

# The Sentinel

Vibrant Fall is Here



Welcome Back Everyone!



# Letter From the Editor

Welcome back everyone,

I hope all of you enjoyed a safe and restful summer. For all the new students and faculty, welcome aboard! I can honestly say that the MSVU experience is one of a kind, unique and enlightening.

This is going to be an exciting year; I am so glad that as I enter my final year at The Mount, I have this chance to contribute to the MSVU community. The Sentinel is open to all of your comments and opinions, this is your newspaper and I urge everyone to let yourselves be heard. With that in mind, just a quick reminder to please use language that is respectful to all readers. Let's make this the best student paper out there!

Have a wonderful year.

Negar Sakhai



## Letter from the Student President

Hi everyone!

On behalf of the Students' Union I would like to welcome all our new students to the Mount community. To our returning students, welcome back!

The Students' Union is pleased to offer a variety of services and events to better your experience here at MSVU. We offer a health and dental plan, a diversity centre, a food bank as well as many other great services.

We also organize a variety of awesome events that we encourage both new and returning students to attend. We host everything from a homecoming semi formal, a haunted house, a drag show, to everything else in between!

Over the summer the Students' Union executives and staff have been working hard to make this year even better than the last! We hope that we can provide you with what you expect from your Students' Union. If you have any questions, concerns or even ideas, we always welcome input from students, we're here for you!

We encourage you to get the most out of your university experience by getting involved on campus. Our services offer a number of job and volunteer opportunities, for more information about any activities, events, jobs or volunteer opportunities please visit our website at [www.mountstudents.ca](http://www.mountstudents.ca)

On behalf of the entire Students' Union, I wish you the best of luck this year at the Mount!

Lindy Herrington





# Welcome Back!

Welcome Mount Students,

On behalf of the Mount Saint Vincent Alumnae Association, I would like to welcome you to a new academic year. As an alumnus, I remember the excitement of the start of the school year..... finding classrooms in Seton, making new friends and reconnecting with classmates I hadn't seen since April, standing in line at the bookstore, and partying at Vinnie's. All good memories.

As alumnae, we are always interested in hearing about student successes and are proud to support Mount students in many ways. Did you know that the Mount's Alumnae Association provides scholarships and bursaries, awards academic prizes and sponsors student activities? Did you know that the Alumnae Association has made a pledge to the Capital Campaign for construction of the new Teaching, Learning and Research Centre? These are just some of the ways that alumnae provide support for Mount students.

Take advantage of all the opportunities you have to get involve and expand your horizons. Enjoy your year and make the most of your university experience.

Study hard and make friends,

Sheldon Miller, BBA '99  
President, Mount Saint Vincent Alumnae Association

## STUDENTS' UNION ELECTIONS

Being a member of the Student Representative Council means that you are a member of the highest decision making body at the Students' Union. It's a great way to get involved on campus and build your resume!

This year's vacant council positions include:  
Off Campus Students Representative  
Mature Students Representative  
International Students Representative  
Education Students Representative  
Graduate students representative  
First Year Students Representative

Elections will be held September 27th and 28th

For more information please contact  
[president@mountstudents.ca](mailto:president@mountstudents.ca)

\*councilors are provided with an honorarium at the end of each semester\*

Hey Hey!!

So Mount community, another year, here we go. Welcome to all the new-bie's joining our family and good call choosing the Mount.

Some of you have been to Vinnie's Pub (loved it, LOVED IT) and unfortunately some of you haven't (why, oh why don't you come see us). If you have or have not been to Vinnie's before you have to come out now. The Students Union along with the University is pleased to announce that we have spent a long summer giving Vinnie's Pub a major renovation. This is largest renovation to Vinnie's in almost 30 years.

I am very pleased with the finished product and think you will be too. I would like to thank everyone involved in making this happen and while it's too many people to name everyone I would like to thank Tex Barkhouse for organizing all his crew. I am also very proud of all my own work with this reno and that is why I would like everyone to please consider this a personal invitation to come by Vinnie's for an evening or just to take a look.

If you haven't normally spent much time at Vinnie's than now is a great time to start. We do our best to try and offer as much variety as we can for everyone. We will be adding to our programming this year trying to showcase different styles of DJ's, new themes, more live entertainment & other ideas as they come about. We will also be continuing with lots of the favorites like Kareokee, Tuesday night poker tournament, our always busy & talented Open Mic and many others.

We added food service about a year & a half ago, and well it is going great, especially Thursday Wing Night, we always have room for more. We have a great menu that is still changing based on what we are getting requests for. We are pleased to tell you we have added different donair options to the menu this year, like Donairachos.

Two additions I think will go over well are more TV's and for the beer lovers (you know who you are) a larger draft selection.

Speaking of food, don't forget about the Crow's Nest Café. Just across the hall from Vinnie's and attached to the Crow's Nest computer lab, the only 24 hour computer lab on campus. The Crow's Nest Café has all your snacks, treats, baked goods, coffee and for those living on campus we also have a lot of your personal needs. We are always working with our suppliers to carry products you need but the best way for us to carry what you want is for you to tell us what you want. We will do our best to hook you up.

This is only my third year working here at the Mount but I continue to enjoy my time more and more. The people I work with, the new people I'm always meeting and this campus all make The Mount a great University.

Vinnie's Pub and The Crow's Nest Café are my avenue's to add to your experience at the Mount. Come by, check us out and let me or the staff know what you think or what we can do for you.

Todd Hoffman  
Food & Beverage Manager  
MSVU SU



# News on Campus

## News from the Library

Staff at The Mount Library welcome new and returning students for another academic year. Our librarians are providing research workshops during September and October. Do you need a head start on a research assignment? Not sure where to begin? Students can book individual or group half-hour appointments with a librarian to discuss a research assignment, or to learn to find and use academic journals and books (electronic and print), databases, Internet resources, reference material, government documents/statistics or special collections. Appointments can be booked at the Library's main desk or phone 457-6250.

The Library and Students Affairs offer a number of skills-based workshops. Drop in to one of the Library sessions held in EMF127C (lower level of the Library.)

### Introduction to Library Research:

Sept. 23 10:30-11:30 a.m.

Sept. 29 6:00-7:00 p.m.

Oct. 5 7:00-8:00 p.m.

Oct. 12 3:00-4:00 p.m.

### RefWorks: Creating Bibliographies in APA and MLA style

Oct. 6 7:00-8:00 p.m.

Oct. 7 7:00-8:00 p.m.

Oct. 13 3:00-4:00 p.m.

The Library is offering LIBR 2100 Introduction to Research in the Information Age. The goal of this credit course is to prepare you to use effective methods and techniques of information gathering, evaluation and presentation. The knowledge gained in this course will prepare you to conduct university level library research and beyond that, develop skills necessary for life-long learning. This course is considered a humanities elective. This is the ideal course for any student who would benefit from learning how to conduct library research more effectively.

### Canadian Children's Book Centre Collection:

The Library is now the Atlantic Canada location for an ever expanding collection of over 6,000 new children's books published in Canada by Canadian writers. The Canadian Children's Book Centre has mirror collections in Toronto, Vancouver, Edmonton and Winnipeg. The collection includes picture books, young adult books, non-fiction books, and series. All the books are located on shelves in the south-east corner of the Library's main floor at the end of the journal stacks. The books do not circulate, but everyone is welcome to take a title from the shelf and read it in the Library. The Library is planning a formal reception in October to introduce the campus community to this interesting and colorful collection. For more information about the CCBC and its regional collections, please go to <http://www.bookcentre.ca> or email Terrence. Paris@msvu.ca.

During the Early Advising and Registration sessions held this summer we had the opportunity to take ID Card photos of new students. If you had your photo taken this past summer you may pick up your ID Card at the Library. Returning students can have their current card updated by visiting the Circulation Desk.

The Library has laptops and netbooks available for loan. Starting in September, you can check out a portable computer for up to five hours. Also, the Red Zone on the lower level of EMF is equipped with an LCD projector to practice your presentation skills or do group work. Please visit our homepage, [www.msvu.ca/library](http://www.msvu.ca/library), to subscribe to the MSVU Library Blog and have up-to-date news delivered to your inbox. We welcome you to join our Facebook group which provides access to our services directly from your Facebook account.

Darrell MacLean

## Mount's New Program Recognizes Student Co-Curricular and Leadership Activities!

The Co-Curricular Recognition Program (CCRP) is a way for students to formally document all of their non-academic, extra-curricular involvement in an official format called a Co-Curricular Record (CCR).

Mount Saint Vincent University has put the CCRP in place so that students can choose to enrich their university experience beyond the classroom in ways that will benefit their career goals. A Student's CCR will give them the edge that graduate schools and future employers are looking for.

A CCR may include activities such as volunteer work, athletics, awards and other leadership activities. Students can request their CCR for reasons such as job applications, award nominations, or scholarship opportunities.

Beginning on September 1, students can create their CCR simply and easily at [www.msvu.ca/CCRP](http://www.msvu.ca/CCRP).

Choose the "student" option and proceed to document all eligible activities and awards.

To find out more about the Co-Curricular Recognition Program, visit [www.msvu.ca/CCRP](http://www.msvu.ca/CCRP); there is also a workshop called "Co-Curricular Recognition Program - What's in it for me?" This event will take place on September 9th at 12:00pm in Seton 316.

So what are you waiting for? Start your CCR this fall!

**Looking to get involved  
on Campus and  
Build your Resume?**

**Join the Students'  
Union  
Street Team!**

The Students' Union Street Team is a volunteer group of students who, with direction from the SU President, promote issues and events on campus to the greater student body

It's a great way to build your resume and contribute to campus life at MSVU!

For more information please contact Lindy Herrington at [president@mountstudents.ca](mailto:president@mountstudents.ca)

**DO IT!**



# News on Campus

## Mount Co-op Students Gain a Golden Experience



**BACHELOR OF  
BUSINESS ADMINISTRATION  
CO-OP PROGRAM**

Applications for the  
Summer 2011 Co-op Term  
are available for business students.

Co-op Education is an academic program  
that integrates your studies with paid,  
career-related work experiences.

Submit your applications to the  
Co-op Office by October 7, 2010.

For more information contact:  
Scott Daniels, Co-op Coordinator  
Email: [scott.daniels@msvu.ca](mailto:scott.daniels@msvu.ca)  
Seton Annex, Room #3  
[www.msvu.ca/co-op](http://www.msvu.ca/co-op)

Young Canadian athletes shined throughout the Vancouver 2010 Olympic and Paralympic Games, but off the ice and snow, some students were fortunate enough to have a work experience of a lifetime. At the Mount, we are extremely proud of two co-op students who had the opportunity to work and be involved with one of the world's most elite sporting events. This work experience allowed them to develop and strengthen their skills in a fast-paced environment and come out with an experience of a lifetime.

Bailey Williams (featured in picture), a recent Bachelor of Public Relations graduate, became involved with the Olympic Games while working with the Province of Nova Scotia, on her third co-op work term. She assisted in planning different events for the Olympics and learned the importance of time management and teamwork. Both qualities helped in the event planning process not only to share workloads but to support each other through each task and project. A highlight for Bailey was when she had the opportunity to travel across Nova Scotia for the torch relay. She was able to visit many parts of Nova Scotia and be a part of many special moments. Bailey was able to expand her event planning management and fundraising skills as well as learned many valuable lessons which she will never forget.

Matt Binnington, a third year Business Administration co-op student completed his first co-op work term this winter with Gameday Management Group Canada (GMGC). Like Bailey, he learned how important time-management and multi-tasking skills can be during an event of this magnitude. Matt was working as a Reconciliation Manager with Gameday Management Group Canada, which allowed him to build on his leadership skills while learning to handle responsibility, resolving issues, and delivering results. In addition to the vast work experience he received, Matt was also able to work outside the office and volunteer during this pivotal event. For him, this was one of his more memorable experiences and benefits of his job. Volunteering for the Opening Ceremonies let him experience the full spirit and passion of the Games, a moment that will stay with him forever.

Both Bailey and Matt agreed that the co-op program helped them prepare for working at the Olympics. They developed the skills and experience to work in the real world. When starting their work with the Olympics, they had a strong foundation and knowledge of what needed to be done and how to do it. They learned to pay attention to detail, work with a diverse team and enjoy every moment of what they were doing.

We are proud of both these co-op students and what they accomplished during their work with the Olympics. Bailey and Matt have achieved their goals while they experienced new cultures and gained memories they will cherish for a lifetime.

Kathryn Parsons,  
BBA Co-op Student



Calling all Mount Faculty, Staff and Students.

Do you like to sing? If so, please join us!

This is a fun group of students, faculty, staff and friends of the Mount who like to get together and sing. Members of the choir meet each week to sing to a variety of songs selected by the group. No experience is necessary!

First get together will be  
Thursday, September 23 at noon  
Location: Rosaria 105  
Everyone is welcome.

If you are interested in joining the choir but unable to attend,  
please e-mail [joanne.burns-theriault@msvu.ca](mailto:joanne.burns-theriault@msvu.ca)



Full Time

**Mount Students**

**FULL-TIME Mount Students receive:**  
FREE Unlimited Fitness Classes & access to the Weight Conditioning Centre  
50% off selected Instructional Programs

Step #1: Go to the Fitness Centre in the Rosaria Student Centre.  
Step #2: Present your 2010-2011 MOUNT Student ID card.  
Step #3: Complete a registration form.

It's that easy!

Part Time

**Mount Students**

**PART-TIME Student Fee: \$40 PER TERM**  
Includes unlimited Fitness Classes & access to the Weight Conditioning Centre  
50% off selected Instructional Programs

Step #1: Go to the Fitness Centre in the Rosaria Student Centre.  
Step #2: Present your 2010-2011 MOUNT Student ID card.  
Step #3: Complete a registration form and pay fee.

It's that easy!

Mount

**Faculty & Staff**

**Mount Staff & Faculty Fee:** Faculty only: \$75 / year  
Fitness only: \$100 / year  
Fitness & Faculty: \$140 / year  
you receive 50% off selected Instructional Programs with a current Fitness Centre membership.

Step #1: Go to the Fitness Centre in the Rosaria Student Centre.  
Step #2: Present your 2010-2011 MOUNT Student ID card.  
Step #3: Complete a registration form and pay fee.

It's that easy!

[www.msvu.ca/FitnessCentre](http://www.msvu.ca/FitnessCentre) | 505 Bedford Highway - Rosaria Student Centre | 502.457.5420 | [mountfitness@msvu.ca](mailto:mountfitness@msvu.ca)

## Kid's Karate

Children's Karate - for ages 7-15				Instructor: Randy Velotto			
<b>Beginner Level:</b> Beginner is up to 3 orange belts							
<b>Fees:</b>	<b>Day</b>	<b>Time</b>	<b>Level</b>	<b>\$200</b>	<b>\$80</b>	<b>3 Terms</b>	<b>Fall Term</b>
	Thu	6:45-7:30pm	Beginner			Sept. 23 - June 9	Sept. 23 - Dec. 9
	Sat	8:30-9:15am	Beginner			Sept. 25 - June 11	Sept. 25 - Dec. 11
<b>Intermediate &amp; Advanced Level:</b> Intermediate is orange belt and above Advanced is brown belt and above							
<b>Fees:</b>	<b>Day</b>	<b>Time</b>	<b>Level</b>	<b>\$200</b>	<b>\$80</b>	<b>3 Terms</b>	<b>Fall Term</b>
	Mon	8:15-9:30pm	Advanced			Sept. 20 - June 6	Sept. 20 - Dec. 6
	Thu	7:30-8:15pm	Inter. & Adv.			Sept. 23 - June 9	Sept. 23 - Dec. 9
	Sat	9:15-10:00am	Inter. & Adv.			Sept. 25 - June 11	Sept. 25 - Dec. 11



## Kid's Tae Kwon Do

Parents and Children Ages 4-6				Instructor: Rob Carr			
<b>Day</b>	<b>Time</b>	<b>Level</b>	<b>All Levels</b>	<b>Fall Term</b>	<b>Sept. 20 - Dec. 5</b>	<b>Fee</b>	<b>\$65 child/parent or \$45 child</b>
Sun	12:10-1:00pm						
Parents and Children Ages 7-15							
<b>Day</b>	<b>Time</b>	<b>Level</b>	<b>All Levels</b>	<b>Fall Term</b>	<b>Sept. 20 - Dec. 5</b>	<b>Fee</b>	<b>\$65 child/parent or \$45 child</b>
Sun	1:00-1:50pm						



# News on Campus



## Beati Qui in Monte Colunt: Quoniam Ipsorum Viride Efflorescet

So reads the Latin inscription of The Mount's Community Garden, an initiative that began last fall and is presently seeing its first harvest at its location at the top of the hill beside the Meadows. The translation of the Latin could read in two ways: "Blessed are they who garden on The Mount: for their youthfulness shall blossom forth," or, "Blessed are they who learn on The Mount: for their youthfulness shall blossom forth." Even though this little Latin inscription may seem to suggest that the university or the garden, or perhaps the nuns at the top of the hill for that matter, have found the elixir of youthfulness, such is not the case – at least not to my knowledge (although I must admit Alexa is still looking pretty good). Instead, this Latin inscription, like most Latin inscription for cities and universities, is sort of a goal or mission statement for the garden.

And this particular Latin inscription seems befitting of an initiative such as a new community garden at this present time in history. After a summer-long oil leak in the Gulf, we are all the more aware that we are living in an age of peak oil, of an age where the energy source on which we rely so singularly is coming from more difficult and potentially environmentally damaging methods of extraction. This is a sign of an aging and used-up planet. The food we buy in the grocery store also relies heavily on the oil industry for production and transportation. Such an unsustainable food system is also playing its part in creating an old and use-up earth.

Paradoxically, a large part of the solution to our present aging earth is not necessarily to develop novel technology, but to return to old technologies – such as producing food locally. Local and urban agriculture has become hip and sexy, as is evident with the ever growing 'slow food movement' and the increase of local food on restaurant menus. Like the teenager rummaging through grandma and grandpa's closets, we've discovered that what grandma and grandpa know is actually cool. In this case, not only is producing food locally cool, it also will do much to regain the youthfulness of our earth.

Universities are not unaware of this. Starting with student-led initiatives, universities across North America, The Mount included, are developing community gardens on campus, providing a location where the important knowledge of food production can be learned and passed on. What is being discovered at these campus community gardens across North America is that the potential benefit is much greater than another green washing opportunity or providing fresh vegies for a few residents. One campus garden in Maine has its produce go directly to the university cafeteria. University of British Columbia in Vancouver, BC and Lakehead University in Thunder Bay, ON, besides providing space for individuals to garden, also use their gardens for various academic research initiatives. McGill discovered that a campus garden could both provide food for soup kitchens as well as make their campus more beautiful. Great PR for the university, wonderful learning opportunities for university students, and a practical and concrete (and significant) way to put some youthfulness back into our aging earth.

Even though The Mount's Community Garden is experiencing the bounties of only its first harvest, already it is finding its own niche in how it will provide a concrete way in revitalizing an aging earth on campus. Besides, providing both on and off-campus community members the opportunity to grow their own local food, the community garden has sparked the interests of a number of academic departments on campus who are investigating ways to incorporate the garden into their curriculums. Wouldn't it be 'something neat' if the university you go to produced its own food for Applied Nutrition Labs, or plant specimens for Botany class? Perhaps Vincent's Restaurant could not only serve all local food, but also produce students trained in working in a local food tourism and hospitality industry with the knowledge of how to grow, store and cook with food grown on campus. Or how about eating the food you yourself grew for those students on-campus who have their own kitchen - your bank account would certainly approve. Indoor gardens or '4 season' gardens need not be out of the question, and extra produce could be donated to food banks on behalf of the university. These are only ideas of how the garden could find its niche at The Mount – ideas that are likely years away, but possible nonetheless. At any rate, the possibilities seem endless – and exciting. (Continued on the next page)



# News on Campus

(Continued)

Involvement and participation of students will go far to seeing a campus community garden make a significant impact on the course of our aging earth. At present the garden effort is maintained by a Community Garden Coordinator and a handful of generous staff and student volunteers.

There are also a number of academic departments interested in integrating their curriculum or provide students the opportunity to do research around community gardens and local food issues.

Here are a few ways to support and get involved with the campus community garden initiative:

1. Contact the Community Garden Coordinator and volunteer.
2. Start or become involved in a Community Garden Student Group.
3. Ask your professor whether you can tailor your assignments around local food and the campus community garden.
4. Brainstorm ways that a campus garden could benefit your student group, dormitory, or the campus as a whole and pass your ideas on to the Garden Coordinator.
5. Attend community garden events and workshops throughout the year.
6. Visit the garden often and benefit from its communal herb bed.

By the time you graduate from The Mount you will be a few years older, and, perhaps unfortunately so, there is no way to get these years back. There is, however, a youthfulness that you can help cultivate while at The Mount – a university culture dedicated to reinvigorating an earth to its original youthfulness:

Blessed are they who garden and learn at The Mount: for their youthfulness shall blossom forth. Such, at least, is the hope and goal of The Mount Community Garden.

You can contact the Community Garden Coordinator at 457-6719 or [garden@msvu.ca](mailto:garden@msvu.ca).

## Some Tips for a Successful Year

Another school year is about to start and everyone is preparing for class. Your pencils are sharpened, your Ipod is charged and the laptop is ready for the new term.

Every September is full of promise and ambition. However, life often interferes with studies. Juggling class work with jobs, relationships and fun can be difficult, but not impossible.

Often the busiest students are the most successful, but only to a limit. In Counseling Services we recommend limiting paid work to only 10 to 12 hours a week if you are a full time student. Another good time management strategy is to plan to study two hours for every hour you are in class. If you are taking five courses (15 hrs in classes a week), then plan to spend twice that time in independent study (30 hrs/week). This time could be spent on preparing for classes by reading your chapter ahead of time, working on an assignment or paper, or studying for an exam. If you add these two together – 15 hrs/week of classes plus 30 hrs/week of homework – then being a full time student is a busy full time job (45 hrs/wk).

For more help with time management skills, you can make an appointment with a counselor or check out their free workshops at [www.msvu.ca/studyskills](http://www.msvu.ca/studyskills). While you are there, consider taking in a study skills workshop on lecture note taking, reading textbooks or on Exam Preparation – both will teach you some new skills to help you reach academic success. There are many supports and services on campus to help you reach your full potential while at MSVU.

Looking for a job or undecided about your career path? Seek out Career Planning Services.

Do you have to write your first research paper and don't know how to get started? Consider meeting up with a University Librarian or with the Writing Resource Coordinator, located in the Crow's Nest.

If you are a student with a diagnosed Disability, accommodations are available to you through Disability Services.

Whatever your challenge is this year, please be sure to seek out the support you need right here on campus.

Joanne Mills, Psychologist  
Coordinator, Counseling Services



## Are You Feeling Overwhelmed? We Can Help!

Puzzled about your major? Need a job or help with your resume? Visit Career Planning Services in Evaristus 218 or contact Julie Fillmore to book an appointment with a career counsellor: 457-6567 or [careerplanning@msvu.ca](mailto:careerplanning@msvu.ca).

Problems with money? Student loan issues overwhelming? In need of financial assistance?

Let us help. Visit the Financial Aid Office in Evaristus 219B or contact Frances Cody: 457-6351 or [frances.cody@msvu.ca](mailto:frances.cody@msvu.ca).

Feeling sick? We want to help you feel better. Visit the Health Office on the 2nd floor Assisi to book an appointment with a doctor, or call 457-6354. You can also email secretary, [linda.berringer@msvu.ca](mailto:linda.berringer@msvu.ca) or the nurse/manager, [diane.tinkham@msvu.ca](mailto:diane.tinkham@msvu.ca).

Housing hassles? Roommate issues? To live in residence or find off-campus accommodations visit the Housing Office in Evaristus 219B or contact the Housing Coordinator at 457-6356 or [housing@msvu.ca](mailto:housing@msvu.ca).

Are you feeling overwhelmed from stress? Are personal problems interfering with your studying? Are you feeling low lately? Visit the Counselling Office in Evaristus 218, or contact Julie Fillmore to book an appointment with a counsellor: 457-6567 or [counselling@msvu.ca](mailto:counselling@msvu.ca). Our Services are Free.

Need English academic preparation? If English is not your first language and classroom expectations are stressful, contact Nicolle Bowes, International Student Program Coordinator in Evaristus 203: 457-5405 or [nicolle.bowes@msvu.ca](mailto:nicolle.bowes@msvu.ca).

Need a work permit, entry visa, study permit? Feeling confused? If you are an international student, visit Evaristus 202 to contact Paula Barry, International & Exchange Student Advisor: 457-6130 or [paula.barry@msvu.ca](mailto:paula.barry@msvu.ca).

Do you have a disability? To book an appointment with one of the counsellors at Disability Services, please visit Evaristus 218, or contact Julie Fillmore: 457-6567 or [julie.fillmore@msvu.ca](mailto:julie.fillmore@msvu.ca).

Need help picking or changing courses? Visit Seton 302B to contact the Academic Advisor, Heather Graham: 457-6324 or [heather.graham@msvu.ca](mailto:heather.graham@msvu.ca).

Do you have an exam schedule conflict? Or need to re-schedule a missed exam? Visit Evaristus 215 to contact the Scheduling and Exams Coordinator, Pernell Blake: 457-6417 or [pernell.blake@msvu.ca](mailto:pernell.blake@msvu.ca).

Lost and Found? Go to Assisi front desk for any Security issues, or call 457-6111 or [security@msvu.ca](mailto:security@msvu.ca).

Feeling out of shape? Want Fitness tips? Fitness counselling, individual programming or e-coaching are available. Visit the Fitness Center in Rosaria 127F to contact the Fitness Officer, Pat MacDonald: 457-6563 or [pat.macdonald@msvu.ca](mailto:pat.macdonald@msvu.ca).

Want some quick tips for studying? Check out our Study Skills website: [www.msvu.ca/studyskills](http://www.msvu.ca/studyskills)

Need help writing your papers? Want to learn more about APA style? Visit Rosaria 111A to book an appointment at the Writing Resource Centre, or call 457-6567 or [writing@msvu.ca](mailto:writing@msvu.ca).

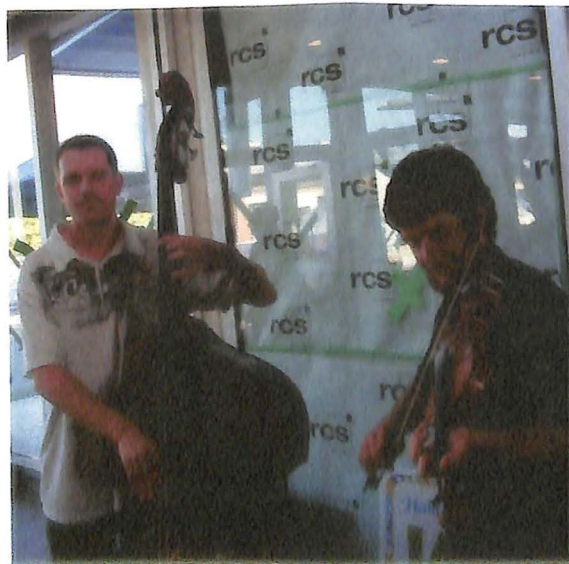
Office of Student Experience  
General Inquiries: 457-6567



# Halifax in Pictures

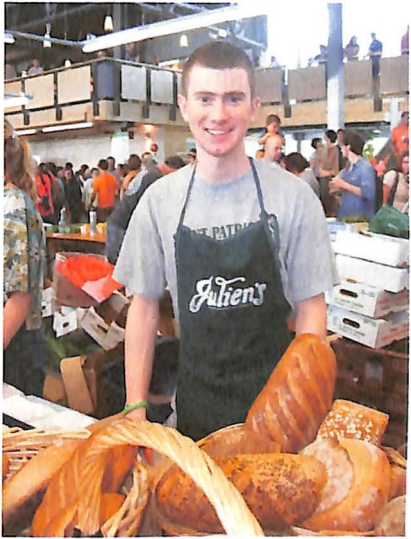
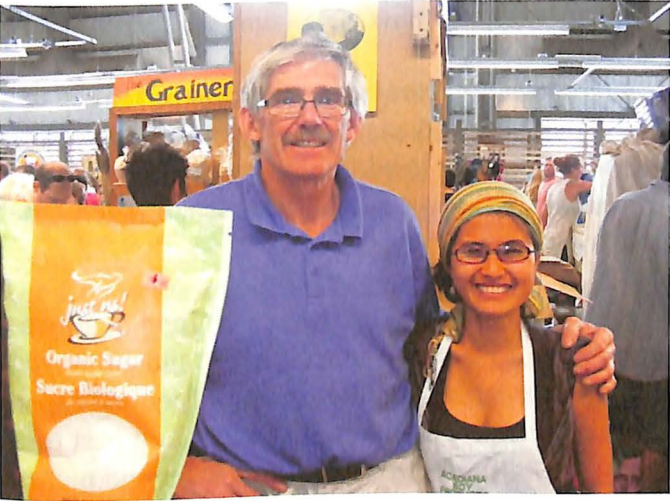


Halifax Seaport Farmers Market





# Halifax in Pictures





# Local News

## A Taste of Halifax!

Known as Canada's University City, Halifax attracts students not only nationally, but internationally as well. The beauty of the city is not limited to the breathtaking landscape; it extends to the vibrant community life that flourishes in Nova Scotia. Unfortunately, this aspect of Halifax is scarcely experienced by student visitors, especially by campus residents who live entrenched exclusively in campus life.

Halifax is a lively city filled with many perspectives and events involving the arts, music, film, theatre, as well as grassroots community events such as anti-poverty movements, and environmental groups to name a few. Although there are many metropolitan factors, Halifax also captures the essence of small town sensibilities. This unique blend of large city glamour and small town hospitality come together at the Halifax Seaport Farmer's Market.

Whether you are a local, national, or international student, you can find a taste of home at the Seaport Farmer's Market. "I think students like to come here for the atmosphere", states Aaron Bale, a Dalhousie student, "This is a place where people can connect. Students mostly live in the bubble which is the university environment, they become disconnected with the community they live in – but community is very relevant."

This community-based phenomenon that is the Seaport Farmer's Market is more than just a market; it is an ongoing party where everyone is invited. There are local musicians, original works of arts and crafts, and a stunning ocean view and most important of all, the best quality foods you can find – produced from the hard work of committed local farmers, all under one roof.

The atmosphere is like a huge concert where people line up for admittance. Although there is barely any room to pass the crowds, the bright and breezy building with its amazing ocean view, provides an effortless escape from the scorching heat of a hot summer day. The sense of community flourishes as people from all walks of life come together to enjoy the riches of Nova Scotia. There are families with young children, groups of friends, couples, singles, elderly; it is a place where old acquaintances bump into each other.

Located on 1055 Marginal Rd, near the Waterfront, the Seaport Market is a great social event to meet with friends and enjoy some of the delicious food and drink, while catching up on the week's grocery shopping.

For many people, a market sounds great but does not seem like an overly affordable choice for weekly groceries; according to Kayleigh MacSwain, an employee at Elmridge Farm, this couldn't be further from the truth. "The market is competitive price-wise; there are so many farmers here so you can get bargains on pretty much anything. The difference is the produce here is better quality because it is fresh."

Better quality? Ian O'Brian from Noggin Corner Farm would agree, "Locally grown food is direct from the earth, it is more nutritious, tastes better, has a longer shelf life and there is so much more variety". O'Brian grows 52 varieties of apples, and in terms of freshness, George Pickford from Acadiana Soy Products explains that all the farm products at the Seaport Farmer's Market are less than 24 hours old. That's not something you can find at a corporate-based grocery store.

The Seaport Market is quickly becoming one of the city's treasured landmarks. Since its opening in August 2010, the crowds are growing each week; as one of the vendors informed me, it is not unusual for the market to be flooded with shoppers at 9:00am. "My young son is a vegetarian and is allergic to chemical additives in foods," explains Robab Haghpanh, a regular shopper at the Market, "The farmers here are very supportive and understanding; I am very grateful for their helping me to sustain my son's health."

"This market came to be, based entirely on the hard work and dedication of Nova Scotia's farmers and local businesses", Friedel Kungl explains as he arranges produce for Selwood Green organic farm, "This place has a sense of community, it is an event to look forward to – the atmosphere, the smell of fresh foods, a lot of it is a labour of love, it is just inspiring."

Public support is an important factor here; farmers need to see that the community will buy their products. Since there is not enough Federal or Provincial support for local food growers, there is very little incentive for farmers to keep going; it is a thankless job but one that many love to do.

"Buying locally grown foods, shows that we value food quality as a priority", explains Roberto Gueli, a Nutritionist and employee on Selwood Green organic farm. "Smaller scale of food production requires less travel and processing to make the food pest resistant. Also, locally grown foods are tended for better and picked when they are fully ripe, so are much more nutritious."

As consumers, we have the chance to impact the food industry. By choosing healthy, fresh, local foods, we can support and encourage sustainable food production methods that not only benefit us but also the food producers and environment as well.

In our modern societies, we have become alienated not only from the bodies which we live in but also from the environment which we live off of. Most of us often don't stop to consider where our food is coming from or the amount of hard work and dedication it takes for farmers to create the food we eat.

Perhaps the Seaport Market is a first step to our awareness of the priceless contribution that our farmers make to our survival. When you meet the women and men who produce the food we eat, there is a rekindling of the human connection, not between consumer and product, but between people and the environment which we take for granted. These amazing people are the heart of community.

For more information about the Halifax Seaport Farmers Market, call: (902) 492-4043.

Negar Sakhai  
Publication Editor



# Community News



Photos courtesy of CKDU 88.1 FM

## Free Concert and BBQ – Brought to You by CKDU 88.1 FM, Your Community Radio!

As a show of appreciation for their continuous support, every summer CKDU radio holds a free concert and barbecue for the community at large. This year the annual event took place on August 8, 2010 at Needham Park, located on Union Street; the music fest went from noon until 6pm.

The annual concert is a family friendly picnic which includes children's entertainment such as face painting, balloon animals, free-form music and of course, a grand barbecue with vegetarian options.

The Concert is an alternative to the private summer concerts held in Halifax, as Spoken Word Coordinator at CKDU, David Parker explains, "This one is inclusive and much more considerate about the local residents."

And aside from the fact that it is free, this concert focuses on the brilliant talents of local artists; this year the line up included Friendly Dimension, Cousins, Lovebutter, and Sleepless Nights, as well as CKDU's own DJs.

"This concert is a chance for CKDU to give back to the people who support us; it also provides us the great opportunity to meet our listeners," Parker explains, "It is a great event; we have great bands and great people".

So what makes this event special? The fact that it is a chance to bring together community members with a non-corporate media; it is a way to unify people with community radio. CKDU radio is a grassroots, community supported radio that gives a voice to people who are otherwise marginalized in other media. It is an alternative to private radio stations; CKDU programs include independent news reporting, spoken word content from students and the public, and of course – music.

So for all of you international students out there, don't get homesick. Join the community! CKDU radio welcomes you to join them to create shows that meet your needs, why not create a show that features your native language?

For more information, call (902) 494 – 6479 or email: [info@ckdu.ca](mailto:info@ckdu.ca)

Negar Sakhal  
Publication Editor

## ALT 101

As another fall term begins, Nova Scotia Public Interest Research Group (NSPIRG) invites you to get into the environmental and social justice scene.

"Challenging the notion that university students are apathetic, or don't care beyond the beer bottle, NSPIRG continues to empower, educate, and inspire students to take action on issues that concern them on and off campus" explains Sebastien Labelle, an NSPIRG Board member, "Workshops, research funding, rallies, community support, alternative library, gardening – NSPIRG does it all."

### Alternative Orientation Series

ALT 101 is an alternative orientation series offering new and returning students an opportunity to discover the campus and Halifax's many communities. ALT 101 is a gateway to the diversity of Halifax and features student societies and community groups that engage in critical education, give voice to marginalized identity groups, organize through grassroots methods and follow principles of anti-oppression. ALT 101 is collaboratively organized by students and the community. It empowers students to meet great people, acquire new skills and experience popular and creative engagement in their community.

When: September 7th to October 10th

### Events Include:

- Break the Fast Ramadan event
- Garden Harvest Party
- Growing Independent Media! Workshop
- Panel Discussion on Tuition Freeze
- Halifax Women & Trans Bike Repair Night

### AND!

Toronto-based soul-tech band LAL comes to Halifax for a benefit concert in support of No One Is Illegal – Halifax & CKDU. LAL's music is inspired by the collective experiences of Indigenous and migrant communities living in Canada. They offer a mix of downtempo, techno, soul, folk and international sounds.

For a full calendar, search for the 'Halifax ALT 101' or 'NSPIRG' Facebook groups, or visit [www.nspirg.org](http://www.nspirg.org)

ALT 101 is coordinated by the Nova Scotia Public Interest Research Group (NSPIRG) and presented in partnership with:

- |   |  |
|---|--|
| -Campus Action on Food (CAF)                            | -King's Student Union (KSU)                      |
| -Canadian Federation of Students (CFS)                  | -Micmac Native Friendship Center                 |
| -CKDU 88.1 FM Campus Radio                              | -No One Is Illegal - Halifax                     |
| -Dalhousie Muslim Student Association                   | -SeeMore Green Collective Garden                 |
| -Dalhousie Women's Centre                               | -Social Activist Law Student Association (SALSA) |
| -DalOUT   | -Student Union NSCAD (SUNSCAD)                   |
| -FreeReels  |  |
| -Halifax Media Co-op                                    |  |
| -Halifax Women & Trans Bike Repair Collective           |  |
| -King's Alternative Food Cooperative Association (KAFA) |  |



# Art and Culture

## MSVU Art Gallery features Using It: Art Stars\*

The creation and presentation of self, through assumed personae, is a cultural phenomenon as old as theatre. Today, social networking sites, such as Facebook, enable individuals to create myriad versions of themselves capable of interacting with an ever-expanding on-line audience.

In her catalogue essay, Curator Jennifer Simaitis states, "The gender-bending characters in these videos are comically exaggerated and steeped in pop culture references. Such devices allow us, the viewers, to recognize the characters and audit ourselves and our ideologies through them, or at least to project the personal qualities represented onto someone we know" ([www.msvuart.ca/usingit](http://www.msvuart.ca/usingit)).

Jasmine Valentina offers a YouTube video featuring herself in drag as Harold, a femme Woody Allen-like heterosexual male. Robert Lendrum investigates self-perception through an online project in which he surveyed friends, family and co-workers to gather their impressions and memories of him. The results are interpreted by an actress whose enactment of Lendrum's perceived persona generate plenty of laughs. Nadja Sayej, the outrageous host and gonzo art reporter of Art Stars\*, operates as entertainer and critic, using an aggressive interview style to expose art world egos and rituals. Through comically stereotyped performance, the portrayals in the film challenge viewers' expectations about masculinity and feminist identity.

This exhibition is the 14th in the Prospect series, which introduces emerging artists and curators. Support from Canada Council for the Arts is gratefully acknowledged.

Art Stars\* will be featured from August 14 until October 17, 2010

For more information, contact Katie Belcher at 902-457-6291 or [katie.belcher@msvu.ca](mailto:katie.belcher@msvu.ca)

Visit [www.msvuart.ca](http://www.msvuart.ca)

## Losing It at MSVU Art Gallery

With humour and pathos, this group exhibition probes the perceptual and memory anomalies that accompany mental illness, dementia, social dislocation and anxiety. Whether the art serves to provoke or assuage anxiety remains an open question. Losing It includes works by Kirtley Jarvis (London, ON), Cheryl Pagurek (Ottawa, ON), and Mary-Anne Wensley (Halifax, NS).

Pagurek's floor-projected video Flow appears alongside Reflections, a series of backlit photographic transparencies. On the sound-track of Flow, an off-camera doctor dictates the medical chart of an elderly dementia patient, subtly connecting his symptoms to distortions visible in the imagery. Both the video and the photographs depict the artist's home street as reflected in puddles on the asphalt. Inserted into these fragmented and ephemeral images are details from 50-year-old home movies, blending the present of the puddle reflections with mementoes of past events. The muddling/puddling of time and place produces a hauntingly disorienting effect.

Kirtley Jarvis is a textile artist who also specializes in recycling cast off materials in other media. Her installation, Home Show for the Homeless, resembles a cluttered living room. Most of the elements in the room are embroidered with exact replications of panhandlers' signs (which she buys from their makers) or with brief jottings—the wobbly script and misspellings precisely reproduced in thread—of the demented, the alienated and the mentally ill. As the artist says, "Some bad luck—an accident—illness—a few missed pay cheques—depression—schizophrenia—simply getting old. How close are we to being completely disenfranchised and disconnected?"

The script in Jarvis' work is mirrored in Mary-Anne Wensley's Dehiscence: To Gape or Burst, a wall drawing composed of sausage casings a wall drawing composed of sausage casings formed into cursive pseudo-script, interspersed with readable words such as "forget", "puke" and "poke." Also presented are mechanized sculptures, the Coping Mechanisms. These kinetic pieces physically engage viewers—rubbing shoulders, massaging or smacking their heads, etc. While spectators may find some interactions enjoyable, the Coping Mechanisms are equally liable to stir up feelings of bodily vulnerability, anxiety and obsession. Support from Canada Council for the Arts is gratefully acknowledged.

Losing it will be featured August 14 to October 3, 2010.

For information, contact Katie Belcher at 902-457-6291 or [katie.belcher@msvu.ca](mailto:katie.belcher@msvu.ca)



## Beatle Mania on Tour

Following a successful Canada-wide tour in May 2010, international theatrical concert show Beatlemania On Tour – The Beatles Experience returns to Canada this September, making a stop in Halifax on Sept. 10, 2010.

Sept. 10 Halifax, NS Casino Nova Scotia (Schooner Room) at 8 p.m.  
\$59 - Ticket Atlantic Box Office (902) 451-1221

Beatlemania On Tour – the Beatles Experience takes fans on a magical mystery tour, exploring The Beatles' revolution in popular music and culture. Employing The Beatles' authentic-looking instruments, amplifiers, and costumes, coupled with faithful renditions of your favorite classics, Beatlemania on Tour – the Beatles Experience recreates the spirit of the Fab Four in ways that have audiences raving about them.

"This is a true musical biography. It takes you on the musical journey of The Beatles' career, starting at the beginning," explains show producer, Johnny Van Grinsven from Showtime Management Australia. "There is no other comparable show which delivers The Beatles' full story in this amazing live concert format. You will be taken in and made a part of the phenomenon that is The Beatles, and will leave the theatre believing that you have been on the journey of the greatest band ever."

Beatlemania On Tour – The Beatles Experience crew has been touring internationally since 2006. Since its inception, the show has appeared worldwide in cities including Johannesburg, Cape Town, Auckland, Sydney, Melbourne, Singapore, Hong Kong, Tokyo, Calgary and Edmonton.

Says Van Grinsven, "You may buy a seat to see this show but you will not use it."

For more information, visit [www.thebeatlesexperience.net](http://www.thebeatlesexperience.net) or contact Canadian publicist Lisa Saunders at [lisa@soundstrategy.ca](mailto:lisa@soundstrategy.ca) or 204.799.4641.



# Sports

Do not miss one of the biggest events of the year!

For one night in March MSVU, DAL, SMU and NSCC put competition aside and come together to celebrate, remember and fight back with the Canadian Cancer Society. Our committee has come together to plan the 2nd annual Metro Universities Relay for Life and we want YOU to be a part of the fight against cancer!

Briefly, The Canadian Cancer Society Relay for Life involves teams of 8-15 people who participate in an overnight non-competitive relay. Participants take turns walking, running or strolling around a track. Teams pitch tents overnight, many of which are thematically decorated. This is an overnight event it reflects the fact that cancer never sleeps. We raise as much money as we can to support this familiar cause, stay up all night with friends and have a good time! So get together with your friends, classmates, residence or employees and join us for a night of entertainment, food, activities and socialization.

Last year, 29 teams from the Metro Universities gathered at the DALPlex to partake in our traditional ceremonies, local entertainment, YouFit, Yoga and a 3 hour basketball tournament. Some managed to catch some shut eye but awoke to the upbeat voices of our fabulous MCs announcing the dance party to be followed by prizes and breakfast. With a grand total of just over \$20,000 raised from our first time event, MSVU took the title of Top Fundraiser, Top Fundraising Team and Top Fundraising School! It is up to you, the students of 2010/2011, to help us keep our title.

To be involved with the Relay, email amy.seeton@msvu.ca or to join our Facebook group search: 2nd Annual Metro Universities Relay for Life. Also, watch for our sign-up table at the Mount Mash Up during Frosh Week.

Let's come together with the Metro Universities and make the biggest student impact the city has ever seen!

Amy Seeton  
Co-Chair, Metro Universities Relay for Life  
Committee



**The 2010 Mount Orientation Brings the Beat!**

**CLASSIFIED LIVE**  
with special guests  
**Keys n' Krates**

**SEPTEMBER 8th**  
ROSARIA MULTI-PURPOSE ROOM  
DOORS OPEN @ 7:30PM

TICKETS ON SALE NOW - \$15 plus HST  
@ THE STUDENTS' UNION  
INFORMATION DESK IN ROSARIA

**Government ID Required for Access into Licensed Area**

**SL STUDENT LIFE @ THE MOUNT**

GET INVOLVED! JOIN THE  
**REC SOCIETY**  
WEDNESDAY, SEPTEMBER 22  
2:00 PM AT THE FITNESS CENTRE

The Rec Society organizes the best student parties, intramurals, off campus activities, booster nights and other special events.

The Rec Society is also a strong supporter of Right To Play, an international humanitarian organization that uses sport to promote child development in Third World and war torn countries.

Whether it's special event planning, social justice advocacy, school spirit or leadership development, the Rec Society has something for everyone. Joining the Rec Society will get you involved with student life, build skills for an outstanding resume, and give you an awesome school year!

Come check out the Rec Society at an information meeting on  
Wednesday, September 22 at 2pm at the Fitness Centre.  
Unable to attend?  
Email: Joanne.burns-thurlault@msvu.ca

**MSVU MYSTICS**

**2010-2011 Mount Mystics Varsity Tryouts**

Women's Soccer	Women's Basketball	Women's Volleyball
Tuesday, September 7th 8:00pm-10:00pm at Mainland Field Meet at Gym at 7:30pm	Wednesday, September 15th 6:00pm-8:00pm Rosaria Gym	Thursday, September 16th 6:30pm-8:30pm Rosaria Gym
Wednesday, September 8th 8:00pm-10:00pm at Mainland Field Meet at Gym at 7:30pm	Friday, September 17th 2:00pm-4:00pm Rosaria Gym	Monday, September 20th 7:30pm-9:30pm Rosaria Gym
Thursday, September 9th 8:00pm-10:00pm at Mainland Field Meet at Gym at 7:30pm	Saturday, September 18th 1:30pm-3:30pm Rosaria Gym	Tuesday, September 21st 6:00pm-8:00pm Rosaria Gym

**Men's Soccer**  
Tuesday, September 7th  
8:00pm-10:00pm at Mainland Field  
Meet at Gym at 7:30pm

**Men's Basketball**  
Wednesday, September 15th  
8:00pm-10:00pm  
Rosaria Gym

Friday, September 17th  
4:00pm-6:00pm  
Rosaria Gym

Saturday, September 18th  
11:30am-1:30pm  
Rosaria Gym

**New to the Mount?**  
Complete our Online Newcomer Form at [www.mountmystics.com](http://www.mountmystics.com)

**Unable to attend?**  
If you are unable to attend one of the scheduled tryouts, please contact June Lumsden, Athletics Director at: [june.lumsden@msvu.ca](mailto:june.lumsden@msvu.ca) (902) 457-6359  
Rosaria Student Centre Room 127

**FALL ZUMBA fitness**

Mondays - 7:00pm-8:00pm  
Tuesdays - 7:00pm-8:00pm  
Wednesdays - 7:00pm-8:00pm  
Thursdays - 7:00pm-8:00pm  
Fridays - 7:00pm-8:00pm  
Saturdays - 7:00pm-8:00pm  
Sundays - 7:00pm-8:00pm

**Drop-in fees: \$5.00**  
**Term Pass \$15.00**  
**Drop-in fees: \$5.00**

**Ditch the Workout... and join the PARTY!**

**Intramural Basketball**

Every Thursday from  
9:30pm - 11:00pm  
Rosaria Gym.

Players must be a Mount student or Fitness Centre member.  
ID required.

Basketball begins: September 23rd

**Intramurals**

**Intramural Volleyball**

Join us Monday's from 2-3pm in the Rosaria Gym for recreational volleyball.

Everyone is welcome. Teams will be made on a weekly basis.

Volleyball begins: September 26th

www.mvu.ca/fitness | 166 Bedford Highway | Rosaria Student Centre | (902) 457-6420 | MountFitness@msvu.ca



# Student's Corner

## What would I do with \$100 in Downtown Halifax?

This summer I was fortunate enough to have been asked to participate in a promotion, put on by the Downtown Halifax Business Commission, called the Big Day Downtown. I was given \$100 to spend anywhere downtown; needless to say I jumped at the chance!

Not 19? Not a problem! Downtown Halifax boasts far more than a great bar scene! Downtown Halifax is home to over 200 restaurants and cafes, 51 retail stores, 43 tourist attractions, galleries and museums, as well as a large number of hotels, salons and spas. In Halifax each venue is within walking distance from the next, sure you might have to conquer a few hills, but let's face it, we go The Mount, and hills don't scare us!

On my big day downtown I had one goal: spend my \$100 on something fabulous! I enlisted the help of a couple friends, and off we went to experience shopping downtown. First thing was first, we needed some caffeine! We got our caffeine fix at the Second Cup on Spring Garden rd, where the free Wi-Fi was very convenient for Google mapping our route on my phone!

Next we stopped in to Parklane Mall where John David shoes was having a fantastic sale, there were some great buys, but I wasn't ready to spend my \$100 just yet! We also checked out Splurge Handbags, which has some amazing jewelry, outfits and of course handbags.

With my \$100 still unscathed, (although my friends had made some great purchases!) we made our way to Sweet Pea Boutique on Queen Street. This was my first experience in the quaint little boutique, but it will certainly not be my last. Sweet Pea carries a variety of unique brands that you aren't likely to find in a mall.

Next we ventured to Argyle Street, yes the home of the Dome, to check out Biscuit General Store. This great shop is home to a lot of gorgeous clothes, but what really caught my eye were the dresses. I'm really a sucker for a cute dress and let me tell you, these dresses were fantastic! The sales girl (who I later found out goes to the Mount) was very helpful in finding me a dress that was very flattering. I chose a beautiful strapless sweetheart cut dress, which I can certainly wear on more than one occasion, as with its modest colors a simple sweater would dress it down nicely. The best part: as I student I got 10% off my purchase!

After my big Biscuit purchase, I decided I needed some jewelry to match, so we trekked up the hill to The Black Market on Grafton Street. The Black Market is one of my favorite stores downtown as it has some of the most unique jewelry in Halifax. Their jewelry comes from Asia (mainly India and Thailand) and is absolutely gorgeous! At the Black Market I picked up some great earrings to go with my new dress.

And of course a day downtown just wouldn't be complete without a stop at Your Fathers Mustache for an absolutely delicious pub club! I really had a great day downtown with friends and I would say I certainly accomplished my goal! I plan to wear my fabulous new finds to the Mounts homecoming semi formal on the 17th of September, which also happens to be my birthday!

Lindy Herrington  
Student President

## Green or Just Plain Gross?

Has anyone living in Clayton Park smelled something nasty in the air this summer? Well friends, that green perfume is due to bio-solids, aka sewage sludge.

In case you haven't been keeping up, the HRM Sustainable Management Office has been smearing the #\*&% along Dunbrack Street as an eco-friendly fertilizer. The area smelled so bad that even our own Ellen Page made a visit and criticized the HRM folks for using human waste in an urban area, and we know how much she loves Halifax.

Come on folks, we're already the butt end of jokes thanks to our harbour, which is seen by visitors as a relic of 19th century sewage/ toilet facilities. It's become as much of a Halifax landmark as the annual ghost tours! Do we really want to start off the second decade of the 21st century by becoming known as the "Bio-solid Laboratory" of the East coast? Why don't we take care of our 19th century chores first (like the issue of the harbour, hello?) before we jump over as the avant-garde of the green city concept for the 21st century?

Getting back to the Dunbrack incident, one of the criticisms that Page leveled off was the safety of the stuff. If you look up bio-solids on Wikipedia, it says that the stuff may contain heavy metals and carcinogens. But hey, what are a few tumors here and there as long as we keep our label as a Green city, right?

Gavin Chevalier

### Need Help? Here are some of the commonly requestes Student Services :

Service	Email	Phone #	Website
Study Skills	counselling@msvu.ca	457-6567	www.msvu.ca/studyskills
Career Planning Services	Careerplanning@msvu.ca	457-6567	www.msvu.ca/careerplanning
Financial Aid	Frances.cody@msvu.ca	457-6351	www.msvu.ca/financialaid
Counseling Services	Counselling@msvu.ca	457-6567	www.msvu.ca/counsellingservices
Fitness centre	Pat.macdonald@msvu.ca	457-6563	www.msvu.ca/fitnesscentre
Disability Services	Disability.services@msvu.ca	457-6567	www.msvu.ca/disabilityservices
Health Office	Ulda.berringer@msvu.ca	457-6354	www.msvu.ca/healthservices
Writing Resource Centre	Writing@msvu.ca	457-6567	www.msvu.ca/writing

### A Notice from the Information Desk!

The Students Union information desk is having it's Used Book fair: September 6- September 24 in Rosaria 114  
Drop off will be September 6-10  
Selling will be from September 13-17  
And money pick up will be September 20-24

Any questions call Tia at 457-6123 or come to the information desk!



# Mark your Calenders!

## THE MOUNT 2010

### 2010 mount frosh week schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 PM Residence Rumble	9:30 AM Pancake Breakfast	8:30 AM Advising & Tests	8:30 AM Classes Begin Today	8:30 AM Classes DAY 2	8:30 AM Classes DAY 3	ANNUAL SHINERAMA SHINE DAY	Day of Rest!
4 PM New Student Welcome Wagon!	10 AM NEW 2 U ORIENTATION	12:45 PM BED. BBQ	10 AM MOUNT MASH UP Vendor Fair on the Sefton Lawn	6 PM FROSH DOODLE TOURNAMENT	6:30 PM FROSH FEAR FACTOR & SUPER TWISTER	9 AM Shinerama Breakfast	7 PM MOUNT CUP KICKOFF! Residence Challenge
5 PM MOUNT LUAU! Orientation Kick Off	12:30 PM The GReal SU BBQ	1 PM THE AMAZING RACE	12 PM Clubs & Society Fair in the Sefton Link	9 PM Grand RE-OPENING of Vinnie's Pub	7:30 PM Frosh Awards	10 AM SHINERAMA	Assist Highlanders
7 PM Frosh Photo	2:30 PM FROSH WARZ	5:30 PM Adult/Transfer Student Social & QnA	7 PM Mount Concert: CLASSIFIED featuring Keys N' Krates & Tupperware Remix Party	featuring MERIMAC LIVE!	8 PM CHAT ROULETTE	5 PM SHINERAMA BBQ	Blitz Schooners
7:30 PM MOUNT MANIA	8 PM Yuk Yuk's Comedy Explosion feat. PETE ZEDLACHER	6:30 PM Graduate Orientation				6 PM SHINERAMA AWARDS	Westwood Privateers
8:30 PM Leader Cheers & Skills		7 PM WACKY OLYMPICS				9 PM LUV PUB TOGA PARTY wet/dry Pub	
9 PM DAMIAN THE HYPNOTIST							

**FROSH KITS! CONCERT TICKETS! VINNIE'S PUB MEMBERSHIP!**  
Now Available for Online Purchase at: [www.mountstudents.ca](http://www.mountstudents.ca)

**Don ROSS** **Antoine DUFOR** **Ewan DOBSON** **One Night Only**  
The Mount Students' Union is proud to present a special live performance from 3 of Canada's finest guitarists.  
\$15 plus HST  
Doors Open at 6:30 PM  
Show Starts at 7 PM  
LIVE on the Mount Campus, Friday, September 30th in the Rosaria Multi-Purpose Room  
Tickets available on line at [www.ticketatlantic.com](http://www.ticketatlantic.com), the Ticket Atlantic Box Office, participating Atlantic Superstores & charge by phone at (902) 451-1221. Service charges do apply.

## SEPTEMBER 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Thursday's are Pub Night	3 Friday's are Club Night	4
5	6	7	8	9 Vinnie's Grand re- opening with Mier Mac & wing nite	10	11 Vinnie's 1st wet/dry Club Night Toga Party
12	13 Monday Nite Football Raven's @ Jets	14 Vinnie's Poker tour- nament starts	15	16 Karaoke Wing nite	17 Homecoming Semi-formal	18
19	20 Monday Night Football Saint's @ 49er's	21 Poker Tourna- ment	22	23 Open Mic Wing Nite	24 Stop Light Party	25
26	27 Monday Night Football Packer's @ Bears	28 Poker Tourna- ment	29	30 Alexander Keith's B-Day Party		

### FREE 2010 Study Skills Workshops ~ Academic Boot Camp for Student Success

MONDAY SEPT 20	TUESDAY SEPT 21	WEDNESDAY SEPT 22	THURSDAY SEPT 23	FRIDAY SEPT 24
	Time Management and Procrastination 1:00 - 2:30 pm, EMF 130		Library Research 10:30 - 11:30 am, EMF 127C	Exam Preparation/Multiple Choice Test-Taking 2:00 - 3:30 pm, EMF 130
			Reading Text/Lecture Note-Taking 2:00 - 3:30 pm, EMF 130	
SEPT 27	SEPT 28	SEPT 29	SEPT 30	OCT 1
	Reading Text/Lecture Note-Taking 2:00 - 3:30 pm, EMF 130	Library Research 6:00 - 7:00 pm, EMF 127C	Exam Preparation/Multiple Choice Test-Taking 1:00 - 2:30 pm, EMF 130	Time Management and Procrastination 2:00 - 3:30 pm, EMF 130
		Writing a University Paper 7:00 - 8:30 pm, EMF 130		
OCT 4	OCT 5	OCT 6	OCT 7	OCT 8
Writing a University Paper 7:00 - 8:30 pm, EMF 130	Exam Preparation/Multiple Choice Test-Taking 1:00 - 2:30 pm, EMF 130	RefWorks: Creating a Bibliography 2:00 - 3:30 pm, EMF 127C	Time Management and Procrastination 2:00 - 3:30 pm, EMF 130	Reading Text/Lecture Note-Taking 2:00 - 3:30 pm, EMF 130
		Library Research 7:00 - 8:00 pm, EMF 127C	RefWorks: Creating a Bibliography 7:00 - 8:00 pm, EMF 127C	
OCT 11	OCT 12	OCT 13	OCT 14	OCT 15
Thanksgiving	Library Research 3:00 - 4:00 pm, EMF 127C	RefWorks: Creating a Bibliography 3:00 - 4:00 pm, EMF 127C		

Registration opens soon! Check our website for details: <http://www.msu.ca/studyskills> or drop by Evaristus 218, or phone 457-6567  
Workshops are FREE to students and may include handouts at no additional costs. Students whose schedules do not allow for attendance at any given workshop may contact Counselling Services to arrange an individual session by calling 457-6567.

### Tips for a Successful Year:

#### Set your intentions for the term / Plan:

Starting out with a goal and structure will help you stay on course. A helpful strategy for time management and goal setting is the general rule of planning to spend two hours of independent study for every hour you are in class. For a student who is taking 5 courses (standard full course load), that would be approximately 15 hours in lectures each week, so if we double that, that would be 30 hours of homework a week. Many students, especially those coming straight from high school, do not spend the time that is required. It seems like a lot, but if you treat being a student like your full time job, the 45 hours a week doesn't seem so overwhelming.

#### Limit outside paid work:

If your full time job is being a full time university student, we recommend that you limit outside paid work to 10 to 12 hours a week. Remember, your "full time job" is a busy 45 hrs/wk, and you also need time to relax and have fun. Any more than 10 to 12 hrs/wk may interfere with either school work or social life or self care – and all are important. If you must work more than 12 hrs/wk, consider lowering your course load.

#### Study environment - be honest:

Do an honest "audit" of your work environment, including the time of day you study. How many distractions are around (roommates, TV, Facebook on your task bar opened). How focused do you "really" feel at 11:00pm? Set yourself up for success by providing the right environment for study: turn off the TV, tell your roommates that you are unavailable for a set time frame, if you must have background music on be sure it does not have distracting lyrics that draw you in, log off of Facebook/twitter and close your Google email so if you are on your laptop you aren't tempted "just to check quickly".

If you turn your phone off you can always get your voicemail after you have finished your reading, your emails will wait and if you continue to remind your roommates/family that school is important and you must work hard this year, they will respect your intentions.

#### Use a planner

It is hard to hold all your work assignments and tasks in your head, and when things get busy, you are bound to forget and/or get stressed trying to juggle everything in your memory. Have you ever had trouble at night trying to get to sleep because you have a to do list running through your mind? Then empty it out – jot it down on a note pad or day planner, or use your cell phone for your calendar and to do list. This also helps to avoid procrastination.

If you use a planner – either old fashion pen and paper or electronic – it allows you to set specific goals for the day and week. You will be more apt to go to the library and read pages 22 to 30 in Psychology if it is down in your calendar. It is a good idea to set aside a time each week – I like Sunday evenings, to review what you have on your plate for that week, and then set daily "to do" items to make sure they get done.

#### Break your readings down into manageable "chunks"

University courses often move at a faster pace than high school, and there tends to be much more reading. Breaking up your reading assignments into to smaller, more manageable chunks, it a helpful strategy. You will be less likely to procrastinate and more apt to do it if it isn't so daunting.

To do this work backwards: for example, if you have a midterm in Psychology in 6 weeks time on 3 chapters (300 pages), then you will need to read 50 pages a week to make sure it all gets read in time. Even better, break the 50 pages a week into smaller chunks, say 10 pages at a time, and plan 5 times in the week to read your psychology textbook. It is much easier to sit down to read 10 pages than 50!! This strategy also helps with concentration and focus.

Joanne Mills, Psychologist  
Coordinator, Student Counseling Services



### Mount Career Planning Services Fall Event Schedule 2010

Monday	Tuesday	Wednesday	Thursday	Friday
For updated room information check our website.		Fall 2010 Classes Begin	Co-Curricular Recognition Program - Which is it for me? 12 noon Room: Sefton 316	
13 Get Hired - Graduating This Year! The Search Scout Meet 12 noon Room: EV 130	14 Earn While You Learn 4:00 pm Room: EV 130	15 Winning Resumes! 12 noon Room: EV 130	16 Interviews in Context: the Interview 1:00 pm - 1:30 pm Room: EV 130	17 Winning Resumes! 1:00 pm Room: EV 130
20 CPS Road Show (On-the-Spot Resume Critique) 11:00am - 1:00 pm RBC Sefton Link	21 CPS Road Show (On-the-Spot Resume Critique) 11:00am - 1:00 pm RBC Sefton Link	22 CPS Road Show (On-the-Spot Resume Critique) 11:00am - 1:00 pm RBC Sefton Link	23 CPS Road Show (On-the-Spot Resume Critique) 11:00am - 1:00 pm RBC Sefton Link	24 CPS Road Show (On-the-Spot Resume Critique) 11:00am - 1:00 pm RBC Sefton Link
27 CPS Road Show (On-the-Spot Resume Critique) 11:00am - 1:00 pm RBC Sefton Link	28 CPS Road Show (On-the-Spot Resume Critique) 11:00am - 1:00 pm RBC Sefton Link	29 CPS Road Show (On-the-Spot Resume Critique) 11:00am - 1:00 pm RBC Sefton Link	30 CPS Road Show (On-the-Spot Resume Critique) 11:00am - 1:00 pm RBC Sefton Link	31 CPS Road Show (On-the-Spot Resume Critique) 11:00am - 1:00 pm RBC Sefton Link

- ACROSS**
1. Comedian
  6. Young cow
  10. Skinny
  14. Sporting venue
  15. In \_\_\_\_ of (replacing)
  16. Sheet of glass
  17. Directs from the front
  18. Verbal
  19. Backside
  20. Constancy
  22. Stop remembering
  24. Easy gait
  25. Penalties for parking infractions
  26. Declare with confidence
  29. Kiln-dried barley
  30. Middy
  31. A folding portable ladder
  37. Smidgen
  39. Exist
  40. Not tight
  41. Street smart
  44. Not a single one
  45. Apartment payment
  46. Charred
  48. Fate
  52. Desire
  53. Wealth
  54. Maritime
  58. Smell
  59. Graven image
  61. French for "Red"
  62. A Roman emperor
  63. Place a load on (archaic)
  64. Come to pass
  65. Sea eagle
  66. Visual organs
  67. S S S S

- DOWN**
1. Serene
  2. Chocolate cookie
  3. Average
  4. Laziness
  5. Beaver
  6. Copy
  7. Well-ventilated
  8. Meadow
  9. Satisfy
  10. Incite
  11. Big
  12. Map within a map
  13. Encounters
  21. Chooses
  23. Base 8
  25. Cassettes
  26. Picnic insects
  27. Pigeonhole
  28. Fly high
  29. Excellence
  32. Light brown to brownish orange color
  33. Contributions
  34. A swinging barrier to a room
  35. Feudal worker
  36. Marsh plant
  38. Strange
  42. Malleable
  43. Jacob's brother
  47. Main course
  48. Stingless bee
  49. Sea duck
  50. Diadain
  51. Paroxysm
  52. Part of the United Kingdom
  54. Connecting point
  55. Swear
  56. Chills and fever
  57. Bottom of the barrel
  60. 24 little hours



**ALEXANDER KEITH'S**



**BIRTHDAY**

**CELEBRATE ON OCTOBER 5**

**COME CELEBRATE ALEXANDER KEITH'S BIRTHDAY AT**

**VINNIE'S**

**ON THURSDAY SEPT 30<sup>TH</sup> AT 9<sup>PM</sup>**

**CHANCE TO WIN\* TICKETS TO THE ALEXANDER KEITH'S BIRTHDAY PARTY**

**ON OCTOBER 5<sup>TH</sup>**

**WITH LIVE BAND SOUL KITCHEN!  
& KEITH'S GIRLS!**

**ALEXANDER KEITH'S WELCOMES  
EVERYONE BACK WITH  
PRIZE GIVEAWAYS  
THE ENTIRE MONTH OF SEPTEMBER**



*Alexander Keith's*

**HOLD TRUE**  
ESTD 1820