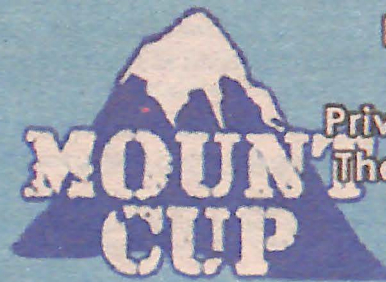


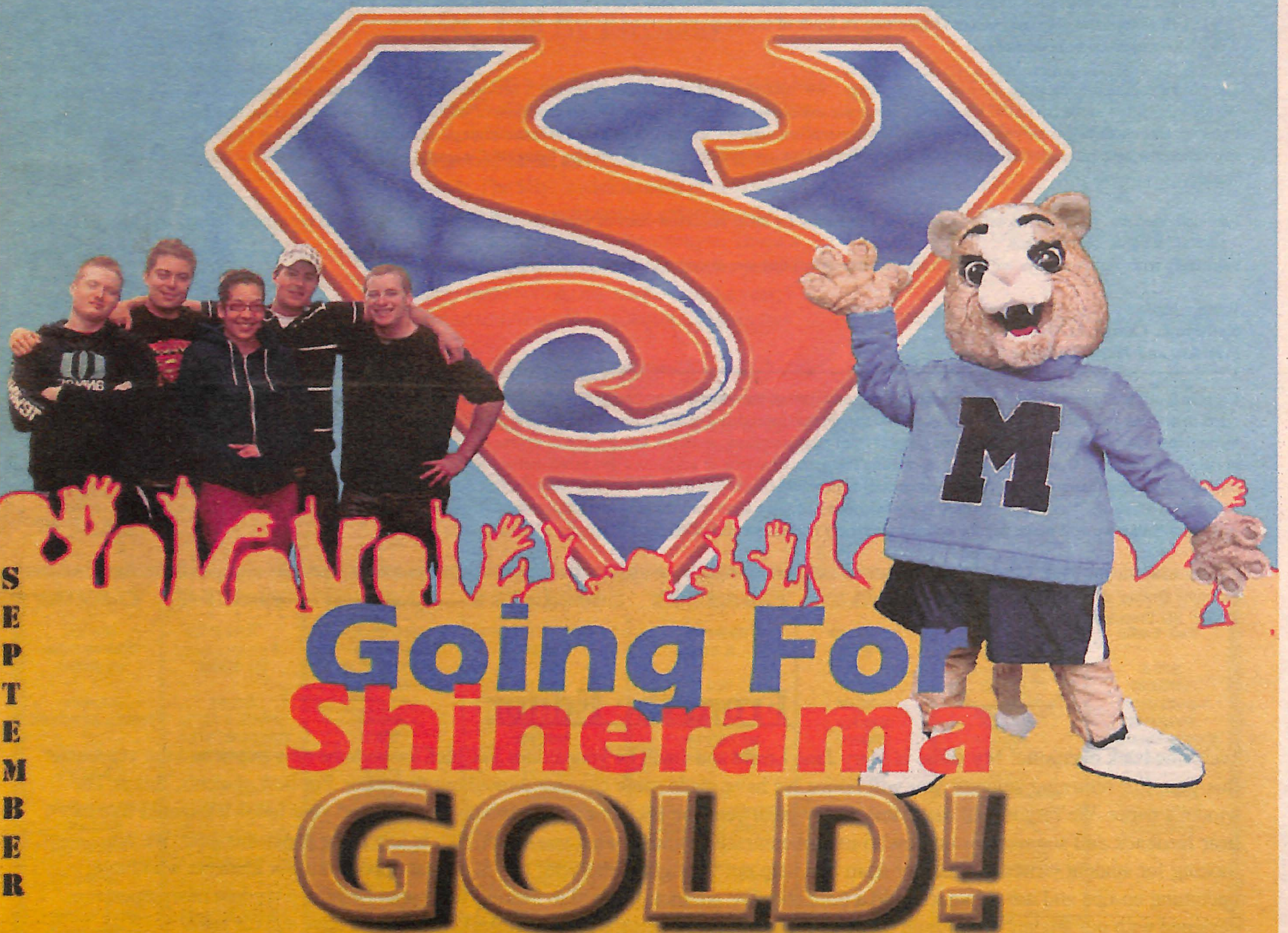


**MOVIN' ON UP!**

The Students' Union:  
Updating Services  
For Today's Student!



Highlanders!  
Schooners!  
Privateers, Oh My!  
The Challenge of  
Mount Cup  
Change!



**Going For  
Shinerama  
GOLD!**

**\$15,000 Goal**

**Find Out How You Can Help!**

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# A Message From Your President's

Dear students,

New environment, new friends, new academic challenges – attending university for the first time is both exciting and nerve wracking! During the next while you'll learn your way around, find your classrooms and start to feel comfortable here. If you are a returning student, welcome back! I hope it feels a bit like coming home.

We are all very lucky to be here. The Mount boasts a unique blend of academic programs, a lively campus life, and enviable physical beauty. We have a diverse population: female and male, young and not so young, and an inspiring cultural mix.

Our goal is to ensure you receive a high-quality education while enjoying a unique life experience. We are focused on YOU! What does it take to do this?

- Dedicated staff and faculty providing quality teaching
- Top researchers and scholars bringing new knowledge to our classrooms
- Expanded teaching and research spaces
- Updated technology for interactive learning
- Small classes where professors know you by name
- A flexible, accessible environment supporting all kinds of learning
- Modern, relaxing residences

The Mount community balances the past and the future. We remember and respect this institution's heritage while boldly embracing new ideas. We are committed to the pursuit of knowledge, academic excellence, accessibility, and the advancement of women. This is a special place that values academic freedom, accountability, creativity, engagement, professionalism and respect. As Destination 2012, our strategic plan, says: Our vision is to become the national leader in creating the best university experience for all members of our community and in developing thoughtful, engaged citizens who make a positive impact on their world.

I am delighted that you have chosen to join the Mount family for these important years of your life. As President, I look forward to meeting as many of you as possible – after all, it's that kind of place.

I sincerely wish that your days will be rich and rewarding and that you discover THE BEST university experience.

Warm regards,

**Kathryn E. Laurin, M.Mus**  
*President and Vice-Chancellor*

---

On behalf of the Students' Union I would like to welcome you to the MSVU community. Being apart of this community brings friendship, excitement, and a great opportunity that you can't find anywhere else. You should understand and relish in the fact that being an MSVU student is much different then being a student at other institutions. You will receive guidance and support from administration, alumnae, faculty, and of course the Students' Union, in any venture and path you wish to pursue. The Students' Union is dedicated in creating the perfect balance of academics and entertainment for you the students. As President, I take on a role that has one purpose: your best interest. I'm blessed (and cursed) with stubbornness and a 'never say die' attitude. But I promise you both qualities will be put to good use for all students on all issues. Know that my door is always open and there is no such thing as a stupid question. If something concerns you, it concerns me. I'll fight to the end and together we will make this the optimal university experience for all students.

Cheers, and take care!  
Jeremy "Draino" Neilson  
MSVU SU President

## From the Editor

Welcome back everyone! My name is Mary Jane Leslie and I will be your Editor in Chief for both the newspaper and the yearbook this year. For returning students you will notice we have made some changes throughout the paper. For new students, this is The Mount's paper. We're going to make this a very great year for The Sentinel! But to do that we need your help! We would like to hear feedback and suggestions on how to improve ourselves and/or what you would like to see in the paper this year. We are looking for student writers to join our team and help out throughout the year; this is a great opportunity for students who have upcoming co-ops and are trying to build a portfolio. We are look forward to hearing from you! Making a student newspaper designed with our student's ideas and interests is the primary goal of the Sentinel staff. Thanks and have a great year!

Mary Jane Leslie  
Publications Editor  
Contact Info: [publications@mountstudents.ca](mailto:publications@mountstudents.ca)



# Mount Saint Vincent

## Student's Union

### Shinerama Progress!

Summer has been a fun filled time for your MSVU Student's Union! Not only are we putting together an awesome Frosh Week for you, but our Shinerama campaign is well underway and here's an update!

MSVU Student's Union has been shining since June 25th, 2008 when we gave Theodore Tugboat a shine and made it on the news and in the papers! We followed that up with three face-painting events over Bedford Days and Canada Day celebrations, and rocked a bar blitz downtown. These amazing events have raised approximately \$4,000 and we haven't even hit September yet!

Other events this summer included the Basketball tournament on August 23rd and Volleyball tournament on August 24th. Sponsorship has also garnered our Shinerama campaign a lot of success. We have raised an additional \$4,000 through Partnerships bringing our total to \$8,000 so far. At the Regional Shinerama Conference in July, we found out we have slight lead over Dalhousie University, a school THREE times our size! Our schools goal is \$15,000, but were off to such an awesome start, were going to shoot for \$20,000 with the help of you and our newest fund-raising tool: the internet. MSVU Student's Union has signed up for a revolutionary fund-raising campaign allowing students to be sponsored online simply by joining our official team online. Here's how

you sign up: If you go to [www.shinerama.ca](http://www.shinerama.ca) and look up MSVU SUPER SHINERS you can join our team and help us achieve our ambitious goal. The TOP TEN people who raise money online will get prizes during frosh week. Start off your school year with an awesome prize and help us shine a cure for Cystic Fibrosis.

Tyler Deacon  
MSVU Students' Union  
VP Student Life

### SRC Fall By-Elections

What is the SRC? I hear this question so often it's starting to drive me nuts. Short drive as the old man would say. The issue of my (in)sanity aside, this is a question I hear too much. The SRC is such a staple of union life, we assume everyone around us automatically knows and understands the acronym. This is a mistake I am going to strive to fix this year. Call it my undertaking,; my mission for the year; I intend to educate the student body about the SRC.


So what exactly is the SRC?

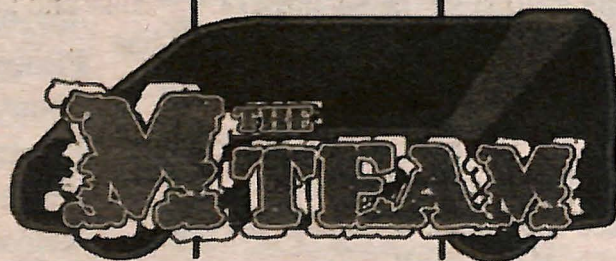
Well, the Student's Representative Council (SRC for short) is the governing body of the Student's Union. Forget the Executive! We're just the day to day operators. The councilors of the SRC are our bosses; everything we do has to be

approved by them. The councilors serve to bring the issues and desires of their students to the SRC and the Executive. Because we have a large population here at the Mount, it is understandable that there will be people with different types of issues, which is why we have councilors for many different things. Many of the positions of the SRC were still vacant after the spring elections last year. Fortunately for you (us), we have a Fall By- Election! Like I said, there are many positions left open; so if you feel you fit the bill, do not hesitate to come out! The following positions are up for election:

- \*Mature Student Representative
- \*Graduate Studies Representative
- \*Education Representative
- \*Board of Governors Representative
- \*International Student Representative
- \*Science Representative
- \*First Year Student Representative

Whether or not you are running, do not forget to vote!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 PM RESIDENCE MOVE IN	PANCAKE BREAKFAST MOVE IN	10:30 AM WEB ADVISOR SESSIONS BEGINS	CLASSES BEGIN TODAY	CLASSES DAY 2	CLASSES DAY 3	SHINERAMA SHINE DAY	REST DAY
FROSH REGISTRATION	10 AM NEW 2 MSVU ORIENTATION SESSION	12 PM THE AMAZING RACE	9 AM TEXTBOOK TRADING FAIR OPENS	7 PM COMEDY SHOWCASE FEATURING PICNICFACE	7 PM MONTE CARLO NIGHT		2 PM MOUNT MYSTICS VARSITY SOCCER HOME OPENER:
FROSH KIT PICK UP	11 AM INFO FAIR	7 PM WACKY OLYMPICS	12 PM BED. ORIENTATION	9 PM VINNIE'S ANNUAL WELCOME BACK PUB 19+		9 AM SHINERAMA BREAKFAST	MSVU VS. HOLLAND COLLEGE
MEET YOUR FROSH LEADERS	12:30 PM SU BBQ		8 PM JEOPARDY & FAMILY FEUD			10 AM SHINERAMA	
5 PM PICNIC WITH THE PRESIDENT	3 PM FROSH WARZ					6 PM SHINERAMA BBQ	
7 PM MOUNT MANIA	7:30 PM DANIAL PACKARD & MARK BLACK					7 PM SHINERAMA & FROSH AWARDS PARTY	
9 PM DANILAN THE HYPNOTIST	9 PM FEAR FACTOR					9 PM LOVE FEST WET/DRY PUB	



FULL FROSH WEEK SCHEDULE AVAILABLE ONLINE AT: [WWW.MOUNTSTUDENTS.CA/MSVUFROSH08.HTM](http://WWW.MOUNTSTUDENTS.CA/MSVUFROSH08.HTM)



# Mount Saint Vincent News

## ART GALLERY NEWS



This work is by one of seven artists of diverse backgrounds who are taking part in Anthem: Perspectives on Home and Native Land, on view at MSVU Art Gallery 25 August through 5 October 2008. Each artist poses the question of what it means to belong in and to Canada. The Aboriginal artist KC Adams looks hybridity in the face with her staged and digitally manipulated portraits of mixed-blood members of the Aboriginal arts community. Each portrait contains a defamatory message beaded onto the white t-shirt worn by its subject, whose glamorous appearance challenges the truthfulness of the racial slur. KC Adams was born in 1971 and lives in Winnipeg. She has exhibited widely in Canada. With this exhibition she makes her Nova Scotian debut.

Anthem was organized by Ryan Rice for Carleton University Art Gallery, and also includes works in various media by Fastwurms, Cynthia Girard, Dana Inkster, Alisdair MacRae, Shirley Moorhouse and Eric Robertson. The exhibition is presented as part of Photopolis, the city-wide festival of contemporary photography.

Admission to the art gallery is free and class visits are welcomed. For further information visit [www.msvuart.ca](http://www.msvuart.ca).

Ingrid Jenkner  
Director/Curator

## Library News

News from the Library  
By Darrell MacLean

The staff of the MSVU Library extends a welcome to new and returning students for the 2008 – 09 academic year. While many of you have been away from campus over the summer the Library staff has been busy over the summer preparing for your return.

We welcome two new Librarians to our team, Hilary Skov-Neilsen, Public Service Librarian; who will be replacing Meg Raven while she is on Sabbatical this year, and David Ryan, who will be providing reference service during the evenings and Saturday afternoons.

One of the first changes you will notice this term is the processing of ID cards for students, faculty, and staff has been relocated to the EMF building from Evaristus. We hope this is a welcome change for everyone and makes the updating of your records more convenient for all.

Another major change this term is the creation of a “common counter” for

our Library services. The common counter is intended to be a one-stop station which will provide our patrons access to all of our services from the main counter. We will be processing loans and returns, reserve materials, as well as providing reference service from the main counter.

This change enables us to streamline our services and provide you a more efficient way to get the help you need without you having to be directed to another location. We welcome your feedback on this new setup and your comments can be put in our suggestion box located in the photocopy area at the entrance to the Library.

Not that we expect your days to be all work and no play: we have purchased a Wii which will be set-up in our Red Zone for those who require a little workout and a break from studying. Over the summer we added more seating throughout the library to make your stay more comfortable. We also provide areas for individual study, group work, computer access, quiet zones, a media room with DVD and VCR players, as well as an area to hone your presentation skills with the installation of an overhead projector in the Red Zone located in the lower level.

Should you have any questions regarding any of our services, policies and procedures, booking reference appointments or to arrange for a tour of our facilities you can do so in person or by telephone; our number is 457-6250.

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.



## Vinnie's Pub & Lounge and Crows Nest Cafe News

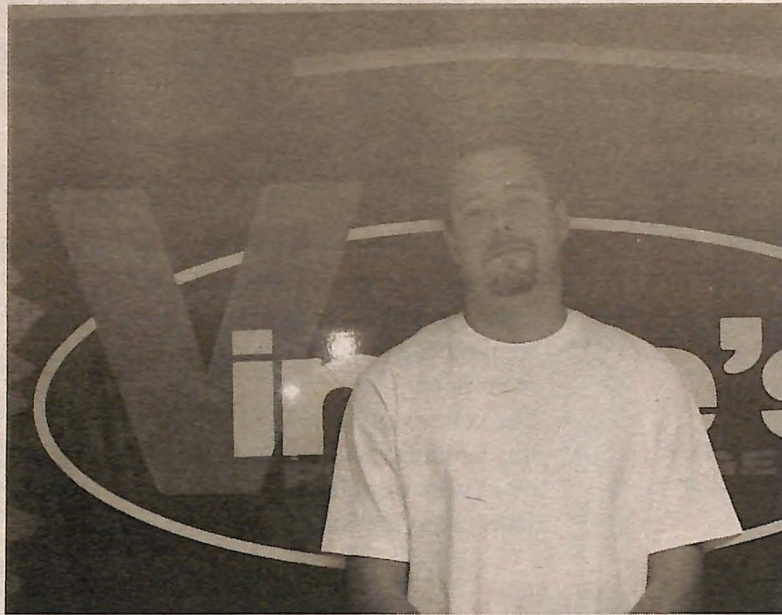
Dear Mount Community;

On behalf of the Student Union, let me welcome everyone to the beginning of another school year. I'd like to take this time to let you know about one of the changes the union has made in the off season. The positions of student managers in the corner store and Vinnie's pub have been combined into one full time position of Food & Beverage Manager.

This is where I come in, my name is Todd Hoffman and I started with the Student Union at the beginning of July and what a great summer so far. Everyone here has been very helpful and fantastic to work with. I have been in the hospitality industry in Halifax for almost 15 years working with different restaurants & pubs, two different breweries and the Restaurant Association of Nova Scotia.

We are making some big changes in the pub and store this year. First, the corner store that links to the Crows Nest Lounge will now be known as The Crows Nest Convenience Café. We will be adding a café type area into the stores space with a variety of coffees, daily paper, some morning pastries like bagels, muffins, cookies and other goodies. You will, of course still be able to get all your other needs there such as chips, pop etc.

As for Vinnie's Pub we will be adding a pub style menu with snacks like wings & nachos, pulled pork & Philly steak sandwiches and lots of pizza options. The pub will open at 11:30am daily, Monday to Friday. Along with the menu there will be many new nightly specials as well as free pool and new TV's for all your viewing needs.



Left: Todd Hoffman. Food and Beverage Manager

This is just a few of the new and exciting changes happening and I'd like to invite everyone to come by the Crows Nest or Vinnie's pub to see what else is going on. I'm very pleased to be a part of the Student Union at The Mount and look forward to hearing what students, faculty and staff think of all the changes.

Thank You,  
Todd Hoffman

**MONDAY**  
**COORS LIGHT**  
**MONDAY**  
**NIGHT FOOTBALL**  
Coors Light pitcher  
& 12 wings  
**Only \$17.50!**  
Coors Light bucket O'beer  
**Only \$17.50!**

### Vinnie's Up coming September Events

Wednesday Sept. 3 - Pub Opens

Thursday Sept. - 4 - 1st Class Bash

Saturday Sept. - 6 - LoveFest wet/dry

Thursday Sept. - 11 - Jack Daniels Birthday Party with "Hey Ocean" playing Live

Thursday Sept. -18 - Jagermeister presents Frosh Leader Appreciation Night

Thursday & Friday Sept. - 25&26 - Think Pink nights (Breast Cancer Fundraiser)

**MONDAY NIGHT FOOTBALL**

SEPT 8 - Vikings @ Packers  
SEPT 15 - Eagles @ COWBOYS  
SEPT 22 - Jets @ Chargers  
SEPT 27 - Ravens @ Steelers  
OCT 6 - Vikings @ Saints  
OCT 13 - Giants @ Browns  
OCT 20 - Broncos @ Patriots  
OCT 27 - Colts @ Titans  
NOV 3 - Steelers @ Red Skins  
NOV 10 - 49ERS @ Cardinals  
NOV 17 - Browns @ Bills  
NOV 24 - Packers @ Saints  
DEC 1 - Jaguars @ Texans  
DEC 8 - Buccaneers @ Panthers



914-0570 32-70 8 000



# Mount Saint Vincent News

## Rosaria Student Centre - What's So Good About It?

So what is it exactly that makes Rosaria worth coming to see? Well, there are a few different aspects that make this building a helpful and fun place to visit. Other than the fact that there is always friendly people wandering and working in and around it, there are loads of little reasons that Rosaria could be a help to you that the other buildings can not provide:

- There is a RBC bank machine on the main floor (the only bank machine on campus!)
- The info desk and all of their services are provided here
- The Student's Union is located here
- Vinnie's Pub and Lounge are located here – a nice alternative for food and drink as well as fun!
- The Crows Nest convenience Café is located here – another nice alternative for food and drink

- Lots of available study areas throughout the building
- The book store is located on the second floor
- The Multi-purpose room is located on the second floor
- Armark food services office is located on the second floor
- The Rosaria Cafeteria is on the second floor
- The fitness centre is on the main floor
- The full gymnasium (where indoor MSVU sporting events and games are held) is on the main floor
- The connecting tunnel to Evaristus Hall is in this building (helpful when its raining or you don't want to walk up the hill – also a good short cut to the Birches and Westwood)

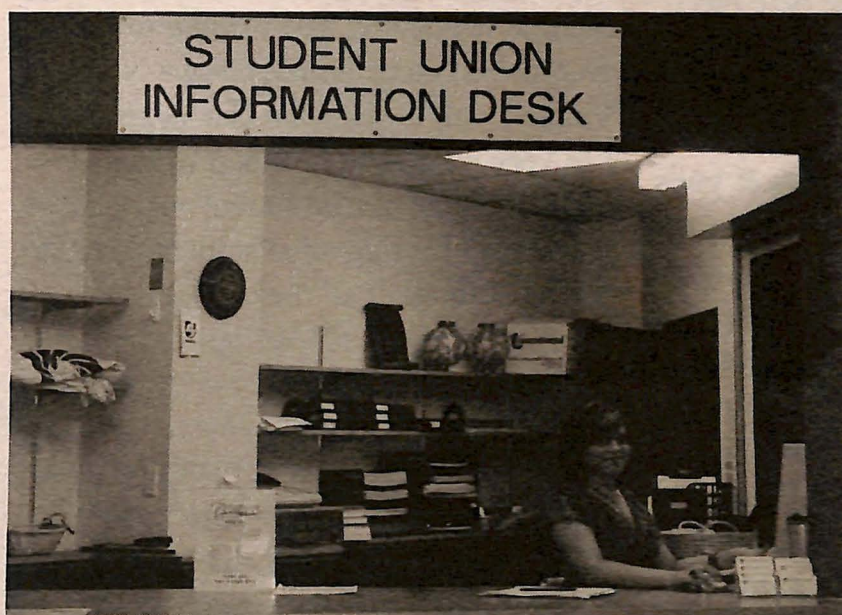
- This building connects to Assisi Hall (again helpful if its raining)
- Day Care services are provided here
- The MSVU Diversity centre is located here

It is for all of these reasons and more that Rosaria is an awesome place and worth your while to walk up the hill and visit!

## Student Union Information Services A.K.A. "The Info Desk"

Here at the Information Desk we can answer any question you may have about the Mount. If we don't have an answer for you we will find it - guaranteed! We offer many, much needed services such as photocopies, COLOR printing (the only place on campus that offers this service), faxing, binding, laminating, selling of MSVU merchandise and last but not least a friendly smile ☺. All of our services are provided at the cheapest price on campus, so come out and take advantage of them! The Information Desk also holds the Used Text Book Fair; students can start to **bring in** their used text books **August 18<sup>th</sup>**.

Not many students know this, but there are two Information Services Desks on campus. The most commonly known desk is located on the first floor of Rosaria next to the Student Union Offices, and the second desk is on the first floor of Seton Academic Center in the front entrance. Our hours of operation in Rosaria are 9 am – 4 pm and in Seton are 10 am – 3pm



(Above: Katie Lee - Information Services Supervisor)

If you need information or questions answered you can also e-mail them to me at [su.desk@hotmail.com](mailto:su.desk@hotmail.com). Starting September 1<sup>st</sup> our regular hours will be in place. Hope everyone had a great summer and I hope to see everyone around in the fall. Don't hesitate to drop by and say hello and ask a question or two! ☺

## Hook up with more rewards



The BMO Student Six Pack® gives students more ways to get more rewards.

For more information contact

BMO Bank of Montreal  
Tel. : (902) 421-3588  
Clayton Park West Branch  
360 Lacewood Drive

or visit [bmo.com/studentbanking](http://bmo.com/studentbanking)

BMO  Bank of Montreal



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\*\* Trademarks of AIR MILES International Trading B.V. Used under license by Loyalty Management Group Canada Inc. and Bank of Montreal.

### TUESDAY

### TOONIE TUESDAY

\$2 Molson  
draught  
All day long!

MOLSON  
CANADIAN 



# Mount Saint Vincent News

## MSVU Athletics & Recreation

### THE MOUNT Fitness Centre

**JOIN TODAY!**



**MONTY**

ID#: \_\_\_\_\_  
Birth Date: \_\_\_\_\_  
Status: FT  
Exp: 31 AUG 2009

Student ID's are required for each visit to the Fitness Centre

**CONTACT US**  
Rosaria Centre  
Main Floor  
457-6420

MSVU Rosaria Centre  
Main Floor  
Phone: 457-6420

#### The Mount Fitness Centre Instructional Programs

**FULL-TIME STUDENT:**

- FREE Unlimited Fitness Classes
- FREE access to the Weight Conditioning Centre
- 50% off selected Instructional Programs
- To become a member:
  - Present your MSVU 2008-09 student I.D. card and complete a registration form at the Rosaria Gymnasium

**PART-TIME STUDENTS**

- \$40.00 per term
- Includes access to the Weight Conditioning Centre and unlimited Fitness Classes
- To become a member:
  - Present your MSVU 2008-09 student I.D. card and complete a registration form at the Rosaria Gymnasium

**MSVU FACULTY & STAFF**

- Facility Only: \$75/YR
  - Access to the Weight Conditioning Centre and the Gymnasium.
- Fitness Only: \$100/YR
  - Access to all Fitness Classes. Classes vary depending on the term. Consult the current schedule for classes.
- Fitness and Facility: \$140/YR
  - Access to Weight Conditioning Centre, the Gymnasium, and all Fitness Classes.


**FOR ADULTS:**

- Pilates
- Yoga
- Salsa Dance
- Belly Dance
- Karate
- Tae Kwon Do
- Fitness Boot Camp
- Learn to Run Clinic
- Women's Awareness Survival Program
- Fitness Leadership Certifications:
  - Fitness Theory
  - Group Fitness Leader
  - STEP Training for Fitness
  - Resistance Leader


**FOR CHILDREN:**

- In-service Day Camps
- Babysitting Course
- Jazz Dance
- Creative Movement
- Bully Proof
- Karate & Tae Kwon Do

www.msvu.ca/fitnesscentre







## MYSTICS Varsity Program Try Out Dates



**Women's Soccer  
Try Out Dates**  
Mainland Common

Meet at Rosaria Gym at 4:30 pm  
Wed Sept 3 5:00 - 6:30 pm

Meet at Rosaria Gym at 7:30 pm  
Thurs Sept 4 8:00 - 10:00 pm  
Fri Sept 5 8:00 - 10:00 pm

**Men's Soccer  
Try Out Dates**  
Mainland Common

Meet at Rosaria Gym at 4:30 pm  
Wed Sept 3 5:00 - 6:30 pm

Meet at Rosaria Gym at 7:30 pm  
Thurs Sept 4 8:00 - 10:00 pm  
Fri Sept 5 8:00 - 10:00 pm

**Women's Basketball  
Try Out Dates**  
Rosaria Gym

Wed Sept 10 4:30-6:30 pm  
Thurs Sept 11 4:30-6:30 pm  
Sat Sept 13 9:30-11:30 am

**Men's Basketball  
Try Out Dates**  
Rosaria Gym

Wed Sept 10 8:00-10:00 pm  
Fri Sept 12 4:00-6:00 pm  
Sat Sept 13 11:30-1:30 pm

**Women's Volleyball  
Try Out Dates**  
Rosaria Gym

Tues Sept 16 6:00-8:00 pm  
Thurs Sept 18 6:30-8:30 pm  
Mon Sept 22 7:30-9:30 pm

**UNABLE TO ATTEND TRYOUTS?**

If you are unable to make any of these dates please contact  
June Lumsden,  
Director Athletics/Recreation.  
E-mail: [june.lumsden@msvu.ca](mailto:june.lumsden@msvu.ca)  
Telephone 457-6370

## ~Resident Life~

"Oh no, is it finally my time to move away from the comfort that surrounds me at home?" Those were the thoughts rushing through my head when it was time to face the world on my own and move into residence at MSVU. Well, here it is again...September! I certainly hope you were all anxious to finally venture out on your own or return to the Mount! (I could not wait!)

Although coming to University for the first time is quite intimidating, believe me, the Mount's friendly, welcoming atmosphere will make that big step in life much easier!

With one year of University under my belt and having spent my first year away from home, I can honestly say that I have been very fortunate and had some of the greatest experiences of my life during my first year in residence. Living in residence allows you to meet friends who will last a lifetime, it gives you a feeling of independence and freedom, and hey! You are only a few steps away from classes, the cafeteria and Vinnie's Pub... What else could you ask for?! From my experiences last year, I believe getting out, getting involved and meeting new people is essential to having a

So here's the real question... Are you ready for the best year of your life with fun, laughter, memories and an unforgettable living and learning experience? Because that is what residence life provides for you here at the Mount. With the help of some of my friends from the Mount, I've compiled a list of MSVU Res Do's and Don'ts:

### DO's

1. GET INVOLVED - participate in and attend all activities!
2. Make friends - study hard and have fun!!
3. Have an abundance of quarters for laundry
4. Join societies!
5. Always have food/snacks in your room, because the cafe isn't open 24/7
6. Become friends with your RA!
7. Flip flops for showering is a must
8. Hit the gym - stay healthy and avoid the freshman 15
9. Come out and support your Athletic teams
10. Clean your room and yourselves once in a while...

### DON'Ts

1. Don't miss out on big events like, Charity Ball and Wish Day
2. Don't hesitate to ask questions or for help
3. Don't sneak boys or girls through Assisi window - you WILL get caught
4. Don't swim in the pond, the unknown is in there!
5. Don't let strangers in - no matter how attractive they may be
6. Don't take Friday morning classes - if you plan on attending Vinnie's regularly on pub nights
7. Don't forget to purchase residence clothing
8. Don't sleep in the buff - fire drills occur at all hours - NAKED or NOT
9. Don't have showers with company (wink, wink) - They are made for one, not two
10. DON'T FORGET TO HAVE A BLAST THIS YEAR; IT'LL BE GREAT!!!

Remember, whether it is your first year away or you have left the nest before, living in residence is what you make of it, so it might as well be the best! After all, residence is now your home away from home!

Melissa MacGillvary  
Residents Representative





Above: In Play at MSVU Spike & Shine Volley Ball Tournament



Above: Shinerama Crew Posing On Theodore the Tug Boat

**SHIN-**



Above: Shiners Strike A Pose At "Bedford Days"

**ERAMA**

Below: Matt Haley Putting Face Painting Skills to Work at "Bedford Days"



Below: MSVU Students Taking a Break at the Spike & Shine Tournment







Above Jenifer Jackson and Tyler Deacon  
Volleying at the Spike & Shine  
Tournmanet



Above: MSVU Students Giving Theodore  
a Good Shine

**BON-**



Above: MSVU's Mascot Monty, Doing His  
Part to Support Cystic Fibrosis Research

**ANZA**

Below: MSVU Shinerama Team



Below: Jason Bremner Making a Play  
at the Spike & Shine Tournament





## Miscellaneous

### Career Planning: Your Future Starts Now!

You may be thinking why should I be concerned about jobs and careers now, the school year is just beginning? With new classes, new contacts, and new schedules, what better time to take stock and begin considering how you can plan for your future now?

The fact is, September is when the Fall recruitment season gets under way with many employers beginning the hiring process now. For those of you expecting to graduate in 2009, that means now is the time to start your job search. For students who will graduate in later years, this is an optimal time to take advantage of numerous opportunities to begin exploring your career options and making important connections that will help ensure your future success! The MSVU Career Planning Centre is your one-stop source for career planning and job search related events.

The Halifax Career Fair is our primary not-to-be-missed event that will put you in touch with top organizations who want to hire you! The fair is a successful partnership between MSVU, SMU and Dalhousie universities and takes place on Sept. 30, 2008 between 9:00 a.m. and 4:00 p.m. at the Cunard Centre. Students and alumni from N.S. universities who display a Student ID can attend to meet employers who will be recruiting for full-time, part-time, Summer and co-op opportunities from a variety of fields.

We are excited to have the Government of Canada as our Presenting Sponsor for the 2008 fair, who will have representatives from over 25 of their departments on hand to speak with you about career opportunities within the federal public service. An additional 120+employers will be there to talk to you about why they want to hire you! A free bus service will be provided directly from MSVU to and from the fair.

There will also be the opportunity to win great prizes if you submit a completed student evaluation form!

Need another reason to attend? Angelah Kusero, B.A.I. 2007, Peace & Conflict Studies says "What I enjoyed about the fair was that there were diverse job opportunities, friendly and informative exhibitors who offered tips on what their companies/organizations' expectations were... a future job test drive that I would advise all students not to miss. It is a foot inside the door of your dream job!"

Visit [www.halifaxcareerairs.com](http://www.halifaxcareerairs.com) for full details about the fair and [www.msvu.ca/careerplanning](http://www.msvu.ca/careerplanning) for the Career Planning Centre's full Fall calendar of events (which includes some great workshops to help you prepare for the fair!)

### WEDNESDAY

1/2 Price  
Appetizers  
7pm-9pm



### A Friendly Pub! Minutes Away!

- \* Easy-on-the-pocket prices!
- \* High Speed, Wireless Internet!
- \* Pool Tables, Dart Boards, Pinball!
- \* Free Meal Card! Buy five dinners, the sixth is free!!
- \* Kitchen Party Sundays 4:30-8:30 with Jeff & Friends!
- \* Monthly Karaoke!
- \* Monday to Friday 4:30-7:30 Happy Hour!
- \* Saturday Nite Bar Shots \$2.50!



Internet jukebox 1,000,000 songs!!!!  
Easy to use

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At Its Best!**  
\$5.95 Daily Dinner  
Specials  
Tues: Wing Nite 35c  
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3671 Dutch Village Road  
445-5256

Open Monday to Saturday:  
10 A.M. to Midnight  
Sundays: Noon to Midnight

Kitchen Hours:  
Monday-Wednesday 4:00-9:00  
Thursday-Saturday 11:00-9:00  
Sunday Noon-9:00



## Miscellaneous

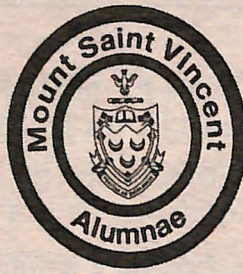
### Scotia Bank AIDS Walk

Did you know that half of all new HIV infections worldwide are in young people aged 15-24? Women represent an increasing proportion of those with positive

HIV test reports in Canada and in 2006 accounted for 27.8% of such reports, the majority of whom are between 15 & 29 years of age. The AIDS Coalition of Nova Scotia (ACNS) is asking you to come out on September 28, 2008 and support those in our community living with, those affected by, and those at risk of contracting HIV/AIDS.

The Scotiabank AIDS Walk for Life! Is both the ACNS' largest fundraiser and awareness event of the year. All proceeds from the Walk here in Halifax will stay in our community and go directly to services and programs in Nova Scotia. This year we are challenging the university communities and requesting their support in the fight against HIV/AIDS. To find out how you can register or donate, call (902) 425-4882 ext. 228 or check us out online at [www.aidswalkforlife.ca/Halifax.htm](http://www.aidswalkforlife.ca/Halifax.htm).

Robin Levy  
Fund Development Assistant  
AIDS Coalition of Nova Scotia



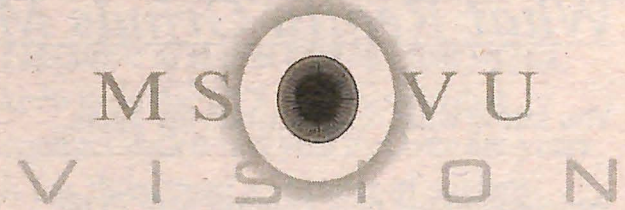
Welcome Mount Students,

On behalf of the Mount Saint Vincent Alumnae Association, I would like to welcome you to a new academic year. As an alumna, 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 MSV Alumnae Association provides scholarships and a bursary, awards academic prizes and sponsors student activities? Did you know that the MSV 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 involved and expand your horizons. Enjoy your year and make the most of your university experience.

Study hard and make friends,

Lara Ryan, BPR '92  
President, Mount Saint Vincent Alumnae Association



On March 17 & 18 of 2008, MSVU students voted overwhelmingly in favor of renewing their commitment to MSVU and contributing once again to the University capital campaign. Each year for the duration of the campaign, MSVU students will contribute \$6 per unit annually towards the enhancement of the MSVU campus and the enriching the quality of academic and student life.

Working directly with the student body, the Students' Union will allocate \$2 per unit of the \$6 contribution towards services, structures and space to benefit students. The voice of the student body, through a series of visioning sessions and mediums, will determine how this contribution is spent.

Open forum visioning sessions have begun where students have been able to contribute their ideas of what their vision of MSVU is. Other more interactive sessions and forums will be held where students will be able to voice their opinion on what would be the best use of the contributed dollars.

The most prominent of these vision pieces will be documented and at the Students' Union AGM in October/November 2008, the allocation of the first year of Capital Campaign dollars will be announced and directly put into use.

Upcoming visioning sessions will be announced on this page. But you don't have to wait to voice your ideas. Send us an e-mail telling us what you think would make your time at MSVU better.

E-mail us at:  
[yourmsvu@mountstudents.ca](mailto:yourmsvu@mountstudents.ca)



## Opinions

### What Really Grinds My Gears - With Morris MacLeod

You know what really grinds my gears...

Welcome to the new column here in the Sentinel. This column will be included in every issue, and will draw from issues everyone deals with every day of their lives. Situations that make you want to either break down and cry in frustration or lash out and bash the head of the closest innocent child into the ground in pure rage.

Slow people in the grocery store. Everyone who read the last sentence just had their heart rate rise by 25%. Smoking is what's supposed to kill people! who could have thought that it would be going to pick up some milk that brings you to a state where you are vulnerable to a massive heart attack.

When you meet people on the street and you are on a collision course you generally move out of the way, common frigten courtesy eh. When you are driving a bike on the side of the street (unless you're one of those bikers who thinks they own the road! another topic for another time) you usually try to keep the flow of traffic at a normal rate and stay near the edge of the road so that the fast car, one - doesn't hit you, and two - can keep going at their desired pace. Everyone everywhere deals with a crowd, but all of a sudden when some people go to the grocery store that whole part of their evolution is lost. If this had been back in the time of survival of the fittest, those grocery shoppers who can't figure out whether they want plain croutons or garlic croutons, plain or quilted toilet paper would die and their gene would be lost, a sacrifice toward the betterment of the human race.

It's simple; always plain. Garlic = bad breath, and quilted = comfort!!!  
now get the hell out of my way.

I am going to propose a solution. This column is not going to be solely complaints and belly aching; the problems and issues will be dealt with in a serious and thought provoking manner. When you teach a pet, let's say a cat, the rules of the house one way to go about this is to spray them with water when they act up. Wouldn't the world be a much more pleasant place if instead of guns, sarcasm, politics and drama, we used a spray water bottle to solve our disputes? If someone is moving slowly in the grocery isle and you can't get by them; SPRAY THEM. The wetter the person the more ignorant and impolite they are. The best part of this whole fantastic scheme is that no one is hurt. You are being sprayed with water, if anything it is the most humane way I have ever heard of to correct society.

So, from now on when you are planning on going to get groceries pack up your spray bottle. If you are one of the slow people who always seem to be in people's way at the grocery store, survival of the fittest is coming back to power. Either smarten up or feel the spray. Before we are done today I also want to express my most enthusiastic support to those people who are slow in the grocery store simply because they want to make the stressed out person cross that line into child bashing rage. You are as successful in your trade as Bill Gates is in his. The difference is that when people think of the wealth of Mr. Gates they think of power ambition and the will to get the

job done no matter what, when they think of you people would honestly rather give up their first born than come into a grocery isle seeing you glimmer in your so called profession.

You ruin people's day and personally if you stepped off the curb a little early I wouldn't stop, slow down, or even blink!

And that folks is what really grinds my gears this week!

- Morris MacLeod



#### ***Please Note:***

The thoughts, feelings and opinions expressed in this section do not reflect those of Mount Saint Vincent University or of the Sentinel Newspaper. If you have any questions, concerns, or would like to write an opinion piece for the paper please contact Mary Jane Leslie, Publications Editor, at: [publications@mountstudents.ca](mailto:publications@mountstudents.ca).



## What Student Movement?

The Canadian Federation of Students is a beautiful ideal. Its claim to fame resonates deeply with me: A united student movement; Students from all over Canada banding together to fight for their issues, their problems. Fighting to make their voices heard. Unfortunately, the ideal just doesn't match up to the reality. There is no united student movement in Canada; Student Unions across the country are torn between the CFS and CASA (Canadian Association of Student Alliances) a second national lobbying group. This shouldn't be an issue, but the problem arises when the people in CFS refuse to accept CASA; in turn attacking and rejecting them, trying to claim all the positive accomplishments for the CFS, and blaming CASA for all the negatives. Our Union sends the CFS 32,000 dollars every year. This is a waste of money! What do we get for it? Posters and empty rhetoric! The CFS has been using the same damn slogans for TOO long! Some may even be older than me! And what of the CFS' vaunted services? Travel CUTS is a business, which means that even if we weren't members of CFS, we would still be able to enjoy their benefits. Hell, there's one located in Halifax, near Dalhousie's campus, Dal students were one of the original Unions to get the hell out of the CFS. The ISIC card is not much better. First off, any student can get it, no need to be a member of CFS. Secondly the card is almost useless in the Maritimes, the only places that offer student discounts are Acadian Lines and Via Rail. Acadian Lines has a discount that is a set rate for everyone; you just need to present your student id. Via Rail has such a limited amount of destination options that it is just as useless. The Student Saver card just plain sucks compared to the SPC, all the services the CFS offers are also generic services that apply to anyone...but aren't very good.

The main issue with CFS, in my eyes, is that it is no longer a student organization. Over the years it has become an overly bureaucratic, top down organization that lacks transparency. The CFS does not publish its documents online. One individual told me the reason for this was that the CFS was afraid that its "enemies" might get a hold of them. She then went on to point out how ridiculous this is: First, it is pointless paranoia. Second, it's assuming their enemies don't have photocopiers.

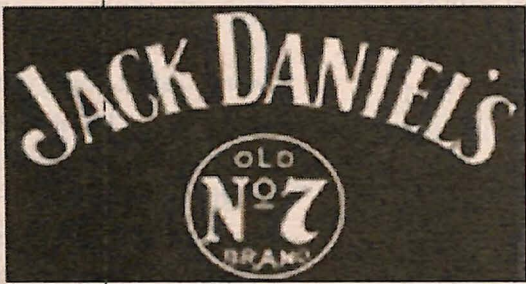
The CFS uses the legal system to bash any form of dissent and criticism it may catch wind of. When Unions try to get out, the CFS is not above bringing them to court for whatever reason they can find! At one point they even threatened us with legal action; in essence forcing former


Executive to sign a contract that would keep us in the CFS for 7 years (that contract ended last year)! Over the years it has threatened a number of student papers for printing articles criticizing it.

What was the CFS' response to four separate schools attempting to leave last year? (Other than legal action of course) The CFS decided to strengthen their bylaws, to make it even more difficult to leave. Fortunately for MSVUSU, we will be grandfathered in, and many of these new rules will not apply to us. My name is Kyle Rogers, I am the Executive Vice President of your Student Union, and for all of our sakes, I'm asking you to vote to leave the CFS in September. Let's get these people off of our backs. Let's show them that we will not respond to bullying, that we are stronger than that. Let's show them an MSVU campus united against the CFS.

**BIRTHDAY PARTY**

**LIVE BAND**





**CAKE**

**BalloonS**

**Your invited to Jack's Birthday!!**

**WHO: Jack Daniels**

**WHAT: Jack's Birthday**

**WHEN: Thursday Sept. 11th**

**TIME: 9:00 start**

**WHERE: Vinnie's Pub**

Come celebrate Jack's birthday with the live sounds of "Hey Ocean".



# Helpful Hints

## ~Dear Monty~

Welcome to Sentinel's new Dear Monty column! This column will run year-round and serve as our interactive advice column. After this issue "Pizza Mike" and the MSVU counseling department will take over answering all questions sent into the Sentinel on love, relationships, etc. Please feel free to send in your questions through e-mail at [publiucations@mountstudents.ca](mailto:publiucations@mountstudents.ca) or in the question box that will be set up in the Link of Seton Academic Centre. Enjoy!

I'm going to university for the first time this fall. Aside from being nervous about all the usual things...classes, friends, etc, I'm also really worried about sex. To be honest, I'm looking at my university experience to be something of a liberating experience sexually. However, because of this desire, I'm worried about getting a bad rep. Any suggestions? - Eager To Explore Student.

Well ETES, I think you have all the necessary ingredients to enjoy a wonderful sex life without the stigma of sluttiness. The fact that you're eager, says bounds about your personality, and will certainly attract a lot of guys. The fact that you're hesitant about being labeled a slut means you'll take the time pick your sexual partners wisely. One thing you need to keep in mind is that it is your body, to do with it as you please. If you don't want to have lots of exploratory sex, don't. If you want to, go right ahead! Just remember to always play safe, and pick the right partners. Remember, lots of sex does not equal lots of partners. In the end ETES, you really have to ask how much you actually care about other people's opinions of you. If their prudish enough to call you a slut for having an active sex life, they probably aren't having half as much fun as you are!

I have been friends with someone for about 3 years, ever since I stepped into Assisi hall. We have always gotten along really well, but I want it to grow into more than a friendship. However, I don't know if they feel the same way back. What should I do? - Thinking About Her

The fact of the matter is that your relationship will change if you choose to tell her or not. You have two choices in the matter. You can either wait to see if the relationship will develop on its own, however this could create an issue inside the relationship by your repressed feelings. In which case by trying to suppress your real feelings it changes the way you act around and interact with the person. Or you can buck up, act like an adult and sit the person down to have a grown-up conversation discussing the idea of you two being together or ever having a future in that way, even if it's just hypothetical. You just need to assess the situation TAH, and the solution to what you really want to do will come through.

I'm a gay guy at the mount, and am really interested in finding someone to have a relationship with and get into the dating scene. The problem is, I don't know how to go about finding people who may be gay or are interested without offending anyone. Do you have any advice on places to go to meet people around here? - Love Locator

My advice would be to check out places like the Students' Union Diversity Centre, where they can give you more information on organizations and groups on campus and in the city. You may also want to check out the registered Societies on campus for information on how to contact members of the Mount Ally's Society. But rest assured there are lots of people and places out there; you just have to find them.

I want to start going comfortably to the gym on a regular basis, but it seems that everyone who goes there are people who are already fit. I am self conscious about going there as I am not necessarily in perfect shape. What can I do to help get rid of my body woes and on the road to regular exercise? -Fearful of the Already Fit

First of all no one is perfect and all of those pretty people at the gym had to start somewhere! The best way to get into a routine is to get comfortable with yourself and the machinery you will be using. So if you want to do that without hundreds of pretty prying eyes, the best idea is to start on a schedule at times when the gym is least busy. Try going either really early in the morning before classes or later on at night, when there isn't too many people there. Also, honey you

have nothing to be ashamed of, you don't have to look like the rest of the people who go to the gym (who are also concerned about their appearance don't forget) to be considered beautiful. I commend you on taking the initiative to go out and get in better shape to improve your life-style, but just remember you're pretty awesome already and you're only improving on what you already are.

I am an average Jane as this school and I have an issue with the type of girls the guys here go after. It seems like the only girls that guys are interested in on this campus are either easy or super hot, but none of the guys here just want a normal, nice girl to date or have as a girlfriend. I'm getting fed up with this trend and want to know what I can do to change it?

- Peeved Average Jane

Well, to be honest I think you're getting what you're bargaining for. If you want the types of guys that are constantly going after the attractive and/or easy girls than what more can you expect from that type of person? You have to look around to find quality people, who might be the ones alone or not in a clique or sports team. Get involved with groups or societies where you can meet decent, boyfriend material guys. Sitting around and bitching about the man-whore who only dates cheerleaders or sluts isn't going to get you very far, so I suggest you change your game plan.

**FRIDAY**

**WET DRY  
PUB NIGHT**

**\$2 Cold Shot  
Cans all night!**

**CANADIAN 6.0  
COLD SHOTS**





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Morning Show with  
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Weekdays 5:30-10:00



## Campus Rec

### WATCH RIOT CUP



This year's theme...  
**EAST COAST RIOT**

Register your team today at 457-6420.  
Space is limited.  
Don't forget to dress in an east coast theme  
(fishermen, lumberjack, miner, etc.).

**Monday, September 29th at 7:30pm**

### FREE Movie Nights



**Made of Honor**  
Sunday, Sept. 14  
Time: 6:00pm  
Seton Aud. D



**Sex & the City**  
Sunday, Sept. 28  
Time: 6:00pm  
Seton Aud. D

### Get involved on campus!



There are lots of ways to get involved on campus. You can join the Rec Society or the Outdoor Rec Club. Like sports? You could volunteer at sporting events.

If you would like more information on our campus recreation program, please e-mail joanne.burns-theriault@msvu.ca

[www.msvu.ca/fitnesscentre](http://www.msvu.ca/fitnesscentre)

### CIBC

Help the  
fight against  
Breast Cancer!

Join the MSVU Team as we support the fight against breast cancer.

For more information, or to register your team, please contact team captain, June Lumsden at 457-6370 or [june.lumsden@msvu.ca](mailto:june.lumsden@msvu.ca)

Our team will meet at 9:30am at the Halifax Commons Tennis Courts

### RUN FOR THE CURE

**Sunday, October 5**  
10am at the Halifax Commons

## VINNIE'S PUB MENU

### Snacks and App's

- Quesadilla** – veggie, chicken or beef.....\$8.99  
**Wings** – hot, med, mild, hot or honey garlic.....\$8.99  
**Nacho's** with salsa & sour cream.....\$7.99  
(Add chicken or beef for only \$2.00)  
**Fried Pepperoni** served with honey mustard.....\$4.99

### Student Sandwiches

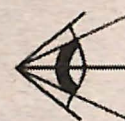
- Vincent's Grilled Veggie Wrap**.....\$4.99  
**Grilled Chicken & Peppers**.....\$8.99  
**Pulled Pork, Pulled Pork, Pulled Pork**.....\$7.99  
**Smoked Meat on Rye**.....\$8.99  
**Philly Cheese steak Sandwich**.....\$8.99

\*\* all sandwiches served with potato salad or baked veggie chips & kosher pickle\*\*

### Pizza/Pasta

- Pepperoni Pizza**.....\$7.99  
(pepperoni & cheese)  
**Veggie Delight Pizza**.....\$6.99  
(hot & sweet peppers, onions & mushrooms)  
**Steak & Peppers Pizza**.....\$9.99  
(grilled steak, sweet peppers, onions & mushrooms)

- Meat or Veggie Lasagna**.....\$8.99



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