THE SENTINEL

MAY 2009

# CONVOCATION ARRIVES

THE GRAD ISSUE

# Get Dirty. Get Real: Opportunities to Learn from Organic Farmers in the Maritimes, and Across the Country

Many of my friends thought it was laughable that I wanted to work on a farm. To look at me, I appeared to be a very unlikely farmer. Eighteen years old, short, and kind of scrawny, I looked much more like a bookworm than a dairy farmer, and I had absolutely no experience.

Nonetheless, when I applied to work and learn on a small dairy farm in PEI, my enthusiasm, dedication and positive attitude got me the job. You see, I wanted to be there, and the farm family that I was working with could see that I valued their lifestyle and their knowledge and that I sincerely wanted to learn. I spent the next two years working hard and learning a lot from this passionate farm family, and now, ten years later, it's still the best job I ever had, despite the manure! My farming experience changed my life.

This is exactly the type of experience that S.O.I.L (Stewards of Irreplaceable Land) and ACORN (Atlantic Canadian Organic Regional Network) hope to foster with the Sustainable Farm Apprenticeship Program. We are working to help farmers and apprentices find each other, in order that important organic farming knowledge and experience can be passed on. In the Maritimes, there are 28 incredible organic farms that are welcoming apprentices who are interested in living on the farm and learning about how to grow food. There are also other farms, all across Canada, participating in the SOIL program. These farms offer countless learning opportunities, including field crops, greenhouses, fruit trees, raising livestock, managing farm finances and more. And all of the farmers participating in this program are dedicated to ecological farming methods.

Even if you are not interested in being a farmer or gardener yourself, and if you just want to learn more about how food can be produced in ecologically sensitive ways, a farm apprenticeship can be valuable and life-changing. If you are interested in farming, participating in an apprenticeship is an important first step. It's an ideal way to learn valuable skills and to give farming a trial run to see how you like it. Farming is hard work, and there is a lot to learn, but, as our organic farmers can demonstrate, it can also be a very enjoyable and rewarding lifestyle.

There are no special skills required. You just have to be at least 18 years old, healthy, self-motivated and respectful. Apprentices must be able to commit to at least two months, but many farmers are happy for to have apprentices stay for a full growing season or longer. All the information you need to know about the program and the farms, as well as online application forms, can be found at <a href="https://www.soilapprenticeships.org">www.soilapprenticeships.org</a>. This summer, consider getting real, and getting your hands dirty, living on a beautiful organic farm!

If you have any questions, please contact me, Nicole Arsenault, at nicole@acornorganic.org.

# **News from the Library**

By: Darrell MacLean

NEW THIS SUMMER! The Library is offering a distance half credit course, LIBR 2100 Introduction to Research in the Information Age. In our digital world, the art of finding and managing information is crucial for success in almost every field. This course will prepare you to conduct university level library research and beyond that, develop research and information management skills for continued professional development.

The *LIBR 2100* course is considered an elective in Humanities for both Faculty of Arts & Sciences and Faculty of Professional Studies programs. You will receive lots of

hands on practice developing effective search strategies, evaluating websites, and citing resources, as well as actively engaging in the economic, legal, and social issues surrounding the use of information.

The following are a list of modules that will be covered in the 10 week summer session:

- 1 Introduction/overview
- 2 Critical reading/critical thinking
- 3 Formulating research questions
- 4 Information sources
- 5 Evaluating information sources
- 6 Citation, plagiarism & research ethics
- 7 How information is organized: Making keywords work for you
- 8 How information is organized: Unlocking the power of controlled vocabulary
- 9 How information is organized: Finding the needle in the Internet haystack
- 10 Issues for researchers in the Information Age Wrap up & reflection

Please contact Denyse Rodrigues if you would like any additional information about LIBR 2100 at denyse.rodrigues@msvu.ca.

We wish our graduates the best in their future endeavours and look forward to seeing our continuing students enrolled in the summer sessions as well as the returning students in the Fall.



# A Loss To The Mount Community

" How do we win... together."

"Born July 14, 1968, to Dyrick McDermott and Barbara (Sim) McDermott, Dyrick grew up in Halifax and graduated from J.L. Ilsley High School.

First and foremost Dyrick was a husband and father. With his wife Jeanette, they built a loving home for Chloe and Haydn. His commitment to his family was always central to his 'walk' and very much shaped his character. Each day started from this firm foundation, a comfortable place that Dyrick and Jeanette built.

Dyrick was devoted to his mother and father. He was, for each member of his immediate and broader family, a great source of pride, inspiration and strength. Each relationship was marked by strong ties and great memories tested over time. Dyrick was a central figure at family gatherings leading most of the mischief and especially having fun with the children. He loved them and they loved him.

Dyrick's impact on the children reached beyond, Chloe, Haydn and his cherished nieces and nephews. His impact was felt by children in youth basketball clinics, his involvement with school programs, and with the many neighborhood kids.

Always active in sports, Dyrick went on to play college basketball at Mount Saint Vincent University where he graduated in 1994. After graduation he began a career

coaching collegiate basketball, first at University of Kings College and later at Mount Saint Vincent University. During his tenure at both schools he was recognized on numerous occasions with Coach of the Year awards and with Conference Championships. Though his win-loss record as a Coach was extraordinary it was but a small measure of the impact he had on the Student Athletes that played under his guidance and leadership. Dyrick demanded a lot of his teams; he demanded no less of himself. He was an outstanding Coach, he was a mentor and leader, he knew that the demands and rigor of his program would not only lead to successful teams, but, more importantly, successful Students and Citizens. Excellence for Dyrick was not an act, but a habit.

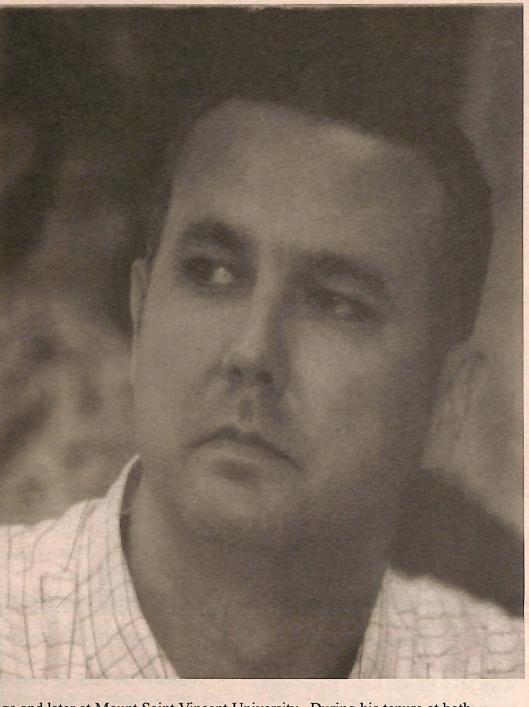
For the past ten years, Dyrick worked as a counselor at the IWK's Children Response Program (CRP). During that time Dyrick assisted hundreds of young people. Dyrick's experience and makeup allowed him to make a difference in the lives of so many that have faced tremendous obstacles and challenges.

Words at this time fail to adequately communicate our sense of loss; we struggle to understand and comprehend, to find peace.

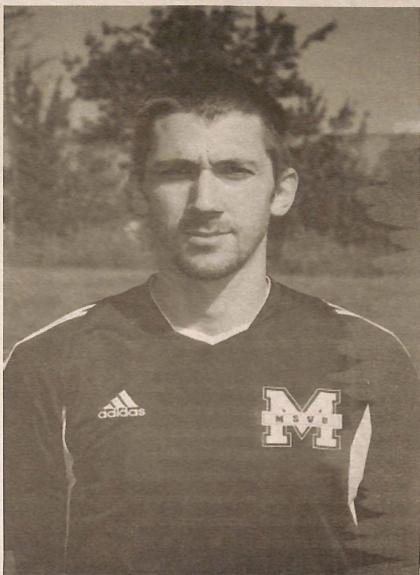
What we know, however, is that which we have experienced, our shared time, and the gift of what was granted and given.

Our lives have been made richer because of Dyrick."

Dyrick McDermott, Mount Athletics Recreation Assistant and Women's Basketball Coach, passed away suddenly on April 16, 2009. He was a dedicated athlete, alumnus (BA '94) and coach, and will be sorely missed to those who knew and loved him. Those wishing to make a donation to the Dyrick McDermott Memorial Endowed Leadership Award may do so by contacting University Advancement or visiting http://www.msvu.ca/fitnesscentre/varsity/DyrickMcDermott.asp to get a donation form.



# Grad Issue 2009



Since enroling at the Mount five years ago, Harnish says that the Mount and its BEd program has given him the confidence to excel in all aspects of his life. In addition to being a student, Harnish has been playing for the Mount Mystics men's soccer team for the past four seasons. He originally joined the team as a way of meeting new people but quickly turned into a key player.

Harnish was awarded First
Team All Conference for
2006 and 2008, was
the Canadian Colleges
Athletic Association
(CCAA) Athlete of the
Month
for September 2006, and a

# Mark Harnish

When Mark Harnish began his university career he realized that he needed to take a year off to figure out where his focus should be. When it came time to reignite his education, he worried that it might be difficult getting back into the swing of things. It was then that he found a post-secondary institution welcoming enough to help make his shift back to university as smooth as possible.

"When I decided to go back to school I didn't want to be overwhelmed with large class sizes and have to worry that my professors won't know who I am," explains Harnish. "At the suggestion of my mother, a Mount Saint Vincent University alumna, I applied into the Mount's undergraduate program. After graduation, I applied to the prestigious Bachelor of Education program and gave my future a second chance."

CCAA Academic All-Canadian and the Mount's

Athlete of the Week for September 2006.

Most recently Harnish was awarded the renowned Bob Coe Award for 2008.

This award is handed out by the Atlantic Colleges Athletic Association (ACAA) to the player who demonstrates strong leadership, sportsmanship and skill both on and off the field.

While Harnish is proud of all that he has accomplished his greatest joy is his four year old daughter.

"I keep her in mind with everything I do," states Harnish. "I want to make sure that I'm setting a good example for her and that when she's older she can be proud of her dad. She keeps me on the right track to success."

Harnish is scheduled to graduate in the spring of 2009 and hopes to

attain an elementary teaching position within the HRM at that time. He'd eventually like to further his own education by taking a masters degree in teaching as well.

"The Mount has given me great opportunities and has made me a fantastic candidate for a teaching position," explains Harnish. "The University is truly the premiere education facility in the province.

I'll be recommending the Mount when it's my daughter's turn for a post-secondary education."

# Message From The President

Hello Students,

Congratulations on your upcoming graduation. I hope your time at MSVU has been nothing short of amazing. I hope that along your journey you will carry with you the memories, friends, and knowledge a university experience provides you. But your time with MSVU has truly only begun. Now you embark as a grad, barring MSVU pride that is unlike any other, into the real world. It's time to buckle down again and make a new set of decisions. A whole new outlook on life will come with this new set of experiences. But I hope that your time here at MSVU has provided you with the necessary skills to ensure a smooth and safe transitioning into your future goals. You all will make more of a difference in people's lives then I could ever dream of achieving. You all have the chance to shape the world of health, education, tourism, continued learning, science, and business amongst many other fields in our modern society, and that is both truly exciting and remarkable! I am a better person to have walked the halls with you all, and this university owes you a lifetime of thanks and praise! Good luck in the future and remember that wherever you go, you always have a home at MSVU! Sincerely,

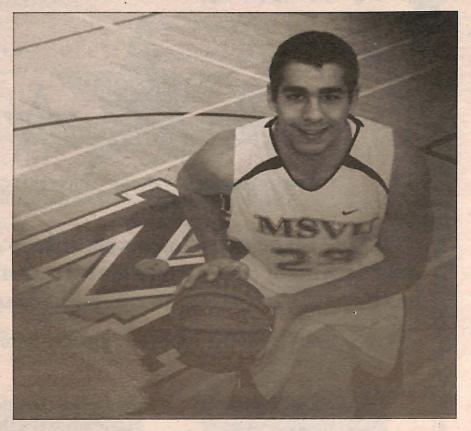
Jeremy Neilson
President of MSVU Students' Union

# **Abe Toulany**

For the past 5 years, Abe has been an invaluable member of the Men's Basketball team. From the first minute that Abe stepped on the court at MSVU, following his high school days at Sir John A. Macdonald, he has brought an intensity level that is unmatched in the history of MSVU Men's Basketball, with Coach Plato calls him a "Pitbull." Rival Coaches from across the country have marveled at Abe's competitive drive and his energy.

As one of this year's tri-captains, Abe has demonstrated the leadership, determination and maturity that he has

worked hard to develop. As a proud member of three ACAA conference champions and as a silver medalist at the National Championships last year, Abe had hoped to add a National Championship to his resume this season, but unfortunately, the Men's team lost in the national semi-final. In addition, this season, Abe was chosen ACAA 1st Team All-Conference and was selected as one of the team's co-MVP's. Due to his stellar performance at CCAA Nationals, Abe was also named to the CCAA National Championship All Star Team.



On behalf of the entire MSVU community, Coach Plato would like to thank Abe for his commitment to the Men's program and for setting a standard level of play that will certainly be missed next year, but will serve as the bench mark for all future Mystics. Abe, congratulations on a great career.

Jenn Jackson



Jenn Jackson has made the most of her time while at MSVU. She has been involved in a variety of areas throughout her four years of study and now will graduate from the Bachelor of Science program with an advanced major in Chemistry and a minor in Math. But that's not all she will take with her.

Jenn lists many different activities as her fondest highlights of her time at MSVU including being part of the Recreation Society, scoring for basketball and volleyball games, volunteering for "Right to Play" days, being a part of the Science Society, working for the Students' Union Information Services department, taking part in the annual MSVU Haunted House and, of course, her most recent position of Students' Union Vice President Academic.

Throughout her undergraduate degree, Jenn has been rewarded with numerous awards and recognitions. Among her many distinctions are the Margaret Ellis awards for outstanding student leadership, the Albertus Magnus Endowed Scholarship, the CRC Press Chemistry Achievement Award, the ACS Silver Medal in Chemistry and the Patricia Butler Award, presented to Jenn this past March at the 2009 annual Student Awards Banquet.

Personally Jenn cites being on the Dean's list every year as one of her biggest achievements during her time at MSVU and takes pride in being able to have maintained a high academic standing during her years while still remaining heavily involved in extra-curricular activities and working at the same time. Her active involvement with the MSVU Student Life Task Force is also a notable highlight for Jenn. It provided

her an arena to voice her opinions on issues affecting students and she was able to have input in the direction of student life at MSVU as well see that change take place. Among those things Jenn says she will miss the most about MSVU, she places being able to walk around campus and know and be able to talk to almost everyone at the top. However, to Jenn, the friends she has made and the people she has met while attending MSVU will be what she misses the most. That and the free gym membership!

Although she wishes she had been a Frosh Leader every year, Jenn hopes that she will be remembered for being committed and successful in school and life at MSVU while still having a blast. She leaves MSVU academically successful, having been involved in the whole of the University experience and wishes the same for her fellow MSVU students.

To the new and returning MSVU students of next year and the years to come, Jenn's advice is simply: Be random. Have fun. No regrets.



# Dealing in energy: The ins and outs of energy drinks

By Andrew Bates
The Phoenix (UBC Okanagan)

KELOWNA (CUP) – The all-nighter is a shared university experience.

Whether you were late for a paper, or partying, or just reading Wikipedia at all hours, most university students have forgone sleep for a night at least once.

It's no surprise, then, that many students turn to energy drinks to make it through.

Energy drinks present a health controversy. Some love them, while others refuse to drink them; several outlets refuse to sell them, and others just don't care.

When it comes to the risks, the warning's on the can. But do we always read it? [SUB] They give you wings

It used to be that it was really easy to tell what was giving you energy and how. Looking for food energy? Go for pasta, which is full of carbs that turn right into food energy. Coffee? Caffeine. The words even sound the same.

However, energy drinks go beyond the regular bolt of caffeine to keep you bolting up in your seat.

Although most energy drinks are ranked on caffeine, the official nutritional information for

Monster Energy forgoes giving an official number count for caffeine, instead citing 2,500 milligrams of "energy blend," which includes six different ingredients. A key ingredient in some energy drinks, especially Red Bull, is taurine. Taurine is an amino acid that appears naturally in the body. According to Red Bull, taurine is secreted at times when the body goes through extreme stress and helps regulate the body's temperature. It is also the ingredient famously believed to be a part of a bull's testicle; at least in Red Bull, the nutrient is synthesized. Another important energy drinks ingredient is glucuronolactone, which in addition to being a long word, is the carbohydrate many link to the detoxifying qualities of red wine. Additionally, energy drinks contain high amounts of B-group vitamins - B-12, etc which help speed the conversion of things that are already in your system to energy, but contributes to the "crash" when you run out of

With all of these ingredients and vitamins, Health Canada is a little worried.

"Some 'energy drinks' may have to be

carbs to burn.

"Some 'energy drinks' may have to be regulated as natural health products . . . depending on their ingredients (such as caffeine and vitamins), and the claims they make," states a fact sheet on their website. "Natural health products have to undergo a review process for their quality and safety." Health Canada so far has only bestowed that status on one drink: Red Bull.

"They also have to display recommended conditions for use, as well as cautions," reads the website.

In that way, Red Bull is a lot like a medicine; don't take it except how the instructions say you should. But how many people listen?
[SUB] The warning's on the can
It is rare to find a person who isn't at all wary of energy drinks. But the fact is that most of the most worrisome health problems that result from energy drinks result from misusing the drinks.

Red Bull's warning not to drink any more than two cans in a day sounds a little severe, especially when you consider that energy drinks served in a 16-oz tallboy can like Monster constitute two servings and therefore a day's worth of energy in a single go.

Continued on page 10.

# MSVU Awards Night

On Thursday, March 26th, 2009 MSVU handed out awards across 3 categories to over 60 students. The awards were handed out from the areas of academics, athletics and student leadership & initiative.

As always the students of MSVU are the stars and we celebrate their success.

### **ACADEMICS**

**David Bell Award in Public Relations:** Emily Mason

The Bernice L. Chisholm Award for Academic Excellence in Religious Studies:

Russell Ramey

Information Technology Full-Time Student
Book Prize for Academic Excellence:
Jason Vickers

Information Technology Part-Time Student Book Prize for Academic Excellence: Sandra Schnare

Andrea Charles R. Bronfman Award in Canadian Studies: Erica Levy

Mrs. Angus L. MacDonald Literary Prize in English: Rebecca MacCulloch

The Alliance Française Prize: Sarah Chan

The Danny Weston Memorial Book Prize in French: Gertrude Goodland

Sister Francis d'Assisi Prize in History: Christine Whitehouse

Sister Rose Celestine Prize for French: Joseph P. Crowell

**Dr. Mary Schoeneberger Education Prize:**David Rodger

Dr. Lillian Wainwright Biology Prize: Sally Burke

Dr. Patrick O'Neill Prize in Public Speaking: Shandeep Kaler Certificate of Outstanding Performance in Women's Studies 1110: Katherine McNutt

Mount Co-Op Students of the Year

Business Administration – Codey Hebb

Public Relations – Alex Dimas

Tourism & Hospitality – Adele Leblanc

Honorable Mention – Sadie Toulany

#### **ATHLETICS**

MSVU Women's Soccer Awards Most Improved Player – Sheila Kerry Most Valuable Player – Sarah Parker

MSVU Men's Soccer Awards

Most Improved Player – Connor Gormley

Most Valuable Player – Matt Szeto

MSVU Women's Volleyball Awards

Most Improved Player – Brittany MacMillan &

Andrea Melanson

Most Valuable Player – Jamie Brown

Men's Basketball Stone Gallery Athletic Award: Derico Symonds

MacDonald Chisholm Trask Insurance
Leadership Award in Men's Basketball: Adam
Jewkes

Men's Basketball Overstocked Outlet "Team Me" Award: Ian Baker

MSVU Men's Basketball Awards

Most Improved Player – Adam Jewkes

Most Valuable Player – Ibrahaim Toulany &

Jason Carlson

MacDonald Chisholm Trask Insurance
Leadership Award in Women's Basketball
Kaili van Vulpen

MSVU Women's Basketball

Most Improved Player – Amy Peveril & Katie
Waite

Most Valuable Player – Katherine Brien & Kaili van Vulpen

The Sheila & Stephanie Allt Memorial Award: Amy Peveril

The Tracy Barton Endowed Memorial Award: Katherine Brien CCAA Academic All Canadian: Patrick Johnston, Matt Szeto & Sara Edsall

Windsor Flash Trophy: Emily Burke

Male Athlete of the Year: Jason Carlson

Female Athlete of the Year: Katherine Brien

### LEADERSHIP

Frosh of the Year: Julie Smith

Frosh Leader of the Year: Jason Bremner Shinerama Sun Shine Award: Shannon Nicks

Margaret Ellison Award for Outstanding Student Leadership: Margaret Flinn & Stacy Hamilton

Intramural Team of the Year: Staff of Vinnie's Pub & Lounge

Students' Union Exceptional Service Award:
Crows Nest Cafe – Anne Riley
Fountain Play Centre – Eva Churchill
Information Services – Amy Lyne
Student Resource Centre – Hans Rhindress
Vinnie's Pub & Lounge – Kay Balite

**Society of the Year:** S.A.V.E. MSVU Environmental Society

Women's Recognition Award: Magan Alisha Polichuk

**Emerging Leader Award: Robert Wickstrom** 

Emerging Leader Award (International Student): Martin Sichinga
Student Life Award: Jessica Isenor

Residence Life Award: Luke Levy & Joelle Nickerson

**Students' Union Councilor of the Year:** Noelle Peach

Alumnae - Students' Union Leadership Award: Noelle Peach

Student Affairs Award: Zack Wintonyk

Patricia Butler Prize: Jenifer Jackson

**Exceptional Commitment to Students Award:** Greg Pretty, Audio Visual Services

General Manager's Award & Recognitions: Meghan Drew

President's Award: Noelle Peach & Kyle Rogers





A



Night









Of







However, it's important not to forget the well-publicised case of the Irish basketball player who died during a game after drinking four cans of Red Bull, though his death from Sudden Adult Death Syndrome has not been official linked to the energy drink.

And if we aren't the person who pops a can of Amp Energy like it's candy, don't we all know someone who does?

More worrisome than overuse, according to health professionals, is mixing energy drinks with alcohol. Drinking Jagerbombs may be almost a national pastime for the YouTube set that saw My New Haircut; but it becomes a little more worrisome when you consider that all four reported cases of problems arising from energy drinks came from mixing them with alcohol, which in some cases led to heart irregularities.

Risk of a heart attack is not something I'd consider part of a good night of drinking. Energy drinks also have other effects on

alcohol drinkers. Alcohol's a depressant, while energy drinks are a stimulant, so they clash in that way.

Both booze and energy drinks dehydrate you, so mix the two and you'll pass out quicker and are more likely to wake up with a wicked terrible hangover.

Another effect of some of the ingredients in energy drinks is to mask the effect of the alcohol you've already had; so while you think you're on pace and in control, you might actually be just a badly-placed DJ track away from breakdancing to the Backstreet Boys. "Red Bull Energy Drink is considered a health product in Canada and should be used according to the label instructions," Health Canada warns on its website. "It is not wise to drink excessive amounts of any 'energy drink' or to mix them with alcohol."

So the next time you line up some Rockstar and vodka, it's good to know what you're up against.

[SUB] Do we need protection?

You may have noticed there aren't a lot of places to buy energy drinks on Canadian campuses. While the UBC Students' Union Okanagan (UBCSUO) carries them in both the used bookstore and the pub, they are absent from the cafeteria or any of the other Aramark-ran locations on the UBC Okanagan campus.

The UBCSUO is unapologetic about stocking energy drinks, says general manager Rob Nagai.

"In terms of being in stock, they actually fly off the shelves," he said. "A lot of people want them, [and] I think that they are aware of the health risks."

Health risks or not, there is a Red Bull cooler behind the bar at the union-run pub, and Jagerbombs are occasionally on special at the bar.

Nagai also mentions promoting energy drinks can sometimes benefit student clubs on



campus.

"What usually happens with those kinds of marketing techniques is that there's some kind of [reciprocal arrangement]," he said. "For something like the Jib-Jam, which was sponsored by Red Bull two years ago, they gave out the product for free and helped them with some of the funds in terms of making the budget work."

The Jib-Jam was a snowboarding party held by the Mountain Riders club that took place in the UBC-O courtyard.

Students, for their part, aren't too worried.

"We sell soda and pop, and that's something
we know that's bad," said Jahmira LovemoreWhite, a first-year science student at UBC-O.

"We know Pepsi's bad and the school sells it

# Ont. budget hikes student jobs

Provincial government fails to address student debt, rising tuition: CFS-Ontario

By Denoja Kankesan

Excalibur (York University)

TORONTO (CUP) – The Canadian Federation of Students-Ontario says the recently announced Ontario provincial budget has failed to address the growing cost of tuition fees across the province.

The Dalton McGuinty government's sixth budget introduced \$780 million in infrastructure spending, an amount targeted towards colleges and universities, and an additional \$150 million in one-time support to manage the growth in the sector.

Several recommendations proposed by the

the new budget, including an increase in funding for summer jobs for students and graduate student scholarships.

"The Post-Secondary Education Stimulus Package highlighted how investment into post-secondary education was, in fact, investment in a strong economy and was a way to stimulate the economy and help develop growth," said CFS-Ontario chairperson Shelley Melanson.

After a three-month-long strike that extended their school year, Toronto's York University students will enter the summer job market later than most of their peers. These students may be able to take advantage of the \$90 million provided to support summer jobs. "We welcome funding for summer jobs, especially for our students," said Alex Bilyk,

York, like many universities across the province, announced budget constraints earlier this year. The university counted a 19 per cent loss of its \$300-million endowment fund among several other funding cuts.

York's director of media relations.

"Their investment in operating clearly showcases that there were holes in the . . . framework and that the allotment funds that they had put forward has not kept pace with enrolment and the growing funding needs of Ontario universities and colleges," Melanson said

Melanson stresses that while the budget is a step forward, students in Ontario universities continue to face mounting debt loads as a result of a dramatic increase in tuition fees over the last 15 years.

"Unfortunately, what was missing from that budget was a meaningful way to deal with access to post-secondary education and skyrocketing student debt," she said. Although the budget provided funding to offset increasing operating costs, it didn't address the rising cost of tuition fees.

"There were no new initiatives put in place to help students who are struggling to pay their tuition fees and taking on significant loans to do so," Melanson said.

# WE'RE LOOKING FOR A FEW GOOD



# Wan't to be a FROSH LEADER in September?

Contact
Craig: VP Student Life
vplife@mountstudents.ca
vvv.mountstudents.ca

# Meat lover goes veggie for a month

By Michael Connors The Concordian (Concordia University)

MONTREAL (CUP) – I had just finished eating wild boar with my friend Jo. A pepperoni stick provided a snack for the walk to his place. Both meaty experiences were delicious, but afterwards, under the influence of my girlfriend, I decided to go vegetarian for a month.

To commemorate our endeavour and monitor any relapses into "meatdom," we drew each other "meat-o-meters."

Suspiciously, mine had about 30 degrees before it would max out. She obviously didn't expect much dedication, but I was ready to give it an honest go.

That night, the pork chops were moved up to the freezer; bring it on, I said.

On my first day as a vegetarian, I stocked up on nuts like a squirrel in October — ammunition against the cold. But while nuts, just like meat, are great sources of protein, they aren't a single solution.

This is the exact kind of thing many students will do – replace meat with one easy alternative that doesn't solve the entire problem.

"The hardest part is meeting the dietary requirements," said Canadian dietitian Teresa Schneider about going vegetarian. "A lot of the university students I see come in anemic, with iron or B-12 deficiency."

"Many can't find an adequate alternative for meat," she said. "Sometimes I have to ask people to give themselves permission to eat meat once and a while."

It's harder for our body to absorb the some nutrients in vegetables then those in meat. In fact, the iron content of a vegetarian diet is higher than that of a non-vegetarian, yet higher incidents of anemia prevail because the iron from plant sources is harder for vegetarians to absorb.

Many dietitians advise the use of vitamin B-12 supplements since plants are not a reliable source. As for protein, few plants and grains make a full protein.

There are eight types of amino acid in a complete protein, and to get them all, you have to eat a wide range of produce. "However, the Canadian Food Guide does recognize that a vegetarian diet can adequately provide our nutritional needs at every stage of life," Schneider said. But some studies laud the benefits of vegetarians.

According to American Natural Cancer Institute, vegetarians have only 40 per cent of the cancer rate of meat-eaters.

This study followed over half a million people aged 50-71 for 10 years.

According to a study in the American Journal of Clinical Nutrition, mortality from heart disease for lacto-ovo vegetarians – whose diet includes milk and eggs – was only one-third that of meat-eaters.

Variety is key, as any dietitian will tell. I say easier said than done: One walk through the isles of a grocery store and the trend can be noted. Vegetables lead to meat section and all paths lead to dairy land.

As hard as simulated meat factories try, those anaemic little veggie sausages hidden under excessive packaging don't have the same kind of virility as a juicy strip of beef.

As a man, this can be a hard swallow.

"Men are men around the BBQ" goes that old adage. I told my buddies that I went vegetarian on day three. It was like I told them I hate being a man. I think they were worried we were going to become less manly as a group because I flaked out.

I told them I'd grow a beard to re-affirm my manliness, but they were worried I wouldn't have the energy for it.

"We used to get a lot more outcry, verging on outrage," said David Alexander, president of the Toronto Vegetarian Society, about the very idea of vegetarianism. "But now friends and family seem more curious about it, and less worried about you."

Alexander made the switch to vegetarianism about 10 years ago with his girlfriend for largely economical and environmental reasons. He says he's seen a considerable increase in vegetarians, with more and more

men getting on board.

"A lot of women do it out of compassion, but with the state of the environment and our economy, I think a lot more men are making the switch," Alexander said. "Meat still does have a masculine reputation," he said. So will men ever be men around the salad bar?

The Anti-Vegetarian Society of Meat Eaters, a "place for meat-atarians to celebrate the joys of eating meat," isn't opposed to eating veggies per se; they just see them as "great sides for big juicy steaks."

This is where you can buy your "I didn't claw my way up the food chain to eat vegetables" T-shirt and share your meaty stories with others.

One would assume from the fan mail and photos that this site is male-dominated. In this bastion, it's clear: meaty still equals manly.

As a man who struggles enough with being manly already, I was starting to realize I needed a pretty good reason to maintain my regime.

Day four had me lying in bed beside a neardepleted supply of pecans looking for inspiration.

On Google, I typed in four letters: PETA.

PETA is rated the 17th most evil organization ever on rateitall.com. The KKK and Al-Qaeda are higher up, but the Illuminati and the NRA are lower down.

Ryan Huling is the college campaign coordinator for PETA International. He made it clear that PETA finds the current mode of meat production abominable.

"It's like the meatrix," Huling said, referring to the cramped in common practice of factory farming.

PETA made it clear they'd prefer we all didn't eat meat, but they certainly tolerate any cutbacks someone can take, even if they are minor. That doesn't mean they'll let you off easy though.

"Changing people's minds requires tactics,"
Huling said. "Part of our job is to grab
people's attention, even shock them to start a
discussion, to start questioning of the status
quo and, of course, to start action."
PETA's Superbowl ad made the news when it
decreed "vegetarians have better sex" and

showed beautiful women swooning over vegetables.

According to PETA, this claim is based on studies that show vegetarians are in better shape, having fewer cardio-vascular problems.

But Schneider, the dietitian, had told me that more often than not, athletes need meat in their diet for the high amount of energy they require.

All of a sudden it seemed as though to be at the pinnacle of health, meat was required. PETA's ad may have not convinced me that vegetarians make the best lovers, but a movie on factory farming they produced convinced me there's a problem with the way we make meat.

Nitrates, methane, growth hormones, cages, cut beaks and piles of miserable animals. The whole operation looks like the Holocaust.

A recent United Nations report concluded that the meat industry causes almost 40 per cent more greenhouse gas emissions than all the world's transportation systems. That's all the cars, trucks, SUVs, planes, and ships in the world combined.

"For every pound of meat, it takes six pounds of feed, and it takes eight times more resources for one pound of red meat than it does the dietary equivalent in vegetable products," Alexander said. "That's pretty shocking considering the state of things." But the enjoyment of meat makes up a heavy percentage of my long-term memory. I've had many hot rods and hot dogs. It feels like Christmas when "lazy maple" bacon is on sale, and I once ate a glazed ham that will surely be that last glorious frame when my life finally flashes before my eyes. Still, the environment may be a reason compelling enough to cut out the meat. To quote Paul McCartney: "The biggest change anyone could make in their own lifestyle [to fight climate ills] would be to become vegetarian."

Al Gore's handbook Live Earth says that not eating meat is the "single most effective thing you can do" to reduce your carbon footprint. But, John Cleese famously said: "If God did not intend for us to eat animals, then why did he make them out of meat?"

And I'd like to add, then why did he make meat so tasty?

World meat consumption is forecast to double by 2050, according to Compassion in World Farming. In 2002, there were about 1.53 billion cows worldwide, reports the Food and Agriculture Association of the United Nations.

Jonathan Porritt, head of Britain's Sustainable Development Commission, has concluded in his research that the world's cattle alone consume the caloric need of 8.7 billion people. About 1.4 billion people could be fed with the grain and soybeans fed to United States cattle alone.

In short, we could easily feed the world if the cows weren't eating it up first.

"Our society eats way too much meat," said dietitian Nicole Berkowitz. "It's a whole downward spiral in the way we're trying to overproduce to feed this demand," she added, referring to the environment as well as the health impact of meat.

Berkowitz was a vegetarian from age 11 to 17, but when she was a student she found it difficult to get the proteins she needed and reverted back to a meat diet.

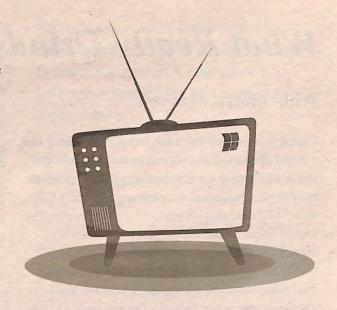
"Many vegetarian diets I see end up being less healthy."

She concluded that for most people, moderation is key.

During my month as a vegetarian, I didn't feel that moderated. I found myself needing more sleep and no matter what, I was always hungry. I used copious amounts of sugar to cut my appetite.

Veggie month is now three weeks over, and I have put the "eat" back in meat, but not all the time. Four times a week; that's my goal. According to PETA, if everyone in North America had one less chicken dinner a week, it would be the same as taking one million cars off the road.

Being responsible makes me feel manlier than a stake ever can. Besides, meat's expensive.



# Charlie Mac Productions - Vodcasts on the rise

By: Mary Jane Leslie

I recently looked into a website called Charlie Mac Productions and was surprisingly pleased that I may have uncovered a new procrastination tool as an option from Facebook. The website provides you with a choice of Vodcasts that are created and posted for all to see. From spoofs of movies or corky inventions the cast have come up with all on their own, this site gives you humour, humility and good ol' entertainment. The things that you search for aimlessly on youtube, all rolled up into one and given to you by local talents and production.

Now I'm not saying that this is going to change your life or your online habits even — but it is definitely worth checking out just for the sheer comedic factor. I encourage you to broaden your online horizons with this light-hearted option — I recommend the spoof on Garden State — it almost had me in tears. Thumbs up from me!

# What Really Grinds My Gears...

## With Morris Macleod

I found it interesting that a few of my close friends had survival plans for if and when Zombies take over the world. I thought that it is frightening that not everyone has this plan. So instead of complaining about it I thought I should provide you with a common plan that I found online!! Print this out and review monthly! Weekly even!!!

First things first, you have to know your enemy. Zombies come in two flavours: fast and slow. Fast are definitely cool, but you'll need more than a baseball bat and a pair of running sneakers to survive that zombie attack. Slow zombies - well why the heck would anyone die from a slow zombie? If you can't get away from a slow zombie, you earned dismemberment.

Let's suppose that you made it through the first 10 minutes of the zombie-fest, and while most of your town are looking for live flesh to feast on, you're wondering how to hot-wire a car and get out of town. You need a plan of action...

### Preparation

I'm assuming the reader isn't currently experiencing a zombie outbreak. If you are, skip down to the next section.

Preparing now for zombiedom is a good idea. Remember what the TV preacher said, "When hell is full, the dead will walk the earth." So it's bound to happen sooner or later. Since it would look weird if you started bricking up your windows and stockpiling rifles, you have to be smart about this.

While you're preparing, always keep in mind locations where people congregate - you're likely to find lots of zombies there when things turn ugly. Highways, malls, and schools are especially bad. You also might want to mention to your friends and family in passing how well your hiding place could be defended, etc. That way, when the zombies come, they'll remember you said that and come help you. I don't recommend telling them you're preparing for a zombie invasion.

## Run or Hide

This is a no-brainer. You gotta hole up somewhere eventually, but pick carefully. Let's say that the outbreak is localized to your city, but you know that the neighbouring town is zombie-free. Flee to the neighbouring town. I know that sounds obvious, but don't sit around waiting for grandma to bite you. Get to the safe town, find a gun store, and join the Minuteman Militia.

But that isn't much fun, so let's think about what you'd do if the whole country is overrun. Since you already did your prep work, make a bee line for the Wal-Mart you picked out earlier. **Hot Tip:** Pick a new Wal-Mart if you can. Zombies tend try to do the things they were doing when they were alive, so they're gonna head to the mall, or Wal-Mart, or school... you get the idea. And since we're on the subject, malls are a bad place to hole up in. Too many entrances and not enough goodies for long term survival.

In short, pick a new general merchandise or grocery big box store. You get lots of canned food to eat, and only one or two large entrances to guard.

### Use the Buddy System

Don't be a dummy. If your buddy is bitten by a zombie, shoot him in the head and get it over with. Otherwise, gather the refugees, Rambo, and lead them to safety. People will follow anyone who acts like they know what they're doing, and you need the manpower to subdue the throngs at Wal-Mart.

Not to mention that a good zombie attack needs plenty of extras.

Since the average Wal-Mart has enough food to keep a few thousand people fed for a week or more, you should have enough staples to get by for a few months if you limit your group to around 100 or so. There's a trade-off here between having enough people to defend your fort, and enough food to keep them fed. I don't know if zombies are edible, but that's a possibility if things get rough. It's not really cannibalism, is it?

The basic idea to get from this section is, have enough people to root out the zombies and block the entrances, but not so many people that you have to ration the food heavily. Also, make sure you have some girls. Preferably hot chicks, but in the absence of those some tough biker babes would work.

## Zen and the Art of Fortification

First, you aren't going to do that, because you already picked out the big box retailer you're taking over. Second, you're going to spend the first day sealing all entrances. If you chose wisely, you have a store with some kind of concrete mix in it, or a home building center nearby. As soon as you've cleared the store of zombies, and maybe even before, you need to brick up the glass entrances. You can worry about the others later; they're smaller and harder to open from the outside anyway.

Be generous and thorough with your fortification. A few pieces of lumber nailed up are OK for an emergency start, but don't forget to make it permanent. You might consider some kind of buttress design as well, since I'm not sure what kind of force thousands

of zombies could put on an amateur brickwork.

Finally, don't make the mistake of assuming your fortifications will hold. Check them every day, measuring the wall to make sure it hasn't moved. You also might consider building a second wall in case the first gets broken through.

#### T-Shirts aren't Bite Proof

This is one I've never figured out. Zombification occurs shortly after being bit by a zombie. So why are people running around in t-shirts for days and weeks after Z-Day? Get some freakin armour! Thick leather will work in the short term. Later on, get some aluminum siding or something else metallic and affix it to your clothes. Even zombies can't bite through that stuff. Important areas to protect include the forearms, neck, and legs. Just make sure it's flexible enough to give you some freedom of movement. Helmets are a good idea too, but anything other than motorcycle helmets would look dorky, and I'd rather be a zombie than a dork with a pail on my head.

### Long Term Survival

If you took a Wal-Mart like I told you, you don't need to worry too much about lighting. The skylights do a fair job of illumination during the day, and battery powered flashlights will be OK at night time. But if you're brave, you can venture outside to get fuel from filling station. And if you're lucky, you'll find a tanker truck to drive back to home base. Personally, I'd rather live in the dark. It might be a good idea to keep a CB radio in your car for just this type of event, and try to get a trucker to bring the tanker to your fort when Z-Day arrives.

For water and food, I can help you out there. The first thing to do after securing your fort is fill every container in the store with tap water. You might have a few days of water available, but I wouldn't count on it. Electricity, water, and sewage will disappear soon, so you want all the drinking water you can get.

Now that you've got that straightened out, you're going to become a farmer. Lucky for you, the Garden Center has lots of seeds and soil, and the store has a big roof for planting. This is a good time to learn the art of composting and water filtration - your alternative to the toilet. I'd place that on the roof too, otherwise things could get smelly inside.

## **Epilogue**

What happens next depends on a lot of variables. Are there any other survivors? I can imagine a naval fleet having no problems defending itself from zombies. Nuclear powered submarines should be especially safe, they can run for decades. Maybe enough people survived somewhere to come rescue you. If everyone else is zombied, well that would suck.

In any case, I hope I've helped you in formulating your own zombie survival plan.

# Twilight success takes over Washington town

By Leanne Yu
The Link (British Columbia Institute of
Technology)

VANCOUVER (CUP) – Inevitably, after a few short months, people will be stepping off the Twilight train. But there is a place – a very real place – that will be married forever to this seductive cultural phenomenon. It is a place where vampires and werewolves and mushroom ravioli are free to exist in their

Forks, Washington.

true forms.

Yes, this rural setting to the famous vampire series is a real town. And it's where I spent my spring break.

Twilight author Stephenie Meyer never actually visited Forks until after she published and sold millions of the first book in her fourbook saga.

Any knowledge she had of the town was mostly from Internet research.

So it seemed any little coincidental nuances she included in the novel about the town were almost meant to be.

And because of Meyer's imaginings, Forks has done a complete 180.

A mere few years ago, the town was barely clinging onto its glory days of being the so-called logging capital of the world. The only tourism it saw was from fishermen taking advantage of the sparkling rivers of the Olympic Peninsula.

But now, Forks is a booming destination for Twilighters from across the globe.

My friends Deepak, Maria, and I took the normal route to Victoria, B.C. via ferry. From downtown Victoria, we hopped on a ferry to Port Angeles. Both ferries took 1.5 hours each to reach their destinations.

Forks was then an hour's drive from Port Angeles. It surprises people that this mystical vampire haven is just on the other side of Vancouver Island.

Our home was the same as the Cullens.' To us humans, it is the Miller Tree Inn. The owners of this delightful bed and breakfast dubbed their home the official Cullen residence after

an excerpt in the novel described the building as being over a hundred years old, painted white, and having a wrap-around porch. Pretty much spot on.

Homes and businesses all around town have similar stories. A local schoolteacher was the first to put up a "Home of the Swans" sign in her front yard and her house has been a popular photo op ever since.

Rare is a store without at least some sort of Twilight merchandise. The interesting thing about all the paraphernalia is that it is mostly homemade, which makes it quite endearing. Dazzled By Twilight is a newly opened superemporium of sorts that sells Twilight gear only.

Again, most of its goods are not officially licensed, but instead seem to be products made for fans, by fans.

Restaurants cater to those whose hunger for Twilight extended to their tummies. Forks Coffee Shop was undoubtedly the inspiration for the location of Bella's graduation dinner in Eclipse, what with the elk head and all. There we had "Jacob's Blackberry Cobbler". We thought we could do better. We preferred to call it "Jacob Black-berry Cobbler" or "Blackberry Jacob-bler."

And the theme continues. Sully's Burgers has the Bella Burger. The local Subway has a special Twilight Sandwich. Pacific Pizza has Bellasagna served with Ed Bread and a side of Swan Salad.

You get the picture.

The one that takes the cake is not in Forks at all, but in Port Angeles.

Bella Italia was where Edward and Bella had their first date.

(I know, I substituted myself in for Bella when I read that part, too).

There, I had the infamous mushroom ravioli. At \$21, I thought it was a mere Twilighter trap, but it was absolutely delicious in its own right. Don't forget to wash it down with Coke, just like Bella did.

The absolute highlight of the trip surprisingly had to be La Push. Its breathtaking beaches are only a 20-minute drive away.

We decided we would gladly switch to Team Jacob if it meant being able to see its beauty everyday.

If you're wondering, there is in fact a treaty line to separate the werewolves/vampires. We didn't think it'd be hard to choose a side before, but now we're not so sure.

While we may not have considered ourselves Twihards or fanpires, we did enjoy gallivanting through the area as an exploration of pop culture.

If you're a fan, I'd encourage you to make a trip down (and make sure "Full Moon" by The Black Ghosts is blasting from the stereo. You know why).

We thought we'd be the only Twilighters in town, but whenever we approached a destination such as Bella's red pick-up truck or Dr. Cullen's parking spot at the hospital, a group of more hardcore, more decked out fans would already be there.

I guess it all speaks to the success of the town's makeshift tourism industry.

The charm of the place has to do with the townspeople's enthusiasm in displaying bits of their everyday lives as something a little more magical to share with fans who are all too eager to drink it in.

If you put up a sign, they will come.







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