sup>th</sup> continues to be an officially designated National day of Commemoration entitled the National Day of Remembrance and Action on Violence against Women.

This year marks the 16<sup>th</sup> anniversary of the shootings. As we remember the fourteen women who lost their lives, we also should take pride that Lépine's violence achieved the opposite of his intent. Between 1989 and 1999, the number of Canadian women enrolled in faculties of Engineering more than doubled to nearly 9,000; increasing the proportion of female enrollment from 13 to 19 percent.

By reminding ourselves of the sacrifice of these young women and sharing their story, we can continue to inspire girls to reach for their own aspirations outside of

## Students Urge Government to Take Immediate Action to End Hunger

*Canadian Federation of Students, Ottawa, 24 Nov 05 submitted by - Chantal Brushett, MSVU SU, CFS Local 34*


In support of the Canadian Association of Food Banks, the Canadian Federation of Students is calling on the federal government to take steps to eliminate poverty and hunger in Canada. According to the CAFB's Annual Hunger Count Survey released on November 23, food bank use is at all-time highs, despite low unemployment rates.

"It's a national embarrassment that food bank usage is increasing," said George Soule, National Chairperson. "Hunger and poverty are important issues that must be immediately addressed."

This year's Hunger Count documents food bank usage from March 2004 using data from 631 food banks across Canada. The results of the study show an increased usage in half of provinces, and that most food banks are having difficulty keeping up with the high demand for emergency food programs. Among the more disturbing findings is that almost 15 percent of food bank users are employed.

"On campus, the pressure facing students from increasing tuition fees and insufficient financial aid are making food banks a fixture on many campuses," said Soule. "This trend must be reversed in order to improve the learning environment for students."

The CAFB Hunger Count points to low wages and a rise in part-time employment for the poverty that drives food bank usage. **contact:** George Soule, CFS National Chairperson tel: (613) 232-7394

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**Toll free: 1-(877)-477-RITZ (7489)**



# "Twelve year old boy murdered for speaking out against child labour."

by Kate Hebb

Does this grab your attention? It certainly did for Craig Kielburger, founder of the world recognized organization Free the Children. It all began in 1995, twelve year old Kielburger was reading comics in the Toronto Star, and he came across a very disturbing story. A young boy from Pakistan was forced into a life of labour at the extremely young age



of four. His parents sold him to a carpet factory to pay off a debt they had. He spent twelve hours a day, six days a week tying tiny knots to make carpets. As he got older he began speaking out against child labour, at the age of twelve he was murdered. When Kielburger read this story he was twelve years old too. He told the story to his friends at his school, and eleven kids began the fight against child labour.

Ten years later, Free the Children is the largest network of children helping children through education in the world. There are more than one million people involved today, all fighting the same cause. Free the Children have been nominated three times for the Nobel peace prize in 2002, 2003, and 2004. Also, they were awarded the Roosevelt freedom medal in 1998. There are 400 free the children schools, and 200,000 school and health kits have been delivered around the world. 9000000

dollars in medical supplies have been shipped to 40 countries, and 123,000 people have been helped by being provided access to clean water and improved sanitation.

Amy Blanding, a student at University of King's College read Kielburger's book, "Free the Children" when she was in high school. She was inspired so much she took a trip to Thailand to help out and see things for herself. She visited Klong Toey, issues in that area are children in the sex trade, and the aids epidemic.

"I fundraised all the money to go on the trip through specific scholarships, coffeehouses, contributions from friends and work," Amy explains, "my peers all knew I was going and were so supportive, and the trip itself was mind blowing."

When Amy got back from Thailand she decided to start Free the Children at Kings. It has been one year and it has only been

growing, and more students have been getting involved. The school's main campaign is the school-building project in Sierra Leone.

"Free the Children believe that education is the key to breaking the cycle of poverty, and that's why school-building projects are so important," Amy says.

Ten years ago, Free the Children was just beginning, and through the years more and more schools have become involved, and more and more children have been helped.

"The more people who recognize the issues and who make others aware, he better." Amy explains.

Anyone from the Mount who would like to get involved please email [katehebb@hotmail.com](mailto:katehebb@hotmail.com).

photo courtesy of [Freethechildren.com](http://Freethechildren.com)



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

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

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

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

Applications for the MSc (Clinic Vision Science) program beginning in September 2006 are now being accepted. Applicants must hold a four-year bachelor's degree with a minimum B average (GPA 3.0), with at least one undergraduate class in human anatomy and/or physiology, and a class in psychology with a laboratory component. Exceptional students may be accepted without these prerequisites on the condition that they are fulfilled either prior to or concurrent with the program. Work/volunteer experience in the health care field is considered an asset.

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

Financial assistance may be available to qualified students.

Deadline for applications is March 1, 2006.

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

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



## Matt Mays and El Torpedo: Home Sweet Home

A Review by Allison Saunders

After months on the road, the local favorite *Matt Mays and El Torpedo* brought their headlining 'Wicked Come Winter Tour' to a close, and what better way to do so than rocking out with a hometown crowd. With two sold out shows at the Marquee on Friday November 25 as well as the following night, the Dartmouth based band successfully finished their venture across the country and ended up back where it all began. I was lucky enough to attend the Friday night show—and what a show it was. Having seen the band twice before as an opening act for Blue Rodeo I was already a fan, to say the least, but *Matt Mays and El Torpedo* are the type of band that you love more with each you see them perform. Their live shows take their music to a completely different level, doing their songs much more justice than the recorded versions do.

The show was opened by Newfoundland band *The Novaks*, who are currently promoting their self titled album. Before the show I wasn't familiar with *The Novaks*, though I had heard great reviews of them, needless to say, I was an instant fan. Radiating energy into the crowd, *The Novaks* got people

on the feet as soon as they took the stage with a catchy and unique style that left the audience unable to stand still. The four man band, who has only been together for a few years, owned the stage, appearing comfortable and confident and playing straight-up rock and roll.



*The Novaks'* charismatic front man Mick Davis stole the show for me with his incredible vocals and magnetic presence. *The Novaks* put on a great show and I'm not going to lie ... buying their album has slotted itself near the top of my 'to do' list.

Following what seemed like an epic intermission, *Matt Mays and El Torpedo* finally took the stage. As they made their way out I turned around to see that what had been a decent sized crowd for *The Novaks* had turned into a sea of *MM&ET* fans

that were packed quite tightly into the Marquee's modest amount of floor space that faces the stage. To say the show was absolutely incredible would be an understatement. There was nothing about the concert that I didn't enjoy—except for maybe the drunken cowgirl who shoved a

bit too much for my liking. The best performance of the night was the opening song and title of the tour 'Wicked Come Winter' which blew me away. It was a powerful and passionate performance that instantly made the fact I was compacted between the strangers in front of and behind me irrelevant. Once the song started, personal space was no longer an issue. The entire night was mesmerizing; it was a very interactive show that kept the crowd screaming all night. Playing tracks from their newer self titled album, as well as

older favorites, *MM&ET* kept their energy and goofy personalities on high for the entire set—which left the crowd begging for more. For the unforgettable encore performance, Mays performed solo, treating us to a song he had written on the road that's sweet lyrics had the crowd hypnotized and swaying in sync. The four boys of *El Torpedo* then returned to the stage, bringing with them *The Novaks* who joined in to perform *Matt Mays & El Torpedo's* current single 'On the Hood', which in turn engaged the crowd in a full-fledged sing along. As Mays stood on the edge of the stage, holding out his microphone for the audience to sing into, it was hard to tell who was happier to be there—those of us in the audience, or the band. The Marquee was a perfect venue for a show like this—it felt intimate even with a sold out audience. Ending the show by rocking out to 'Time of Your Life' off of their recent album, it was clear that *MM&ET* are in fact having the time of their lives. I highly recommend seeing this band live the next time they grace Halifax with their presence—it'll be a show you won't forget. Offering a taste of rock and roll with a kick of country flair, *Matt Mays and El Torpedo's* sound is refreshing for any avid music fan in search of something classic.

Photo courtesy of [mattmays.com](http://mattmays.com)

## Hot Sites For Free Music

by Taylor Moran

Love finding new music, but broke as a joke? No problem. Check out these sites for the best in new music—absolutely free.

**[www.kexp.org](http://www.kexp.org)** (90.3 FM Seattle)  
This Seattle based radio station's website lets you listen to regular programming online and download a ton of Podcasts. If you like the indie music scene, check out the archived audio section; dozens of artists dropped by the studio to chat and play exclusive sets. Check out

performances by: Citizen Cope, Sufjan Stevens, Joseph Arthur, Iron & Wine, and Feist.

**[www.justconcerts.com](http://www.justconcerts.com)** (CBC)  
Canadian based music site. Check out dozens of archived studio sessions and pictures from the best of Canadian music—sorry no Nickelback. Check out studio performances from Wolf Parade, Arcade Fire and Bontempi. You can also listen to full concerts from the likes of Billy Bragg to Belle and Sebastian.

**<http://music.aol.com>** (AOL)  
Alright, nothing remotely "indie" about this site, but it does have some excellent in-studio performances (AOL sessions) from some of our favorites. This site offers video files from bands like Coldplay, Dave Matthews and Weezer. Make sure to check out hidden gem performance from Ben Kweller; "In other Words" will knock you out.

**[www.newmusiccanada.com](http://www.newmusiccanada.com)** (CBC)  
Another great CBC based site. New music lets you choose from several different genres, and listen to some of the best songs from all over the Canadian indie rock spectrum—check it out!



## CD Review:

### Meesh-Touch

Reviewed By Taylor Moran

Montreal's Meesh is a perfect example of a record label trying to recreate a popular sound. Evanescence's massive commercial success sent labels into a singing fury hoping to grab a piece of the profit pie. Since then we have traded down and found ourselves with Meesh. Listening to the album leaves me with the tough choice of deciding what's worse: ridiculous lyrics that make Good Charlotte sound like Nirvana, or the fact that this band is actually trying to pass as punk-rock. Even the album cover reeks like imposter. The only positive sign is found in the band's bio claiming: "the industrial machine lost them in their hesitations." We can only hope this is true and pray Meesh will stay lost in garbage-music obscurity.

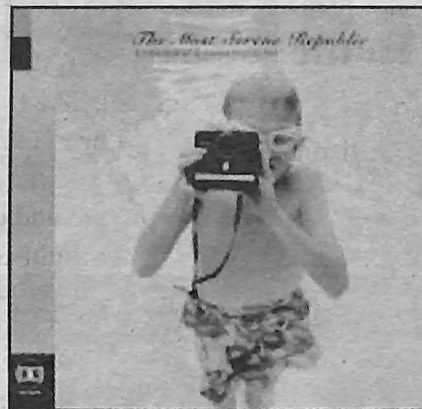
## CD Review:

### The Most Serene Republic-Underwater Cinematographer

Reviewed By: Taylor Moran

Arts & Crafts, one of Canada's most talented labels has spawned another super group: The Most Serene Republic (MSR). For those of you, ready to slap the Broken Social Scene comparisons on MSR, proceed with caution. Yes, both bands are on the same label and follow the same highly collaborative philosophy, but that's where the similarities end. A patient ear is needed to appreciate this album. "Under Water Cinematographer" has both flashes of brilliance and moments of frustration. It's easy to pass off MSR as pretentious—at moments they do come dangerously close in being so, but to their credit, MSR make noise

beautifully. The prologue showcases ..." demonstrates how talented this band's ability to write complex, yet beautiful music. Vocalist Emma Ditchburn's voice has the rare ability to sound like an instrument, which provides songs like "relative's eyes" with a delicate quality before it's



drowned out by yet another band sing along. On "proposition 61" MSR get the sing along right with hammering the lyric "she took a sad song and made it sadder" into your brain, but go too far with "where cedar nouns and adverbs walk" which has over a minute and a half of shouting the same lyric until it becomes a weight on your last nerve. It's that inconsistent quality that makes you love and hate this band within a two track span. "you're a loose cannon McArthur

group can be. All band members combine their talents and make a song with great rhythm and even greater climaxes. Rhythm, Piano, and Guitar all come together instead of fighting each other. "you're a loose cannon McArthur ..." flows smoothly and doesn't go overboard—which this band is guilty of at times. "Under Water Cinematographer" is a strong debut from a band that will only get better.

Photo courtesy of [www.art-crafts.com](http://www.art-crafts.com)

## Cheap, Healthy Eating for One

By Halle Peterson

Hi, my name is Helle and I am student here at the Mount! Up until recently- before I became a student, I worked as a chef on one of the great tall ships that still sails the oceans! It is with pleasure that I now share

some of my recipes, I know how challenging cooking and budgeting for food can be, and I hope that my experience will be useful to you. Please do contact me if you have any questions, need some guidance,

need to find a recipe, or just wanna talk food!

This recipe focuses on vegetarian cooking- however, if you want to you could always add meat. If you are interested in doing that-

let me know and I will be happy to show you how that can be done. Email me at [Helle.Peterson@msvu.ca](mailto:Helle.Peterson@msvu.ca)

### *How to use lentils in a more exciting way...*

#### **Lentil Paddies:** (great for veggie burgers)

Serving - 1

- Boil your lentils first- I usually buy red or yellow, but really- you can use whatever type of lentils you fancy. There will be instructions on the bag on "how to", a good rule though- salt the water and boil them till they are soft, don't forget to add water along the way if you need to (lentils absorb a lot of water.)
- Cool down the lentils
- In a large mixing bowl you then mix the following ingredients:
- 1 cup of lentils
- 1 large egg
- ¼ cup milk
- Dice one small onion and chop up some garlic, throw this on a frying pan with a little bit of oil, pinch of sugar and salt.
- Add to the mix, and give it all a good stir.
- Depending on your mixture- add about ½ cup of plain flour, you want the mix to stick together, so that you can form paddies.
- Taste with salt & pepper
- Get the frying pan out- good trick is to use half & half, oil and margarine (butter if you like) when frying up the paddies- that will prevent them to burn! Make sure not to flip before the frying side is firm and crisp- paddies will need about 3-4 min on each side.
- Well done! Now you can go ahead and make yourself a burger, eat them with your pasta or rice, or just as a snack.
- Lentil Paddies can be frozen- but don't leave in there for more than 1 month.



# STUDENTS' UNION SEASONS GREETINGS!

## BUILD YOUR RESUME

## NOW HIRING!

### CFO CHIEF FINANCIAL OFFICER

#### Duties Include:

- Prepare and adhere to an annual budget
- Process payroll bi-weekly
- Approve invoices, sign cheques, and work with the University finance department
- Prepare weekly budget reports
- Supervise and appoint a yearly auditor
- Attend bi-weekly Students' Representative Council meetings

Interested applicants can pick up a copy of the job description from the Rosaria Information Desk, or the office of Shalen Hutchings (Executive Vice President) in Rosaria 118B.

Only resumes with attached cover letter will be accepted. Only those candidates chosen for an interview will be contacted. Please note: this position requires an above average knowledge of accounting and budgeting, and applicants must be a senior student (3rd year or higher of University education).

Applications and resumes can be mailed, faxed, dropped off, or emailed to:

Shalen Hutchings: Executive Vice President, Rosaria 118 B  
166 Bedford Highway, Halifax, NS, B3M 2J6  
Fax: (902) 457 - 0444 Email: executivevp@mountstudents.ca

**DEADLINE: December 16th, 2005 @ 12 noon**

### Twas the Night Before Finals

Twas the night before finals, and all through the college,  
The students were praying for last minute knowledge.  
Most were quite sleepy, but none touched their beds,  
While visions of essays danced in their heads.

Out in the taverns, a few were still drinking,  
And hoping that liquor would loosen up their thinking.  
In my own apartment, I had been pacing,  
And dreaded exams I soon would be facing.  
My roommate was speechless, his nose in his books,  
And my comments to him drew unfriendly looks.  
I drained all the coffee, and brewed a new pot,  
No longer caring that my nerves were shot.

I stared at my notes, but my thoughts were muddy,  
My eyes went a blur, I just couldn't study.  
"Some pizza might help," I said with a shiver,  
But each place I called refused to deliver.  
I'd nearly concluded that life was too cruel,  
With futures depending on grades had in school.

When all of a sudden, our door opened wide,  
And Patron Saint Put-It-Off ambled inside.  
Her spirit was careless, her manner was swell,  
She wore a white toga, she started to bellow:  
"What kind of student would make such a fuss,  
To toss back at teachers what they tossed at us?"

"On Coles Notes! On Crib Notes! On last year's exams!  
On Wingit and Slingit, and last minute crams!"  
Her message delivered, she vanished from sight,  
But we heard her laughing outside in the night.  
"Your teachers have pegged you, so just do your best.  
Happy finals to all, and to all, a good test!"

-Anonymous

## The Corner Store the Crow's Nest

### EXAM RELIEF MOVIE MADNESS

- Dec. 6: 12pm - Mr. & Mrs. Smith & 2pm - The Interpreter  
Dec. 7: 12pm - Sky High & 2pm - The Incredibles  
Dec. 8: 12pm - The Notebook & 2pm - Love Actually  
Dec. 9: 12pm - War of the Worlds & 2pm - Mission Impossible  
Dec. 12: 12pm - TROY & 2pm - King Arthur  
Dec. 13: 12pm - 40 Year Old Virgin & 2pm - Old School  
Dec. 14: 12pm - Fantastic Four & 2pm - The Island  
Dec. 15: 12pm - Cinderella Man & 2pm - Million Dollar Baby  
Dec. 16: 12pm - ELF & 2pm - Christmas with the Kranks

### EXAM STUDY PACK SPECIAL

#### STUDY PACK No.1

591ml Bottle Pepsi  
Small Chips  
Chocolate Bar  
(5) \$.05 Candies  
Regular gum

**\$4** PLUS TAX

#### STUDY PACK No.2

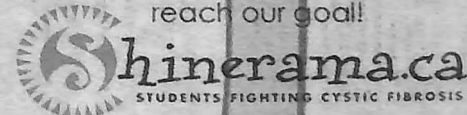
591ml Bottle Water  
Crispy Mini's  
Cereal Bar  
(Excluding Energy Bars)  
Fruit Cup

**\$4** PLUS TAX

### MSVU Most Improved School

The National Shinerama committee has announced that MSVU has been selected as the MOST IMPROVED school of the 2005 year over that of the previous year.

Congratulations to all students who participated in Shinerama and helped MSVU reach our goal!



www.mountstudents.ca

www.mountstudents.ca



**HEALTH PLAN: JANUARY OPT-INS**  
 Medical ONLY. Beginning January 4, 2006

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



**COMING SOON IN 2006**

**January 6: New Year's Party**  
 Celebrate New Year's One More Time!

**Jan 12 - Mount the Vote!**  
 Live Music All Night! Election Rally!

**March 3 - MARDI GRAS SUPER PUB**  
 2nd Annual Festival of Fun!

Interested in Mount the Vote? Contact Chantal Brushett at  
 457-6434 or [president@mountstudents.ca](mailto:president@mountstudents.ca)



**ANNUAL GENERAL MEETING**  
**Your Turn. Your Time.**  
**Your Voice.**

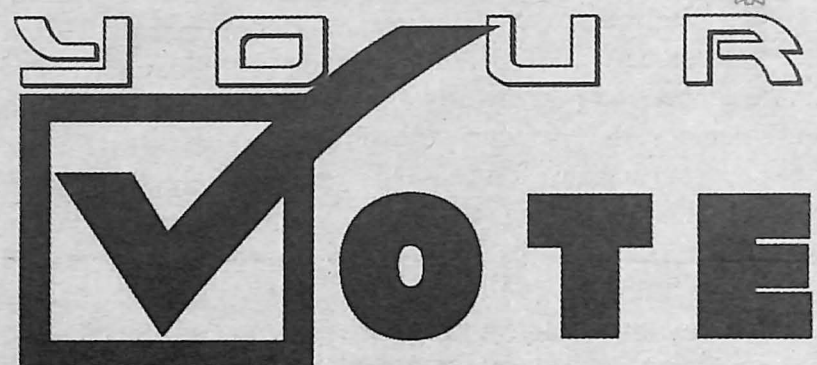
**JANUARY 26, 2006 12PM - 5PM**  
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**WINTER CARNIVAL  
 FROST WEEK 2006**



**FEBRUARY 2 TO 7**



Federal Elections are coming! Be informed! Have  
 your say! Register to VOTE! Need details on how and  
 where to register or get involved contact:  
 Chantal Brushett  
 457-6434 or [president@mountstudents.ca](mailto:president@mountstudents.ca)



**THE GREAT MSVU MASCOT SEARCH...DEADLINE EXTENDED**  
 You now have until January 6, 2006 to submit your ideas and designs for the new MSVU  
 Mascot. Go to [www.mountstudents.ca](http://www.mountstudents.ca) and download your submission/entry form NOW!!!



Good Luck to all students on the exams and have a very

**HAPPY HOLIDAYS**

[www.mountstudents.ca](http://www.mountstudents.ca)

[www.mountstudents.ca](http://www.mountstudents.ca)



## A Look at the Holidays

by Christopher Drew

I was shopping the other day, and as I paid for my things the cheery, perhaps too cheery cashier wished me a "Happy Holidays", I thanks her and wish her "Happy Holidays" as well. It then occurred to me that did either of us know what we were wishing the other? I know that "Happy Holidays" has become the more politically correct well wishing around this time of year, but still what holidays could we have suggested to the other to be happy? So I decided to take a look on "belief.net", as it turns out I have to say I do think there is ever a month that we should not be saying "Happy Holidays" to someone.

December is full of holidays; on December 8<sup>th</sup> we have two options to celebrate the catholic "Feast of the Immaculate Conception". Which is a commemoration of Mary's conception by Joachim and Anna. Catholic teaching holds that, from the moment of her conception, Mary was sinless. If Immaculate Conception isn't your

style December 8<sup>th</sup> also is Bodhi Day/Rohatsu commemoration of the Buddha's enlightenment; a time of intense meditation.

On December 20<sup>th</sup> one can celebrate a, as Belief.net calls it, heathen holiday known as Mothers Night. Mothers Night is the Eve of Winter Solstice and the holiest night of the year; marks the beginning of the twelve days of Yule. Lets not forget December 21<sup>st</sup>, because after all what's Winter Solstice Eve without Winter Solstice. Winter Solstice is also known as Yule, and Saturnalia, which is a celebration of the rebirth of the sun god, honored with gift giving and focus on the community.

Winter Solstice is not the only holiday on the 21<sup>st</sup> of December to pick from mind you. It is also the beginning of the five-day Hindu festival honoring Ganesh known as Pancha Ganapati. This is a joyful family Holiday for both adults and children. The end of the Pancha Ganapati is also the start of the Christian holiday Christmas, which is celebrating the birth of Jesus Christ. After Christmas is the every popular December 26<sup>th</sup>, boxing day for many, however Boxing Day is just one may many holidays starting on the 26<sup>th</sup>. The 26<sup>th</sup> is also a solemn

day for the Zoroastrians, known as Zarathosht Diso or Zarthost No Deeso, which honors the death of the Prophet Zarathustra.

December 26<sup>th</sup> also is the start of the Jewish festival known as Chanukah or Hanukkah, which is an 8-day festival of light commemorating the re-dedication of the Temple after its desecration by the Greeks and King Antiochus in 165 BCE. The last holiday celebrated on the 26<sup>th</sup> is the 7-day festival known as Kwanzaa. Kwanzaa is an African-American and Pan-African holiday celebrating family, community, and culture.

The end of Kwanzaa brings us to January 1<sup>st</sup>, the western worlds new years day. However not everyone uses the same calendar that the western world does so not everyone's new years day is on January 1<sup>st</sup>. This can be good news to us who are bad at keeping our new years resolutions. The Mahayana Buddhist New Year is the first full moon of January the 14<sup>th</sup> this year. Losar, the Tibetan Buddhist New Year is celebrated on January 30<sup>th</sup>-February 1<sup>st</sup> and Hijra is the first day of the first month in the Islamic year, which is January 31<sup>st</sup> this year.

These holidays are only a small taste what is out there. As I looked

over the 2005/2006 calendars I was shocked at how many holidays there really is out there. Just by my quick glance of the holidays I can safely say I feel I have a better understanding of other peoples and religions, after all what better way is there to learn about someone then learn what they celebrate. I also have to say that we do not do the world justice when we wish people "Happy Holidays" mid-November on, there is not month that is not filled with holidays, there is no time that we should not be wishing people "Happy Holidays". Now I want to leave you with the great words spoken by Krusty the Clown "So, have a merry Christmas, a happy Hanukkah, a kwaazy Kwanza, a tip-top Tet, and [I hope you had] a solemn, dignified, Ramadan

*The Sentinel would like to wish all Mount students and staff a great semester break*

# Copper Penny

278 Lacewood Drive 443 - 7024



New Years Eve Party

With Afryed Knot

Win \$100 Bucks Thursdays

Super Bowl Party

Win a trip for 2 to an NFL game

Every Thursday is Wing Night!

DJ & Live Entertainment