

THE SENTINEL

Brandy Michaels

**Special Behind
the Scene Photos
of this year's
Contestants!**

*takes to
the stage for
Mr. Mount!*

**Editorials From
Across the Globe!**

**New Music Reviews
& What's Hot On
the Scene Right Now!**

**Get the Inside
Scoop on What's
Happening
This Term!**

**Upcoming Events &
Event Calendars!**



Dj Scribble's Top Ten to Listen to If You Haven't Heard

1. Akon ft. Sweet Rush – Troublemaker
If you like Akon you should love this song. Catchy beat, easy lyrics so those of you that love to
Sing along can, and just the fact that it's Akon will make this an up-and-coming hit soon I believe.
2. Britney Spears – If you seek Amy Circus, pfft. In my opinion circus is not one of Britney's greatest songs off this cd, but the cd itself is actually filled with great songs, and I'm thinking circus was just filler before they release this much better hit.
3. Thornley – Make Believe
I've always liked Thornley. Come again was and is a song I've been listening to constantly for years now without boredom. This new track although not as heavy as most of their tunes, still carries their solid tone that is easily additive.
4. Does It Offend You, Yeah? - Epic Last Song
If you're into the likes of The Killers, Mobile, etc, then you should appreciate this song. This song has a very nice flow with uniqueness to their sound in this type of genre of music, a must have if on the iPod.
5. Airbourne - Runnin' Wild
Classic kick-ass rock song from the Australian band. Although it's been out for a while I think this song is vastly underestimated in its ability to bring the ACDC/Motley Crue kind of rock to the late decade.
6. Kevin Rudolf & Nas – NYC
With a strong beat comparable to the likes of Let It Rock, with the great addition of Nas, is in my opinion is quickly going to rocket this song to the top of the charts.
7. MGMT – Electric Feel
This song is a good one in my books. There's not much out there that has the same sound as MGMT and electric feel is probably their best song, so if you get a chance to pick up this number I'd suggest you go for it.
8. SlipKnot – Dead Memories
If you're into the heavy metal/rock scene you should try this song out, though not as destructively heavy as most of the songs put out it's an extremely well made song and easily listened to over and over.

9. Sweet Thing – Kite flight
It's hard to pick just one song from this band that isn't amazingly good. 100% all-around great music with catchy everything so any and all chance to see or hear these guys shouldn't be passed by.
10. The Killers – Human
This is a good little ditty by the Killers. Not what I would say is their best or most catchy song but non-the-less a good listen too anyways.

Betcha Didn't know:

On Kanye West's new cd, 808's and Heartbreak, the entire album was recorded with Kanye's voice dubbed with a program called Auto-Tune; created by Antares Audio Technologies. What this program does is automatically give the performer a perfect pitch when the singer is unable to stay in key. One of the first popular uses of Auto-Tune was used on Cher's hit title "Believe". Who would of known Kanye and Cher have common interests. Does Kanye believe in life after love?After love?After love?



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#5	LIFT TICKET & TRANSPORTATION	\$26
#6	LIFT TICKET, EQUIPMENT & TRANSPORTATION	\$36

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One person's trash is another person's meal

A look inside Victoria's dumpster-diving scene

By Meaghan Kerr

The Martlet (University of Victoria)

VICTORIA (CUP) – I get my food out of garbage cans.

It can be a necessity, a social activity, or a way of life. It draws a cult-like following from all backgrounds. And in Victoria, B.C., where laissez-faire attitudes and consumer-environmental concerns mix with balmy weather and bike lanes, you've got the perfect conditions for an underground culture: dumpster diving. Its attraction is as varied as the individual divers themselves. There are those who can't afford food, period. There are freegans who choose to eat only free food.

Then there are university students subsidizing their studies with a little dumpstering on the side. Most agree on one stance, though: Dumpstering food circumvents the commoditized assembly-line of store shelves that have become our society's food source.

"There's a surplus of food available in the world, and the production of more food is completely unnecessary when so much is thrown away," said Barry McEwan, dumpster diver.

His roommate, Nate Carrick, agrees.

"Throwing away food is basically wrong," Carrick said. "There's so much energy that goes into [producing] it. I don't want to support a system like that – one that's so wasteful and harmful to the environment."

The members of McEwan and Carrick's household are not only seasoned divers, but also boast a chicken coop in their backyard, constructed from foraged wood. They estimate that 95 per cent of their food is free and self-sought.

These days, Carrick only goes into grocery stores to buy ice cream.

"I don't feel tempted to buy food at all anymore," he said. "When I do, it's special."

My own freezer is stocked with bread loaves and cases of identical teriyaki sauces, while the fridge houses baffling varieties of humus – all loot from various dumpster scores over the past semester. Still, after two weeks of winter vacation, my kitchen feels a little sparse. It's time for another dumpster run.

We pile into a friend's car, a sure sign this will be a big night. Driving seems counter-intuitive to dumpstering environmental ethics, but a milk crate bike basket only holds so much.

Our first stop is a bakery, where we score the morning's leftover loaves.

Six months ago, I would have dived right in, ready to chow down on whatever score I'd find inside.

Now, my experience has given me a discriminating palate, demanding nothing less than whole wheat. The less desirable items we leave behind. Undoubtedly, they'll be picked up by someone else.

We scope out the neighbourhood with measured success: a box of oranges here, a bag of apples there. The rain is flooding some of the hunting grounds. Produce bobbles up and down in puddles, ruined. It's not the best night, but we have one more stop.

We head to a favourite place, where there's always a friendly backroom clerk who couldn't care less what we're up to. It's also enclosed by a six-foot-high fence, perfect for eluding disdainful store customers.

"Four of you, eh?" says a teenage boy hauling milk crates. We greet him and continue our work. Mostly avocados and peppers. He comes back with a loaded box of fruit and a medley of bakery goods.

Paralyzed by surprise, no one moves to take the box.

"Here; I've got one more coming," he tells us.

A girl appears with an equally weighed-down box of produce. The group is ecstatic, and we dance our way to the car and head for a pub.

With weeks of grocery shopping – and grocery bills – taken care of, it's time for a few pitchers.

Grocery store managers are reluctant to comment on the amount of food discarded each day, but all it takes is a look in the dumpster to see what sort of swag is available.

Milk and tofu days before due, canned chickpeas with torn labels, bananas ripened to a golden hue. Of course, there's also the rotted tomatoes, meat rinds, bathroom garbage bags, and more.

"The thing that gets to me is dumpster juice," said Suzie Casteneda, another diver. "There's this smell that pervades your clothes and follows you back home."

Walking into Casteneda's house, I catch a whiff of the familiar fragrance. Here, boxes of dumpster scores line the kitchen wall. Despite meticulous washing, opening the fridge in my own home is always dicey.

My roommate has taken to setting aside a specific dumpstering outfit, complete with headlamp and gloves, to keep her clothes juice-free.

For us (dumpster divers motivated more by conscience than need) the satisfaction of maintaining uncompromised ethics while getting free food overpowers all the messiness.

There are perks to the dumpster life as well. A dumpster diet doesn't equal a sacrifice in food quality. In fact, it enhances it, incorporating high-quality cheeses, organic produce, and fine deli selections. Divers who garden also have a

plethora of ready compost at their – ahem – disposal. The back-alley biking is fun and initiates a back-of-the-hand knowledge of city streets. Then there's the meals.

"Dumpstering leads to more interesting culinary creations, [and] forces you to work with what you've got," said Casteneda.

McEwan reminisced about his own concoctions.

"I'd normally never make a lobster tail sandwich," he said. "I mean, lobster tail is 20 bucks. Who's going to waste it on a sandwich?"

Casteneda recently started work at a market that allows employees to take home end-of-the-day food.

With less time devoted to garnering food, the housemates have plans for more enterprising dumpster dives.

"Construction sites have a huge waste bin that they don't remove until the site's complete," she said. "So you can go through it anytime."

McEwan is already amassing a collection of bike parts and furniture. The ideas they have marinating range from practical to pure pleasure.

"Drum shack!"

"Sauna!"

"Compost toilet!"

Looking out the window at the hens nestled inside their coop, I think they just might be on to something.

**GET YOUR
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Bird shit, gentrification, and chain-smoking: '80s Montreal exposed

Concordia University graduate dishes on
semi-autobiographical, award-winning novel
By Justin Bromberg
The Link (Concordia University)

MONTREAL (CUP) – There's something strangely familiar about Alex Fratarcangeli. The central character in Nino Ricci's latest novel, *The Origin of Species*, is a chain-smoking Concordia University PhD student living out of a bare-bones Montreal apartment in 1986.

Alex's daily routine involves struggling with his dissertation, teaching English to immigrants, and agonizing over his past relationships (one of which, he finds out, produced a five-year-old Swedish son).

He's also psychologically distressed, but his psychiatrist would hardly know it.

Like his creator, Alex also grew up in Leamington, Ontario to a family of Italian immigrants, has an extensive backpacking record, and can recall in detail the graffiti of Montreal.

"To an extent, I was conscious in building in these autobiographical elements," Ricci said, sitting down to talk last week at a Montreal bookstore. "Why play around? Why not call it Concordia? It makes the setting more real, people expressing their true feelings. And it was fun to play around with fact, autobiography, while subverting it." The book's title is indeed a reference to Charles Darwin, and Alex struggles accordingly with a dissertation that blends evolutionary theory with creativity.

In a similar vein, the research for this novel, Ricci's fifth, brought him to the Galapagos Islands, where he searched for insight on what life-changing experience Alex could have had there in 1980.

The book also brought him close to home. Esther, a character whom Alex befriends, is based directly on a real Esther, whom Ricci knew while in Montreal and who died of multiple sclerosis in 1989.

"She's the centre of the book, the soul to a lot of questions revolving around it. She's kind of a pivotal figure to me, a story that was given to me. As a writer you make stuff up," he added, laughing, "but occasionally you're handed something."

The effect of such influences on the narrative is obvious. The author becomes, in part, the narrator of Alex's story – removed, yet

unmistakably internal, a style Ricci calls third-person intimate. The writing style appears to have resonated with at least one jury; Ricci was just awarded the Governor General's Literary Award for English fiction (his career second). In addition to Esther, a rich cast of characters surrounds Alex throughout the story. Whenever possible, he gets a kick out of peeling the layers away from each one. For all his judgment, however, Alex reserves the harshest words for himself, often beating his own brain into a mental frenzy of indecision and self-loathing. It makes for great company, to be sure, and Ricci's craft shines as he weaves the reader through Alex's present and past. The gentle build-up in the narrative evokes a suspenseful impatience in the reader, and Ricci cleverly rewards their growing anticipation with regular doses of flashback. Alex's many encounters also provide him (and ultimately, us) time for critical reflection, on subjects as personal as sex, or as national as Canadian multiculturalism.

Asked about the latter, Ricci acknowledged the critique: "We sometimes have that sanctimoniousness about ourselves – the quiet racism, the exclusiveness – and people who come here feel that at once. We often [compare ourselves, our

policies] in relation to the Americans, while usually, what we do is cherry-pick, and that's been a longstanding thing. Are we doing good to these countries? So yes, it's questioning our own self-satisfactions in this humanitarianism." A heated exchange between two characters, for instance – during which one is accused of racism – intentionally takes place out of the room, alluding to this barrier we don't always see. Enjoyable, too, are Alex's discoveries of the Montreal and the Quebec of the mid-80s. Early signs of gentrification in St. Henri; his socialistic attempt to fight the landlords' rent increase. He also mentions the decrepit state of the Hall Building, the perma-encrusted bird shit on the Norman Bethune monument, and the recurring interviews that Alex has with CBC Radio host Peter Gzowski.

Comparing that period of Montreal to this one, a generation later, Ricci believes the city has come forward, albeit in a "quite fitting" way.

In the novel, Ricci notes the then-proximity of the Cuban consulate to Pierre Trudeau's home on Pine Avenue: "It was a symbol of our political ethos . . . and now, Trudeau's dead and the consulate has become condos."

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For the student on the fly



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Trumped Business Competition - Win up to \$7000 in cash bursaries while bolstering your resume!

Mount Saint Vincent University, EQ Media, and A.C.E (Advancing Canadian Entrepreneurship) present the third annual Trumped Competition. The competition is comprised of three tasks over a three-month period. This is a fun, hands-on experience open to students from SMU, Dal and MSVU which allows you to apply and present the skills you've learned in university to Top-Ranked Global Businesses who are looking to recruit students for future positions.

The registration deadline is fast-approaching, so make sure you and your teammates are registered at www.eqmedia.com/trumped by **January 28, 2009 at 5pm**. This year's competition is bigger and better than ever with more sponsors, competition, and cash bursaries available. The competition will see teams of 4 students compete in three real world business tasks (similar to the apprentice) until one team is left standing. Each task is designed to provide students with vital experience for the marketplace that a classroom simply doesn't provide you.

If you're looking to boost your resume, have some fun and compete for cash and prizes then **DO NOT** hesitate to **register for Trumped @ www.eqmedia.ca/trumped by January 28, 2009 at 5pm!** You may register an entire team or register individually; however, don't hesitate or you will regret it.

The three main focuses of the Trumped Competition are to:

- 1) **provide students with experience that all future employers seek**
- 2) **bridge the gap between the business community and top notch prospect students**
- 3) **support your local community while doing so**

Last year's competition saw over 65 undergraduate and graduate students from DAL and SMU compete. In the end a team of accountants from SMU took home the cake (\$5000+). This year's competition has been extended to all three major universities in the HRM. Therefore, be prepared to have your

creativity, team work skills, and business skills put to the test. Draft up your dynasty team of prospect entrepreneurs and let's see if you have what it takes to be trumped!

For more information or to register please visit the website at www.eqmedia.ca/trumped.

Career Advancement in Federal Government : Lunch & Learn Session

Join Simon Kennedy (BPR '91), Deputy Secretary to the Cabinet (Plans & Consultations) on Thursday, March 5, in Vinnie's Pub from 12:00 – 1:00 p.m. to learn about exciting career opportunities in Federal Government. Simon is the first Mount alumnus to be named to the Top 40 under 40

in Canada, and he has also been named as one of the 100 most influential people in government and politics in Ottawa. Free

pizza will be served, and all students who attend will receive a business card holder and will be entered into a draw to win a great door prize!

Presented by Alumnae Relations, University Advancement, and the Career Planning Centre. Registration is limited so be sure to sign up by Feb. 27, at the Career Planning Centre in Ev 218 or online at: www.msvu.ca/studentevents.



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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 offers orthoptics/ophthalmic medical technology education that 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 2009 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, 2009.

Further information is available from our website www.dal.ca/cvs or by contacting

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

orthoptics@iwk.nshealth.ca
(902) 470-8959



Upcoming
Dates & Events

JANUARY

Jan 22 – Karaoke & Wings

Jan 23 – Everyone's Birthday Party

Jan 26 – Closed

Jan 29 – Battle of the Bands

Jan 30 – Pajama Party

FEBRUARY

Feb 1 – Super Bowl Party

Feb 7 – Charity Ball

Feb 12 – Coors Light Presents:
Kumoni Wannalaya

Feb 13 – Closed

Feb 26 – Karaoke & Wings

Feb 27 – A. B. C. Party

MARCH

Mar 6 – Mardi Gras Super Pub



Annual Award Recognizes Student Leadership — \$500 award

Leading the next generation. Making the decision to get involved in student life can seem like a no-brainer. The Mount offers students ample opportunity to get involved through competitive and intramural sports, on-campus politics, societies and associations. Almost all Mount students can claim to be a part of student life on campus, but only a select few are recognized as leaders.

Each year the Mount Saint Vincent Alumnae Association and the MSVU Students' Union recognizes one outstanding student with the Alumnae-Students' Union Leadership Award. Nominations for the 2009 Award are now open. This is your opportunity to recognize a friend, team mate or work partner for the leadership they've demonstrated throughout the year.

"The Leadership Award is open to all students," says Tracey Newman, BBA '00, Chair of the Selection Committee. "Anyone involved in campus life who demonstrates a commitment to making the Mount a better place is eligible for nomination. That means athletes, members of the Students' Union, society members,anyone."

With that in mind, Newman is encouraging all students to take the time and recognize the person that inspires them. "This Leadership Award is an honour that will follow the recipient throughout his/her career. Lots of students are worthy of this kind of recognition, and it just takes a nomination to make it a reality."

The student leader will be recognized at the annual Student Awards Night on March 26th and will receive the \$500.00 prize. Recent recipients include Sarah Costelloe, BHTM '08, in 2008 and Jeremy Nielson in 2007.

Nominations for the 2009 Award are due at the Students' Union Information Desk by 4.00 pm on Monday, March 9, 2009. Nomination forms can be picked up at the Students' Union Information Desk or at the Alumnae Relations Office in Advancement House. Questions about the Leadership Award can be directed to the Alumnae Relations Office at alumnae@msvu.ca.

The Summer Job Fair — The time to land a great summer job is now!

It's that time of year again – local, national and international recruiters are gathering at the **Cunard Center on Tuesday, February 10th, 2009** to converse with you about interesting summer jobs. All MSVU students are invited to attend the Summer Job Fair to meet exhibitors such as provincial, federal, and municipal government, summer camps, and private companies seeking summer student workers. This fair is a successful partnership between MSVU, SMU and Dalhousie Universities. Our Presenting Sponsor is Nova Scotia Department of Labour and Workforce Development who will be able to tell you about exciting opportunities right here in Nova Scotia.

It is never too soon to begin searching for a summer position. As a matter of fact, the best opportunities for attractive summer positions are offered right now! Fix up your resume, do research on the companies you are interested in and hop on the free bus to take advantage of the best opportunity you will have to find a summer job you WANT! To find out more information regarding the Summer Job Fair, please visit www.halifaxcareerairs.com.

The Career Planning Center would like to help MSVU students prepare for the Summer Job Fair. Workshops will be held on February 4th at 5:30 p.m. (Rosaria Cafeteria) and February 6th at 2:30 p.m. (Ev 108). Please find the sign up sheet in Evaristus 218 or register online by e-mailing careerplanning@msvu.ca.

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THE 10th ANNUAL



Above: Brandy Michaels opens the show



Above: The contestants prepare to take the stage

MR.



Below: The talent portion begins

MOUNT

Below: And the singing and dancing continues



Above: Wayne and Garth strut their stuff



Above: Brandy takes her face off

SH-

Below: Seth and Evan in deep conversation



OW!

Below: Brandy transforms back into Mike



I would like to thank everyone involved.
With Mr. Mount 2009, both behind and
In front of the scene, for making it as Successful,
as I feel it was.
A special thanks to Mr. Kerry FitePatrick,
A face behind the show for many years.
To the contestants.
Each and everyone of you were awesome.
It has been my privilege to
Work with you.
To the audience, as always,
without you there would be no us.
In closing I would just like to say happy 10th
Anniversary "Mr. Mount Show."
And may you have many more.

- Mike Collins
A.K.A. Pino Mike
A.K.A. Brandy Michaels



Does Toronto have room for a second NHL team?

Another GTA team could sell cheaper tickets, or locate in a neighbouring town

By Jonathan Ore

The Strand (Victoria College, University of Toronto)

TORONTO (CUP) – The Globe and Mail recently published an article speculating that NHL governors have been informally discussing the prospect of bringing a second team to the ice in the Greater Toronto Area.

For the most part, sources have remained anonymous and contradictory, but fans have been lighting up sports talk-radio and hockey sites across the Net for weeks now about the speculation.

Is Toronto really able to host a second team? And, more importantly, is the prospect a possible one?

Maple Leafs Sports and Entertainment, the company that owns the Toronto Maple Leafs, has been tight-lipped regarding the prospect of a second team.

“Any talk about expansion or relocation of another NHL team to Southern Ontario is purely speculative,” read MLSE President Richard Peddie’s brief response.

Richard Powers, Assistant Dean and Executive Director of MBA Programs at the University of Toronto’s Rotman School of Management, notes that given the Maple Leafs’ current status as a financial juggernaut, a second team may be the only way to push for a winning team in Toronto.

Though the Maple Leafs’ streak without a Stanley Cup is running on 41 years, this year their value increased nine per cent, to a total of \$448 million – the greatest of any team in hockey history.

He notes that the Air Canada Centre must fill its so-called “blackout nights,” those days when there are no Leafs or Raptors games. Powers estimates that a secondary hockey franchise would fill up between 30 to 40 blackout nights a year. “It’s perfect,” he said. Alan Middleton, Executive Director at York University’s Schulich School of Business, disagrees. “Will you fill the stadium at the same price point as the main team? My answer is no.”

Middleton believes an expansion team couldn’t compete on the level of prestige held by the Leafs. Selling tickets at the same prices

as the Leafs games would be “an inherently stupid idea.”

Middleton prefers the idea that the second team could be located in neighbouring Hamilton, referring to last year’s rumour that Blackberry billionaire Jim Balsillie might buy and relocate the Nashville Predators to the Steel City.

Toronto fan Amit Puri notes that other large cities in North America have multiple sports teams, and says that Toronto could do the same, especially if the team locates itself outside of the downtown core. “It takes away some of the traffic in

the city. There are enough people in the Hamilton area that would go.”

Superfan Greg Kankas agrees that Hamilton isn’t that far to go for another hockey game. “Maybe on weekends.”



AWARENESS MONTH

Right To Play is an athletic-driven international humanitarian organization that uses sport and play to help refugee children, former child combatants and young people at risk or orphaned due to war or HIV/AIDS (Right To Play, At A Glance, 2006).

The MSVU Ath/Rec Office invites you to come and “PLAY” for the kids. Money raised will be donated to Right-To-Play.

Cost is \$2 per player for each tournament.



Co-Ed Volleyball Tournament:
Wed, Jan. 14th, 8-10pm



3on3 Basketball Tournament:
Thurs, Jan. 29, 9:30-11pm



Badminton Doubles Tournament:
Fri, Jan. 30, 12:00-1:30pm

Everyone is welcome!

Sign-up as an individual, or team at the Fitness Centre Front Desk.

For more information on this event, please contact:

Joanne.Burns-Therriault@msvu.ca,
#457-6369

Local Sports News?
Drop Us a Line About it At
publications@mountstudents.ca

Student broadcasters to work 2010 Olympics

By Andrea Moir
Nexus (Camosun College)

VICTORIA (CUP) – College and university students have been presented with a once-in-a-lifetime opportunity to become part of the 2010 Olympic Winter Games through working with Olympic Broadcasting Services Vancouver.

OBSV is the on-site host broadcaster for the 2010 Olympics and is responsible for live broadcasting of the games. OBSV is recruiting students exclusively as part of their Broadcast Training Program.

Some jobs include working commentary system equipment, assisting with audio production, supporting camera operators, and setting up and taking down equipment.

Applications were due on Nov. 30. Applicants must have been enrolled in a post-secondary institution as of September 2009 to be eligible...

msvu campus intramurals winter 2009



MON	TUE	WED	THU	FRI
12:00-1:30PM BADMINTON AND BASKETBALL DROP IN 1/2 GYM	12:00-1:30PM BADMINTON AND BASKETBALL DROP IN 1/2 GYM	12:00-1:30PM BADMINTON AND BASKETBALL DROP IN 1/2 GYM	12:00-1:30PM BADMINTON AND BASKETBALL DROP IN 1/2 GYM	12:00-1:30PM BADMINTON AND BASKETBALL DROP IN 1/2 GYM
	1:30-3:00PM BASKETBALL FULL GYM			1:30 TGIF Friday Off Campus Events See website
9:30-11:00PM VOLLEYBALL FULL GYM	8:30-10:30PM BADMINTON FULL GYM	10:00-11:00PM OPEN GYM NIGHT FULL GYM	9:30-11:00PM AFTER HOURS BASKETBALL FULL GYM	

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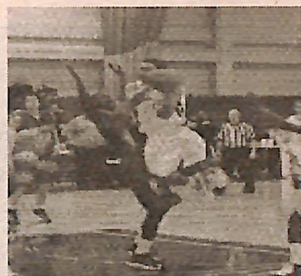


Varsity Home Schedule



Admission:

MSVU Students: FREE / Non MSVU Students: \$2 / Community: \$3.00



Women's & Men's Basketball

- January 2-4: Atlantic Coast Classic
Location: MSVU Rosaria gym
Call 457-6420 for Schedule
- Wednesday, January 14
MSVU at KINGS
6pm(W) & 8pm(M)
- Saturday, January 17
UNBSJ at MSVU
3:30pm(W) & 5:30pm(M)
- Saturday, January 24
STU at MSVU
6pm(W) & 8pm(M)



Women's Volleyball



- Saturday, January 10
MSVU at KINGS
2pm
- Sunday, January 18
NSAC at MSVU
2pm
- Sunday, January 25
STU at MSVU
11am
- Saturday, January 28
KINGS at MSVU
7pm



... "We will be putting the workshops together in Spring 2009, and depending on the position, they will run three to seven days," said Claire Noble, human resources officer for Olympic Broadcasting Services Vancouver. Andrew Bryce, video instructor and chair of the Applied Communication Program at Camosun College in Victoria, B.C. says this will open doors for students.

"People work their entire careers waiting for an opportunity like this," said Bryce.

Bryce also stresses the benefits of being involved in an opportunity outside of the classroom.

"Everybody I have known in a school situation who has been involved in some type of extraordinary event has gained such valuable experience because of it," he said.

Bryce adds that this kind of work experience is the best way to truly gain hands-on knowledge.

"The technology experience will be great, but technology changes; working side-by-side with these professionals is where you will learn the most," said Bryce, "so keep your eyes open and spend any extra time you have observing."

Spandex diaries: The world according to American Apparel

By Giles Roy
The Capilano Courier (Capilano University)

VANCOUVER (CUP) – Everyone hates American Apparel, so I don't work there. When people ask me where I work, I tell them I'm unemployed. When I decide to write a bi-weekly column about my experiences there, I try to never directly mention employment in the same sentence as the company's name.

Generally, the shame of not working beats the shame of working at American Apparel. The worst part about the job, in fact, is other people's reactions. They laugh, and say something along the lines of "You would," with an incredulous look on their face. Then they ask me for a discount.

Adbusters, a popular magazine for jerks, ran a piece a few months ago that managed to nab a lot of attention. Entitled "Hipsters: The Dead End of Western Civilization," the article outlined and criticized the so-called hipster lifestyle, from the eyes of an undercover – um, non-hipster.

In the weeks after its publication, several people referred me to the article. It was must-read, apparently. It was finally teaching all those hipster wieners a lesson. With the publication of this article, apparently, the hipster threat was eliminated, like so many buggish aliens from the planet Klendathu.

I didn't find that. I found it to be a pretty good representation of the writer's personality, and not much else. What would have been a somewhat acceptable document of the current cultural depression ended up seeming like a weirdly personal crusade against a group of people that the writer didn't fit in with.

But the weirdest thing about it was that my co-workers were offended by it. Someone brought a copy to the store one day and we gathered around, discussing it, ignoring customers as usual. "We don't do that!" "This guy doesn't even, like, know us." "Just because we ride fixed-gear bikes..."

Hipsters said this. Instead of denying their own hipsterdom, which is what they're supposed to do at every opportunity, they took offense to a dumb article. Granted, a couple of my co-workers were actually included in photographs

that accompanied the article, and the company we work for was one of the writer's specific targets, but there wasn't any real effort on my co-workers' parts to shovel their identity elsewhere. Brave? Sad? Either way, shattering.

Shattering, too, because I was pretty sure until that point that I didn't work with actual hipsters. And that's probably because I don't work with actual jerks. I work with approximately one jerk, two crazy people, two or three stoners, a few miscellaneous nice folks, and one annoying guy. Same as most jobs.

Better than most jobs, though, because it's been easier. I work backstock, which means I count stuff, fold clothes, and lurk my enemies on Facebook. I got hired hassle-free because my friend was the store manager, and when I went in for an interview, the backstock manager asked me what my favourite type of weed was.

"You've got to, like, smoke weed to work here." He said it real authoritative, and I actually felt dumb for not having an answer.

Before I came in for my first shift, that guy got fired for getting drunk and riding his bike around the store. But apparently that was merely a last straw, an excuse to finally fire him after a long history of scuminess.

In my time with the company, I've showed up late for every shift, watched people get into arguments with customers, and generally gotten away with all sorts of shit that would get your average Zellers employee fired.

The reason for this – the reason that employees are able to get away with just about everything short of a drunken indoor bike ride – actually has very little to do with hipsterdom.

I realized pretty quick that that term isn't actually synonymous with my employer. It has more to do with the fact that everyone involved with the company is young. Young as fuck. Half of my co-workers are (seriously) still in high school, and half of the company's higher-ups are in my age bracket. This doesn't have anything to do with how cool anyone is. It's just what happens when

MSVU Students & Friends



Mount Bowling

Friday, Jan. 30th

1:30pm

Fee: \$8.00/player.

***Includes two strings of bowling and shoes.**

Prizes & Give-Aways

**Register at the Fitness
Centre Front Desk
Rosaria**

Bayer's Rd Shopping Centre

BOWLARAMA

Everyone Welcome.

my dumbass generation gets put in charge of a globally successful business.

Regular people tend to react to hipsters the same way seniors tend to react to teenagers – bitterness, confusion, and apparent anxiety. And as we all sat around that day, complaining about that article, on our fourth or fifth smoke-break of the morning, I just felt old. Because I am old. I'm, like, 22.

**Something Pissing You
Off???**

**Tell Us About It At:
publications@mountstudents.ca**

To: The editor

Regarding - Forcing students to use MSVU e-mail for all communications...

I feel that it is important to express how unfair this policy change is to mature students such as myself. Many of us are using an e-mail account for work, and have already been forced to use Moodle as a form of communication; which is very inconvenient at times. If there are some students who are not getting their messages or who make the immature decision to use inappropriate e-mail addresses for academic communication, it should be up to them to update their e-mail address to a more suitable and appropriate address with the registrar. Again, if the messages from MSVU are being funneled to junk it should be up to them to correct the issue. Checking multiple e-mail accounts is time consuming and irritating to those of us with jobs and families that we also need to keep up with. With the cost of tuition at what it is, students should be allowed to have the choice of where the school sends their e-mail... as university age adults, the school should not dictate what e-mailing system we can and can't use. Of course if a particular student chooses to use an offensive or inappropriate address for their non MSVU account, they should be made aware that it is not acceptable. But don't punish all of us because a few dim witted adults can't tell the difference between what is appropriate and what is not. To address privacy issues, all e-mail addresses currently being used to receive school communications have been provided by the students. If they don't want confidential mail going to that address, they simply need to change it to a more secure address.

Again I emphasize the large number of Mature students in our school who have an entire life outside of class time. Students should be able to handle school communication in any appropriate manner of their choosing. I myself have never even logged on to the MSVU mail system in the four years that I have been a student here, yet I have never missed an important e-mail from any department including the registrar. The e-mail that I am currently responding to came to me through my inbox with no issues. Which leads me to ask, how will those students who aren't getting these messages now ever going to hear about your policy change anyway? Look, bottom line. If a technology inept individual such as myself, can manage to get all of the important communications sent out by the school in my inbox, with no issues, others should be able to as well? Ok that is my two cents...

-Marie Currie-Lawson

Restaurant Review

By: Ashley Jakubow and Bethany Grover

Brooklyn Warehouse Café and Grill
2795 Windsor Street

The Brooklyn Warehouse offers their take on gastro-café comfort food by working with local producers, markets and suppliers in a casual fine dining setting. The Brooklyn Warehouse was rated Best New Restaurant 2008 by The Coast Best of Food Reader Survey.

The Food:

We both ordered The Brooklyn Burger- 7 oz of grilled organic N.S. beef, applewood cheddar, double smoked back bacon served with tomato, onion, pickle, house-

made crispy taters & red pepper mayo (\$12-lunch or \$14-supper). It was succulent, filling and by far one of the best burgers in town.

The Service:

Service staff was very knowledgeable and friendly.

The Ambience:

Casual fine dining with a colorful Art-Deco twist, and funky tunes.

Student Saver Tip:

If you are on a tight budget check out the Bar menu which is available until 5pm, some of the dinner items are available for a couple dollars less which means you'll have some coin left over for a drink!

Rating:



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Explore another corner of Canada
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February 28, 2009

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contracting cancer, heart disease, respiratory disease, impotency, or infertility. It could even cause complications during pregnancy.

Also, sharing the mouthpiece while smoking increases the risk of passing infectious diseases such as the herpes virus and oral bacteria or respiratory infections.

Additionally, the tobacco composition of shisha products is not standardized, so one cannot be clear on the nicotine content being consumed.

This makes it just

as addictive, if not more so, as cigarettes, Forkert tells Queen's Journal.

Forkert says some of the negative health effects may be less evident because of the demographic of shisha users in North America.

"Culturally speaking, the only people who smoke it are young people," Forkert said.

He is unsure whether these users would avoid the substance if they knew about potential health risks.

"It's been shown that labels on cigarette packages have been effective," he pointed out.

"Whether that deterrent would be effective in a college crowd, I don't know."

Based on the latest World Health Organization statistics, there are 1.3 billion smokers worldwide, with five million deaths every year from smoking-related diseases.

WHO has warned that if there is no positive change in the trend, 10 million people would die each year from such diseases by 2020.

And the international body suggests that shisha users should take heed.

[SUB] It's legal, really

An anonymous quote from www.theshisha.com states, "Smoking shisha is nothing like smoking a cigarette. Cigarettes are for nervous people, competitive people, people on the run. When you smoke shisha, you have time to think. It teaches you patience and tolerance, and gives you an appreciation of good company. Shisha smokers have a much more balanced approach to life than cigarette smokers."

While this hookah smoking attitude sounds beneficial and rewarding, there is another side to this phenomenon. The biggest myth surrounding the hookah is that it is safer than smoking cigarettes – but it's not.

And some countries are catching on. Smoking inside public places was banned in England effective in June 2007, which dealt a big blow to shisha smokers.

However, the same type of law, the Smoke-Free Ontario Act, passed here in 2006, leaves shisha smokers completely unscathed.

The act prohibits smoking in all enclosed workplaces and public places. But for some reason, despite warnings from doctors worldwide, shisha has been exempted from the Smoke-Free Ontario Act.

Regardless of the fact that you have to walk

through a sheet of smoke when entering a lounge full of people passing the pipe, it's a legally acceptable activity in Ontario.

The WHO report stresses that waterpipes should be subjected to the same regulations as cigarettes and other tobacco products.

"Waterpipes and waterpipe tobacco should contain health warnings," the report reads.

They don't. And this may leave some wondering why there is no restriction or ban on shisha smoking since the government has spent a lot of money on anti-smoking campaigns. And why are the health authorities keeping mum on shisha smoking, although it also uses tobacco?

According to Gary Wheeler, a spokesperson for the Ministry of Health Promotion, the Smoke-Free Ontario Act applies exclusively to tobacco products. In the eyes of the organization, shisha isn't technically tobacco.

"Hookah pipes are allowed or can be used in an establishment if a product other than tobacco is being used in them; for example, herbal tobacco," said Wheeler.

"If there is a complaint of a concern about the pipe being used and someone believes actual tobacco is being used, then the public health unit is responsible for enforcing the act. A tobacco enforcement officer will look into that complaint, can take a sample and analyze it," he added.

A common complication with hookah pipes is that people mix substances (most often, marijuana) with the herbal tobacco provided.

Wheeler explains that the Smoke-Free Ontario Act strictly says no tobacco in a public place, but if it's another substance completely – an illegal one – then that becomes a police issue.

And in the article "Shisha Smoking: Alarming Trend Among Urban Youths," Malaysian Muslim Consumers' Association secretary-general Maamor Osman says it's important for government bodies to start looking more seriously at shisha's harmful qualities.

"Shisha smoking is like a small flame that can turn into a huge, raging bonfire if there are no checks and restrictions," said Osman.

He adds it has many similarities to cigarette smoking, so this habit too has its own hard-core smokers.

[SUB] Hookah habit

Shisha has its very own addictive qualities, and Ghandi Kotb, who works as a tour guide for Intrepid Travel in his homeland of Egypt, willingly classifies himself as a hardcore smoker.

"I smoke shisha any chance I get," said Kotb. He makes a conscious effort to introduce shisha smoking to his groups as a way of incorporating them into the collective mentality at the root of Arabic culture.

"We usually smoke shisha for the same reason [North Americans] like cigarettes or alcohol – first for enjoyment, and second, as an opportunity to socialize," Kotb said.

"The best time for shisha is the nighttime, especially around the fire when we go camping," he said. "But honestly, any time is a good time."

And one of Kotb's past tour travelers, Sarah Rampersad, loves it just as much.

Rampersad, who lives and works in Manhattan, New York, says shisha is her favourite way to dispose of all of the negative energy she builds up during the week.

"The reason why I enjoy smoking shisha is threefold," Rampersad said. "It is considered a legal substance in the U.S., it gives you a feeling of euphoria that enables you to enhance your mind beyond your normal mode of thinking, and it is readily available in multiple parts of the city because it is a common practice and growing consistently."

Rampersad also does it for the head rush.

"It almost exhibits the same properties of other natural substances without being so toxic to your system," she said.

And it's cheaper. The average cost for hookah rental and one flavour of shisha is \$5. When you compare that to a 24-pack of beer at about \$30, shisha sessions are way easier on the wallet.

[SUB] Close to home

Even Ryerson students are doing it. In late September, the Arab Students' Association and the Urban Hip Hop Union hosted their third annual shisha night at the Ram in the Rye, the campus pub.

The nocturnal hours on the dimly lit patio outside the pub saw a group of youths sitting close to each other, reclining comfortably on their seemingly uncomfortable chairs.

Amidst the laughter and slow rising smoke rings, the young men and women took turns to inhale from something that resembled a bong, but was bigger. The count was about 70, all of them happily puffing and passing the pipe.

Dana Hussein, president of the ASA set out to open people's eyes to shisha because she's tired of the misconceptions. "It's not a regular bong," she said, pointing to a table covered in decorated metal water pipes. "When we were advertising this, we got a lot of questions about whether or not it was legal."

To keep the activity legal and avoid mixing shisha with other substances such as marijuana, the student groups supplied the herbal tobacco.

Hussein wants to debunk what sees as the myth that a hookah habit is harmful, but with all this research working against her, it's not looking so good. So she says she's content with hosting a night that brings students interested in the culture of shisha to experience it. To Abdul Hussein with the UHHU, the meaning of shisha is simple.

"It represents a good time with friends and establishes closeness," he said. "And for the people who say it's not good for you, I say that it's all about moderation." "We don't look at it as a habit or a hobby; it's a part of our culture."

Shisha smoking: harmless high or harmful habit?

By Amanda-Marie Quintino
Ryerson Free Press (Ryerson University)

TORONTO (CUP) – While sitting atop a tastefully tapered rug, surrounded by fellow travellers in their twenties, with sand flowing between my toes, I puffed apple flavoured smoke into the silent air of the White Desert and realized: I was hooked on the hookah. Until landing in Cairo on a sizzling summer day in July, my only exposure to shisha had been the caterpillar in Alice in Wonderland, sprawled on a mushroom smoking his water pipe. And now, here I was, sitting underneath mushroom-shaped rock formations, doing just the same.

The desert was not the only place I smoked shisha. It became an anywhere, anytime activity. I did it in restaurants, in cafes – I even did it around a bonfire that had been set along the sandy shores of the Nile River.

In Arabic culture, it's the thing to do, no matter where or when – as commonplace as going for a coffee or grabbing a pint with some friends at the local pub is to us. Egyptians huddle around their hookahs at all times.

I discovered the essence of shisha during what can only be described as an impulsive and inspiring history-chasing expedition to Egypt this past summer. I experienced (on several occasions, in various locations, with different people, and ever-changing flavours) what smoking the hookah was all about.

Some use it as a way to embrace everyday life while others use it as a way to escape from it. My reason was a result of the former, mixed with sheer curiosity.

I'd say I came upon the activity completely by chance. It was simply a situational experimentation. Having never smoked a cigarette in my life (or anything else for that matter), even I surprised myself with my willingness to try it. But when in Egypt, right?

[SUB] Pass the popular pipe

There are some who like to loosen up while sipping a beer or two or sucking back a casual cigarette. Some choose to treat themselves to things outside the legal lines while others simply shun such substances altogether. But lately, there's been a growing crowd of urban socialites kicking back and taking in a little something called shisha.

But don't let the fruity scents fool you; it's actually tobacco you're smoking.

So what exactly is shisha? Tobacco is mixed with molasses and flavoured to create this oral treat. Fruit-flavoured shisha is most popular,

but some specialty flavours include caffeinated favourites such as coffee, cola, and Earl Grey. Shisha is conventionally smoked out of a waterpipe, also known as a hookah. The shisha is placed in a small bowl at the top of the hookah and burned using a small coal on top of aluminum foil.

The bowl containing the shisha has holes in the bottom that allow the smoke to travel down the body and into a water-filled chamber at the base of the hookah. The water cools and adds moisture to the smoke, before the smoker sucks it out through a connecting hose.

Shisha smoking has become increasingly popular in the past few years on our very own continent, Kelli Swanson Jaecks writes in her article "Smoking the Hookah."

Jaecks, who provides health-care education through her company, Verbal Impact, was introduced to shisha smoking through her 18 year-old daughter. The daughter wanted to purchase a hookah after witnessing locals in South Africa and Brazil partake in it during her travels.

Jaecks' research shows that hookah smoking is a relatively new social phenomenon among older teens and post-secondary adults in North America.

Hookah bars are popping up in many college and university towns across the continent, presenting a place for people to hang out and relax with friends in an alternative to the Friday night drink-fest or Saturday evening drug sessions. With shisha, you can guarantee no hangovers or extreme side effects.

"Many users see hookah smoking as an almost virtuous, clean alternative to the relatively dirty habit of smoking," writes Jaecks. "Hookah bars make it easy to imbibe as the hookah apparatus, flavored shisha and charcoal are all provided for a relatively small fee."

This self-serve, chill-out mentality is truly appealing to busy city dwellers just looking for some stress relief, she writes.

[SUB] Shisha hot in the T-dot

Just like in many other countries, shisha cafes can be found here and there in the Greater Toronto Area.

In Toronto, just like in the Middle East, Africa, even South America, you can find places where you can be sipping a mochachino while puffing mango-flavoured smoke.

Voted Toronto's favourite shisha bar by torontoseeker.com, Paaez on College Street in Little Italy is a hotspot close to the Ryerson University campus.

A review on the lounge's website reads: "Instead of getting drunk in my dorm, I'd much rather walk over to Paaez and smoke some shisha. The environment is great, low-key and comfortable. It's the perfect place to chill."

And Paaez isn't the only place in Toronto that offers this service. Nestled between organic juice

bars and Greek cuisine restaurants along Danforth Avenue is Hot Pot Café.

Contrary to the message its name may convey, hot coffee is not this café's specialty.

Cappuccinos are on the menu, sure, along with tea and pastries, but most people coming here are looking for a high that caffeine can't provide. The flavours of shisha range from soft to strong, including apple, grape, mango, mint, strawberry, and watermelon.

Morad Iktrafar, the café's co-owner, says business is booming with people looking to try something new and exotic.

"Shisha is popular, but some people still think it's a wrong thing," he said. "Like I tell all my clients, shisha is not like cigarettes, not bad for you."

[SUB] Use at your own risk

However, there are stacks of recent studies packed with evidence to the contrary.

A study conducted in 2005 by the American Lung Association entitled "An Emerging Deadly Trend: Waterpipe Tobacco Use" shows that the very act of inhaling smoke places shisha users at risk of respiratory diseases like bronchitis, emphysema, and lung cancer.

Despite the insistent words of encouragement from owners of shisha bars and cafes, shisha, like most indulgences, is hazardous when it becomes a habit.

According to a publication of the Tobacco Product Regulation, smoking shisha is 200 times worse than smoking a cigarette.

Mostafa Mohamed, professor of community medicine in Cairo, is very against the common perception that inhaling smoke which passes through water reduces the risk.

"Heat sources that are commonly used in shisha pipes to burn the tobacco are likely to increase the health risks because when they burn they produce their own toxins," he explained in a press release for the Action on Smoking and Health website. "Shisha smokers and those around them are put at greater risk."

While cigarette smokers usually spend about five minutes smoking, shisha smokers take anywhere between 20 to 80 minutes. ASH has discovered that the water does filter out a certain degree of nicotine, tar, and other chemicals, but the sheer volume of smoke being consumed by the smoker makes up for the small percentage of poisonous ingredients being filtered out.

Lutz Forkert, associate professor in the School of Medicine at Queen's University in Toronto agrees, telling the Queen's Journal – the student newspaper at Queen's – that it's the amount of smoke shisha users are inhaling that makes it harmful.

"The volume of smoke in a bowl is much higher than a cigarette," he said. "Therefore, it must be that the effects are worse."

This puts shisha smokers on the front lines of many ailments. A puff of shisha could mean

MSVU Night

Saturday, February 7th, 2009



Halifax Mooseheads take on the
RIM Rimouski Oceanic

Time: 7:00pm

Location: Halifax Metro Centre

- Adult: \$13.50
- Students & Seniors (60+): \$9.50
- Youth 12 and under: \$8.00

Tickets must be purchased in advance by
Tuesday, February 3rd.

Tickets available at the Mount Fitness Centre.

www.msvu.ca/fitnesscentre

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