

THE SENTINEL

MSVU Crosswalk Instructions

By NIKI TOOMEY
Student at MSVU

"Welcome to Mount Saint Vincent University. Here is your class schedule, your agenda of upcoming Students' Union events and your set of instructions for crossing the Bedford Highway without being run down!"

Press "walk button" indicating that you intend to cross the highway
Look both ways
Enter intersection once traffic has stopped
Jump quickly back onto sidewalk to avoid being hit by the car careening towards you that has either not noticed the blinking lights and alarm or has chosen to ignore them
Press "walk button" again as it has run out
Look both ways again
Repeat until successful

The Students' Union, with MSVU support, has been lobbying as a group to have traffic lights installed on the Bedford Highway (Seton Entrance) for years. Students have been clipped, knocked down, taken away by ambulance and even scared into avoiding crossing the highway, by vehicles traveling at speeds upwards of

80 km/hr who do not stop at the crosswalk.

This year, the Students' Union has one goal in mind when it comes to the Bedford Highway: "to make sure that students who cross can do so in a safe way and without fearing for their lives" said Helle Petersen, Executive Vice President of the MSVU Students' Union.

The SU has encountered a barrage of reasons as to why installing traffic lights is not an effective course of action for the city to take to combat safety concerns at MSVU. These reasons include surveys which suggest that a set of lights will not improve safety, the idea that it will be even more dangerous for pedestrians and drivers, that it is not a cost effective option for HRM, that MSVU does not top the priority list of dangerous spots in the city and that the stretch between the lights at Bayview Rd. and the Mount will be too short for drivers to stop.

Little observable progress has been made to date, but the SU remains confident that change will come. "After our most recent meeting with Mayor Peter Kelly and HRM Officials, the yellow light at the MSVU



Mayor Peter Kelly with Vice President of Student Life, Amber Daley. The Students' Union has been working with the Mayor on strategies for a safer Bedford Highway. (Photo from www.mountstudents.ca)

crosswalk was changed to amber light and our crosswalk was repainted" said Petersen. "On top of this, the city has promised to start a new safety awareness campaign which will begin with distribution of pamphlets from the Mayor's office concerning safety issues" added Petersen.

By continuing to inform drivers, local politicians and MSVU students of the potential dangers on the Bedford Highway, the SU hopes to improve conditions even more than they already have. The SU also wants

to fight the misconception that this problem is being caused by students who do not utilize the current safety precautions correctly as well as send a clear message that safety is the responsibility of drivers as much as pedestrians.

While this is not an easy situation, the SU, along with the University, are working tirelessly solve the issue. For more information, please contact your Students' Union Vice President, Helle Haven Petersen.

Mount Allies Welcome Social

By BRENDA HATTIE
The Mount Allies

Mount Allies will be having a "Welcome to the Mount" social on Thursday, Sept 7th, 3-5 pm at the Diversity Centre, Rosaria 114. Pizza and refreshments will be provided. We invite all LGBTQ students and those interested in Gay Straight Alliances to come and celebrate the beginning of term. Both frosh and returning students are welcome.

Mount Allies exist to support students, staff, and faculty of the lesbian, gay, bisexual, transgendered, queer (LGBTQ) community by encouraging the University to welcome and respect its diversity. Allies work with students, staff, and faculty to provide programs, services, training, support, referral, and resources on LGBTQ issues at the Mount. The Allies committee, open to students, faculty and staff, meets the first Wednesday of every month. For more information,

contact Jane McCormack at the Diversity Centre, studentresource@mountstudents.ca or Brenda Hattie at Brenda.hattie@msvu.ca.



From the Editor

By ASHLEY DAWE
Editor in Chief

Dear Readers,

After a summer of hard work by many I am proud to present to you this year's first issue of the Mount St. Vincent University student paper, The Sentinel. I would like to take this opportunity to let you know a little bit about the history of Mount student papers, and also about myself and my philosophy on both writing and life in general.

It's been a rough ten years for student publication at the Mount. In the mid nineties poor communication and disrespect between the paper and the Student's Union caused tension and the eventual termination of the then named Picaro. Since then, the student paper at the Mount has been a service funded and to a certain extent managed by the Student's Union. It has been The Picaro, Jargon, back to The Picaro, and now finally The Sentinel. I am happy to say that now the Mount newspaper is finally establishing a healthy relationship with the union. This year's council is a group of truly dedicated and enthusiastic people and I am happy to be working alongside them. This being said, it is still unacceptable for the paper to be owned and/or managed by the union. This is not to be taken as disrespect or criticism of the union. I am simply saying that a free press

should not be owned by any governing body. The present situation is in place to deal with the crippling effect that bad publication-union relations can have on both parties, and an ideal situation (which I intend to work toward) is for The Sentinel to earn its autonomy, but retain a positive relationship with the union. I am telling you this because this lofty goal can only be reached through respect of all writers and representatives, indeed of all people, for each other. I tell you this because it is the way I look at writing, and also the way I look at life.

I had the pleasure of knowing a very wise and compassionate woman who was also an extremely talented writer. She taught me many things, but none as important as the philosophy she handed to me when she was diagnosed with an advanced form of colorectal cancer and would soon face the end of her time in this life. When she dictated the arrangements for her burial she asked that the word Namaste be engraved on the box she would be interred in. If you look up this word you will find a variety of translations ranging from the simple to the very poetic, but she explained it to me as follows. The word Namaste is an ancient Sanskrit greeting and sign of respect. It was explained to me as having a meaning along the line of

"The divine in me recognizes and greets the divine in you." You need not be a religious or even a spiritual person to use and understand this greeting. It is simply an expression of the realization that all of us are composed of an equally valuable soul, essence, or piece of god, whatever. The woman who taught me this was my mother, and it is how I live my life now without her.

I believe you can extend this philosophy into every part of your life, and I intend to apply it when compiling The Sentinel for you. Each person has a valuable perspective in this world that should be presented and heard with respect. The Sentinel welcomes new and different modes of thought and well researched arguments on any topic. The Sentinel will not accept writing that slanders or is disrespectful or hateful of any persons or groups. There is a profound difference between debate and hate. I welcome you to share your perspectives with each other and learn new things from the divine beings around you. With that said, I hope you thoroughly enjoy the first issue of The Sentinel, and I hope we get the chance to meet and work together soon.

Namaste,
Ash

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Submissions can be dropped off at the newspaper office, Rosaria 103C, or emailed as a Word document to newspaper@mountstudents.ca.

Welcome From Your Students' Union President

By LLYOD NASH
President, Mount St. Vincent University Students' Union

Students of the Mount:

It is my pleasure to welcome you all to your new and energetic home for 2006-2007 university life. As a third year student at the Mount, I know that this place will have a drastic effect on each of your lives. There are many new people you are going to meet with fun times ahead.

As your student union president I will be working as hard as I can to make sure that your needs and concerns are met, and that communication within the student body and student union is as strong as ever.

I encourage all of you to use to your fullest ability the wonderful services we have to offer whether it be chilling out at the crow's nest, finding out new

and interesting facts at our Diversity Centre, or partying all night long at Vinnie's Pub.

In closing, I look forward to meeting as many of you as I can, so do not be afraid to drop by the student union office to say hi, remember.... We are here for you!!

I hope you all have a wonderful year.

Cheers,
Lloyd

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The Frosh Survival Guide

One Student Shares Her Insights on Making Friends, Mastering the Hill, and Opening Doors On and Off Campus

By ALLISON MACNEIL
Fourth Year Student at MSVU

Welcome to MSVU, Frosh of 2006!

I remember what it was like in the old days (September '03) when I was a young'en here, bright-eyed and bushy tailed, ready to take on the world – the university world that is. However, it wasn't long before I ran into some obstacles in my attempt to adapt to the university way of life like a pro. Maybe the fact that I registered a day before classes started could have added to that stress. Just maybe. Regardless, it was not as smooth a transition as I would have liked.

Anyway, the point of this article is to help make *your* transition into university life as easy as possible. I'm hoping to let you in on some things that I, and other returning students, wished we would have known when we first came to the Mount – as green as could be. I hope these tidbits help!

Be nice to the Admissions/ Registrar's staff:

These are the people that can make your transition into university a hell of a lot easier for you, so just be nice and cooperate.

University Lingo:

By now I'm sure most of you have been introduced to some words or phrases in reference to the university that have made you go "wtf?" Fear not! We're not speaking in tongues, but rather an ultra-hip, cult-like language that only the coolest people (that would be you) are privy to. Ok, I'm exaggerating, but if you ever have any questions about what anything is, check your university calendar for all the up-to-date info (Page 11 for the

much-needed glossary of terms). Actually, the calendar is your go-to guide; included is everything from important dates and contact info to program requirements and course descriptions. Trust me, after 3 years I'm constantly checking it to make sure I have all the course requirements for my program.

WebCT and WebAdvisor:

Although the names are similar to the point of confusion, the functions of the two systems are quite different. WebAdvisor, which most of you would have used this summer, is the Mount's online registration system – not to be confused with WebCT (Web Course Tools), a system that allows communication among students and professors via messageboards, email, and websites. There's much more to WebCT, but I'm lazy and this will give you a chance to check out that calendar.

Making your way around campus:

This section might seem trivial and obvious (and really the Mount's campus isn't even that big) but trust me; there are a few tricks of the trade I've learned over the years to maneuver around campus as efficiently as possible.

First stop: Seton Academic Centre. Even though Seton isn't the biggest building out there and it's only five floors, the confusion caused by its structure can be surprisingly frustrating at times. For instance, I (and many others have confessed), after 3 years at this school, still don't know if you have to push or pull the doors leading into the stairwell. Sad, I

know. Anyway, the trick is to take a quick look up at the hinges. If they're on your side, push. If you don't see them, pull. (I feel stupid even writing this...). Oh, and if you're on your way to the cafeteria, the stairwells with an elevator closest to them are the ones that lead all the way down to the 1st floor (the others only go to the 3rd floor). "Ahh!" I can hear you returning students already.

Second stop: Evaristus. There's nothing more depressing than finishing a class in Seton and having to run up Mount Everest with 5 minutes to spare before your next class in Evaristus. Others have disagreed, but I feel the fastest route is out the back door of 4th floor Seton and up the hill with the huge overhanging tree and benches at the top. It's steep but it gets the job done faster and leaves you 2 extra minutes to catch your breath and wipe the sweat from your brow.

Embrace the Aforementioned Hill:

Sure it's hell and it never gets easier walking up that thing, but short of clear-cutting the hill, it's staying - so you'd better get used to it. On a positive note, many a man has claimed that the ladies of the Mount have the nicest legs and bottoms!

Register Online:

For those late-comers that are registering for courses a day or two before classes start - do it online (remember that would be WebAdvisor. See, you're catching on!) instead of waiting in those hot, stressful lineups in Evaristus. (Same goes for adding/dropping courses).

Don't worry about making friends...you will!

First off, if you're living in residence, you're almost 100% guaranteed to make at least five lifelong friends – and that's just in your first year! If you're living off campus: don't fret. The beauty of small class sizes at the Mount means it will be easier for you to remember seeing the same faces in your courses. You'll especially make friends with those students in the same program as you since you'll be seeing a lot of them over the years. Remember: there are at least 1000 other new students wandering around looking to meet people so just be open to everyone, be nice, and you'll be a social butterfly before you know it.

ASK QUESTIONS!

Everyone knows what it's like to be the new kid on the block. It's going to take time before you know your way around campus, before you get the second language that is University talk, and before you're swaggering around like hot stuff because you've finally mastered APA and MLA documentation (the hell of all hells) and therefore, are a 100% certified Mount Saint Vincent University student. So don't be afraid to go up to anyone and ask them questions - this also falls under the aforementioned "Making Friends" section...it's a great way to meet people. I met my good friend from first year asking her where Assisi was the first day of class. Turns out we were in the same history class together that same morning. So talk to people - believe me, it works!

**OPT OUT DEADLINE
29TH SEPTEMBER**

**QUESTIONS?
CONTACT KIM COLDWELL
HEALTH PLAN MANAGER
ROSARIA ROOM 118F**



Rally and Vigil in Halifax Perfectly Timed With 16th International AIDS Conference in Toronto

By MEAGHAN O'HARA
Student at MSVU

On Thursday August 10th, 2006 at Parade Square in downtown Halifax a Rally and Vigil to make AIDS history took place. This rally, just days before the 16th International AIDS conference began in Toronto, Ontario gave those living in Nova Scotia the opportunity to express their feelings and demand action on the ever growing importance of HIV/AIDS. The event was organized by the Canadian Red Cross, Oxfam Canada, The Atlantic Council for International Cooperation, and Canadian Crossroads International, all of whom came together in an effort to further educate those living in Nova Scotia on why exactly AIDS is a global concern.

The event opened with a performance by the 'Raging Grannies' a group of activists who demand action on many issues through unconventional methods. Dressed in clothes mocking the stereotypes of

older women, they helped to open the rally by performing two songs expressing their concern on the issue of HIV/AIDS.

The event's Master of Ceremonies was AIDS activist Janet Connors who shared her personal account of living with AIDS while encouraging those in the crowd that had gathered to sign a postcard addressed to Stephen Harper demanding action on the global epidemic.

Janet Connors spent the evening introducing many speakers who shed light on the way in which HIV/AIDS affects many different groups of people. She emphasized that although there are over 40 million people infected with HIV and AIDS worldwide, and 95% of those people live in the developing regions of the world, the disease is not only a

concern of those in the developing regions.

During the rally there was a touching story read concerning AIDS and the stigma attached to the virus. The story, 'Come Sit By Me' outlined what AIDS means to the children of the world. The story stressed the importance of educating the youth of the world so that they fully understand the implications of the virus as well as have an understanding of what it means to be living with HIV/AIDS.

The rally demonstrated the importance of education as well as addressing the way in which HIV/AIDS affects all groups of people in all parts of the world. There was a strong emphasis on the effect of HIV/AIDS on women, and the importance of the education of women was stressed, especially for those in developing regions, in an effort to slow the epidemic.

While speaking with Janet Connors at the rally she had a strong message for university aged men and women in Nova Scotia on the issue of HIV/AIDS. Connors stressed the importance of writing to the government encouraging action and demanding that Canada's contribution to the Global Fund to Fight AIDS was increased to 5%, up from the current 2.8%. She also encouraged university students to educate themselves on HIV/AIDS in an effort to understand that although the AIDS epidemic is most prevalent in developing regions, as the world becomes a more global community the importance of this issue will continue to grow. Most importantly Connors expressed a want for people to get involved and provide a voice for those who are suffering and are unable to be their own voice.

A Balancing Act

Working Full or Part Time While at School is Sometimes Unavoidable, But There are Ways to Soften the Blow

By RYAN QUINN
Third Year Student at MSVU

First and foremost, I want to welcome all the new and returning students to the Mount. I hope everyone had an excellent summer, and that everyone's academic endeavours are met with success in the coming year.

There are many university students who, while being a full time student, also decide to take on the heavy responsibilities of being a full-time worker, in either one, or several jobs. This is not an easy task (ask any member of the Student's Union, they will tell you it is not easy in the least), as it can cause big slips in GPA's or severe burnouts. However, circumstances may require students to work around forty hours a week while going to school, and there is simply no way around it; rent has to be paid, the power company needs money, and then there is the matter of feeding oneself. Is it possible to mesh school and work when both are done full time? What options do I have if I want to work as well as attend school? And finally, can everyone work full-time, and go to

school full-time? These are the fundamental questions at the base of this entire endeavour, and, having lived through the experience I wish to at least give some advice for those wishing to take on this rather daunting task.

First and most importantly, you need to learn the fundamental skill of time management. Not only will it make having a job and going to school easier, but having good time management skills will also help you for the rest of your working (and academic) life. What does time management boil down to though? It's simple: priorities. To be successful as a full-time student and worker, you must realize that school comes first, followed closely by work, which makes amusement and free time less important than the other things on the list. Does this mean that fun cannot be had? No, not at all. However, one must avoid huge alcohol based parties simply for the fact that not doing so may leave you out of commission for

two days. Going to the pub one Thursday a month or enjoying a Sunday to yourself every two weeks is a minimum of what you need to maintain your sanity. Therefore, do your homework before you take an extra shift at work, take that extra shift if all you have planned is a beer guzzling contest or a marathon of "Friends" reruns, and if you feel completely blown out take a Sunday off. Those simple guidelines can make the whole experience much easier to swallow.

Now, let's say you have your time management issues settled. There are still other things you can do to make life easier as a whole. The best suggestion I can give is to apply for a job on-campus which eliminates travel time, giving you some extra time to work on a paper, or if you're having an easier week to chat with friends. There are many places looking for student help such as Aramark, the Student's Union (including Vinnie's Pub), and Information Technology & Services

among them. Take a look around. There are always options.

My second suggestion is to find a job that's student friendly, meaning you can do your homework when you are not busy with work, and they will consider some flexibility with scheduling to accommodate your schoolwork. Some on-campus jobs are flexible with that, and there are some off-campus employers who are willing to do the same.

Full-time work and academics is not as impossible as it may seem, and with the correct focus and list of priorities, many people can work full-time and still maintain a healthy grade point average. Just remember, prioritize, and find a job that will allow some time to do some homework in between doing what you are being paid for, and which offers some flexibility in setting your work schedule.

A Welcome to Our New International Students

By ALLANAH MCCORMACK
Advertising Editor

I would like to extend a hand to all those new students arriving from far-flung international destinations. I am quite certain that we have an eclectic student body here at the Mount, and I sure hope to see it embraced by all those who attend here.

I know how difficult it may seem, settling into a new country and adapting to a new way of life (especially the winter). It may be completely different than what you're accustomed to, believe me I have been there myself. But also believe me when I say that Halifax is a great city, Canada is a great country, and MSVU is the place to be.

It may seem daunting now, but in reality it is an adventure, an experience and a journey. Try not to think of it as just school, just education or just class. Try to think of it as a new family, a new social group and new chapter to your life.

When I arrived in Halifax, I did not know what to expect. I knew no one, I was at a loss for finding my way around; all I knew was that this was a new start. Now two years later, I'm

going into my second year of university, I'm the Advertising Manager for The Sentinel, I have a job, friends and I do believe that I've settled in pretty well.

You've made a good choice coming here; so do not be afraid to ask someone if you are unsure of anything. I emphasize that point strongly. The Students' Union is here for you (and they're an excellent group of people)

My top suggestions for meeting people on campus and making new friends to go downtown with would be:

Vinnie's Pub and Lounge; attend the events, they have many. Laughter can bring out the best in people. It's a perfect place to meet your fellow students, especially during Frosh Week

Frosh Week Events; This is a prime opportunity to meet other new students. Take a look at the Frosh Week calendar on the Students' Union page, and attend all the ones you can. From a BBQ to a concert; it's sure to be great fun.

Volunteer; Not only will volunteering look phenomenal on a resume to a potential employer, but it also helps people who need it. Why not look into volunteering at the Resource Centre/Diversity Centre? Or how about the Fountain Play Centre? Or keep an eagle eye out for volunteer opportunities around campus. You'll meet many people; and make some new friends.

Participate; There is so much to do on campus, and we love to raise money here for charities. So why not dress up and have fun? You never know you might just get your picture on the Student's Union website

So welcome to a new year and the first of many good years here at MSVU. We thank you for choosing the Mount and hope to see you at the events that will be held throughout the year.

Enjoy the adventure.

Four Good Reasons to Run for Councilor in the SU Fall Elections

By HELLE PETERSON
Executive Vice President, Mount St. Vincent University Students' Union

Need that extra nudge to get involved on campus? Here are four good reasons to become a councilor on the Students' Representative Council

Be a Student Leader
Represent your peers on the SRC every month
Learn about the governing body of the Students' Union
Gain valuable experience that transfers to your resume

Want to learn more about Roberts' Rule and University Committees?

Get ready to run for Councilor today!

Run for the following positions this fall:

Science Representative
Education Representative
First Year Student Representative
Mature Student Representative

To become a Councilor ask yourself the question "what position is right for me"? There are 13 Councilor positions available all together. After you decide which position to run for you must pick up a nomination package from the Information Desk in Rosaria in order to qualify for the election.

Please see the Election Time Table for further information or contact Helle at the Students' Union (457-6153)

Editor's Note: The SU Fall Election Time Table can be found in the September Events Calender on Page 10.

New and Improved Food Resource and Diversity Centres

By JANE MCCORMACK
The Food Resource and Diversity Centres

Near the end of the last academic year a question was posed: how can we improve the Food Resource and Diversity Centre? The simple answer was to separate the two. So, this coming academic year visitors to both services will see a new and improved setup being offered, which the coordinators are very excited about.

The Food Resource is in a location where privacy and confidentiality is paramount. This service now has a freezer which came courtesy of the Mount Christian Fellowship's fundraising. It allows the centre to offer a range of items to supplement the food package they already offer. There is also a fridge from which they can offer fresh items (subject to availability). All of the food

is donated by Feed Nova Scotia and through fundraising by societies and private donations. The service is free to all MSVU Students. All one has to do is register. The centre welcomes donations of food. They can be dropped off at the Diversity Centre or the Student's Union Information Desk.

The Diversity Centre in Rosaria 114 offers a tranquil setting where students can relax on sofas and chairs. There is a lending library courtesy of the Political Science Society, and a resource library with course books for use within the centre. There are also many information leaflets covering common questions about such topics as STI's, HIV/AIDS, healthy eating and nutrition, cholesterol, depression, men's health and wellbeing, and the Mount Ally's. This information is

worth checking out if you want a question answered or are doing a research paper.

New to the centre this year is a second hand clothing store, where you can purchase women's, men's and children's items of clothing for a cost of \$1.00-\$2.00. You can also drop off good quality items of clothing for us to sell. Go check it out!

The centre is always looking for volunteers. If you want to enhance or start your resume, fill out an application form. Shifts can be arranged to suit your class schedule.

If you want any information about either centre or volunteering opportunities, contact Jane McCormack on 457 6386 or email resource@mountstudents.ca.



MOUNT SAINT VINCENT UNIVERSITY
STUDENTS' UNION
www.mountstudents.ca

Your Guide to SU Services!



The Sentinel is your guide to what's going on around campus. News, sports, and events are listed, so pick up your copy today!



Vinnie's is the place to be on campus with amazing staff and a great atmosphere! Come to Vinnie's and wind down after a long day at school.



The Corner Store is the only on-campus store operated by students! With items ranging from groceries and MSVU gear, to bus passes and fresh coffee; it might just have what you're looking for!

The Fountain Play Centre is a subsidized service for students who have children and wish to attend classes at the Mount. Volunteers are always welcome. For more information contact the centre.



Look back on today; tomorrow. The yearbook will be at events throughout the year to produce a new edition of the Mystonian.



Rosaria Student Centre / Seton Academic Centre

With two locations on campus, Information Services offer fax services, bus information, SU information and information on student life. Don't hesitate to ask!



Food resource centre

The Food Resource Centre is a service designed to help students in need of non-perishable food items. It offers delicious and easy recipes, as well as healthy eating and budgeting tips. All services are confidential.

The Diversity Centre offers students information on general and sexual health. It includes a second hand clothing store, a lending library and a meeting place. If you have any questions feel free to drop by!

The Health Plan Office is located in the Students' Union office block. There you can find information on the student health and dental plan as well as how to submit claims for both Canadian and International students.



The Crow's Nest is your home away from home. There is comfy seating, cable television, and movie showings. Come on down and relax!

Why You Should Read Comics

Yes You

By ASHLEY DAWE

Editor in Chief, Comic Lover

Superman. Batman. Spider-man. The X-Men. We all know their names, their costumes and maybe even their super-villain counterparts, but how many of us can actually say we've sat down and read a Superman comic? My guess is not a majority although comic readership is probably at its highest in recent memory. In recent years comic book characters have made the jump back into mainstream in a slew of summer movie blockbusters. In the last five years we've seen three X-Men movies, Batman, Superman, The Fantastic Four, The Hulk, The Punisher, Daredevil, Sin City, V for Vendetta, Elektra, and Spider-man all come to film. Spider-man has another on the way, and there are upcoming movie adaptations of Ghost Rider and Wonder Woman in the making. Regardless of what movies have done for comics however, I believe we must not forget about the four dollar monthly installments that inspire them. I'm talking about comic books.

Comics are such a diverse and dynamic media that I'm surprised more

people don't read them. I think many people are ward off by the spandex overwhelmed superhero universes and feel that comics are superficial, poorly written, or dumb. I can tell you that all of these assumptions are false. Although I have read my share of awfully written, superficial, and dumb comics, there are meaningful and truly brilliant stories to be told that really couldn't be executed in any other way but comics. I have read stories in comics more moving to me than any novel. It is the combination of words and illustrations working together to create complex metaphor, and a truly different way of communicating that challenges the reader to think outside traditional interpretations of words and pictures.

Don't get me wrong, I read a lot of superhero comics and not all of them are beautifully woven pieces of literature. Sometimes you just want to see pretty people beat bad guys up. DC and Marvel have done an amazing job of bringing comics back into the mainstream, but that's not all that's out there. There are many smaller and

independent companies publishing comics that push the envelope creatively in ways that DC and Marvel cannot. Dark Horse celebrates its 20th anniversary this year; an exciting feat for a company that publishes mostly within a darker genre of sci-fi and horror, with a few fan favorite staples such as Star Wars and Conan. Vertigo prides itself on being a producer of edgier material, and some pretty famous comic creators got their start in Image (Todd McFarlane). Still, there are even smaller studios and creators that produce comics from their own home, and if you are willing to step away from the beaten path these can be some of the most rewarding reads in comics.

Finally, I'd just like to say don't be afraid. Whatever you think puts you out of the realm of reading comics is all in your head because pretty much any genre you enjoy on TV or in books can be found in comics; from horror and sci-fi, to drama and nostalgia, to good old fashioned superheroes. Jumping onto a series that's on its 500th issue may seem daunting, but

many old story arcs and back issues are now bound in inexpensive and easy to obtain trade paperback form. Ladies, I know the comic store may seem like a frighteningly male dominated place, but you can relax. I know from experience you will find something you'll like and someone to help you find it. Well I guess that's all I can say. If you don't believe that comics are for you now, there's no convincing you. I leave you with a few must read lists and hope that one day we'll meet around campus and get to talk about comics.

Top 5 Comics You Should Be Reading Right Now

1. Civil War (Marvel)
2. 52 (DC)
3. Justice League of America (DC)
4. All Star Superman (DC)
5. Runaways (Marvel)

Top 5 Lesser Known Comics to Read Right Now

1. B. P. R. D (Dark Horse)
2. Girls (Image)
3. Elephantmen (Image)
4. Strangers in Paradise (Abstract Studios)
5. The Walking Dead (Image)

Top 10 Graphic Novels and Trade Paperbacks to Read

- | | |
|------------------------------------|-------------------------|
| 1. Watchmen | 6. Bone |
| 2. Maus | 7. The Sandman Vol 1-10 |
| 3. Saga of the Swamp Thing Vol 1-6 | 8. V for Vendetta |
| 4. Strangers in Paradise Vol 2 | 9. Flight Vol 1-2 |
| 5. Superman Red Son | 10. Runaways Vol 1 |

Important Dates From the Registrar's Office

FROM THE MAIL OUT
"REGISTRAR'S OFFICE UPDATE"
AND THE MSVU WEBSITE

September is always a hectic time around campus so take the time to look at these notices from the Registrar's Office to be sure you don't miss any important deadlines.

Student ID cards for the 2006/07 school year will be made in the following locations at the following times:

Sept. 5-7 Evaristus Hall Room 130
10am - 7pm

Sept. 8 Evaristus Hall Room 130
10am - 5pm

Sept. 11-14 Evaristus Hall Room 130
10am - 7pm

Sept. 15 on Registrar's Service Counter
in Evaristus Hall 9am - 5pm

Orientation 2006 will take place on Sept. 5 at 9am in Auditoriums A and D in Seton Academic Center.

Residence Opens on Sept. 4 at 12 noon.

Classes Begin Sept. 6

You can still register online or at the Registrar's office until Sept. 13

Last day to **Drop Classes** without financial penalty will be Sept. 13.

Deadline for Payment of first installment of fees (except for co-op fees) is Sept. 13.

Audit Registration for full-year and fall semester courses ends Sept. 22.

If you have questions about these dates or other issues involving registration, payments, and deadlines contact the Registrar's Office.

THIS SPACE IS EMPTY...

WE NEED YOUR HELP TO FILL IT!

GOT AN IDEA FOR A GREAT COLUMN OR ARTICLE? THINK YOU CAN WRITE A SUPER SPORTS ARTICLE OR AN AWESOME MOVIE OR MUSIC REVIEW? GOT TALENT AS A PHOTOGRAPHER OR VISUAL ARTIST? OR DO YOU JUST WANT TO BUILD UP A PORTFOLIO OF PUBLISHED WORK THAT LOOKS GREAT ON A RESUME?

WHATEVER YOUR REASONS, AND WHATEVER YOUR SKILLS, THE SENTINEL HAS A PLACE FOR YOU ON OUR TEAM.

CONTACT US AT THE NEWSPAPER OFFICE (ROSARIA 103C), BY PHONE (457-6686), OR BY EMAIL AT NEWSPAPER@MOUNTSTUDENTS.CA

The Sentinel is sponsored by the MSVU Students' Union



MOUNT SAINT VINCENT UNIVERSITY
STUDENTS' UNION

www.mountstudents.ca

SEPTEMBER EVENTS CALENDER

27 Sunday	28 Monday	29 Tuesday	30 Wednesday	31 Thursday	1 Friday	2 Saturday
3 Sunday	4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday	9 Saturday
Frosh BBQ - 5pm Frosh Kickoff Party - 6pm Damien the Hypnotist - 9pm	Frosh Warz - 1pm Frosh Picture - 3:30 Wacky Olympics - 8pm	Open Air Concert in Front of Rosaria - Vinnie's Open (Wet Only)	First Day of Class Pub @ Vinnie's - All Day BBQ Tall Ship Silva Cruise - 10pm (Bus leaves Rosaria at 9:15 Limited Seating Available)	Mount Allies Welcome Party in the Diversity Centre - 3pm Welcome Back Molson Party @ Vinnie's - 7pm (Wet Only)	Mount Christian Fellowship (MCF) - Progressive Supper Sex with Sue in the Seton Aud - 5pm Fantasia Party and Dirty Bingo @ Vinnie's 8 & 9:30pm	Frosh Leader Party @ Vinnie's featuring God Made Me Funky - 7pm SHINERAMA Shine Day!
10 Sunday	11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday	16 Saturday
		MCF - First Meeting of the Year Pool Ladder Kickoff @ Vinnie's - 4pm (\$5) The Road Hammers @ The Marquee - 10pm (\$25/30)	Yuk Yuk's Comedy @ Vinnie's - 8pm	First Wet/Dry Pub Night @ Vinnie's	Mount Cup Kickoff Karaoke Night @ Vinnie's Metric @ The Forum Multi Purpose Room - 8pm (\$25/30)	MCF - BBQ Dropkick Murphys @ The McInnes Room - 8pm (\$25/30)
17 Sunday	18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday	23 Saturday
	Nominations Begin for the Students' Union (SU) Fall Election - 8am	XBOX/PS2 Tournament Begins @ Vinnie's	Nominations End for SU Fall Elections - 6pm First Molson/Bacardi Open Mic Night @ Vinnie's Billy Bragg @ The Cohn - 8pm (\$30/35)	SU Fall Election Candidate's Meeting - 7pm (Campaigning Begins Afterward) Beach Party @ Vinnie's	"Rags to Riches" Fashion Show @ Vinnie's - 7:30pm (\$5/3)	MCF - South End Halifax Scavenger Hunt
24 Sunday	25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday	30 Saturday
	SU Fall Election Candidate Speeches - 12:30 in Seton and 5:00 in Rosaria	SU Fall Election Candidate Debate - 12:30 in Rosaria XBOX/PS2 Tournament Round 2 @ Vinnie's	SU Fall Election Campaigning Ends - 8am SU Fall Election Voting - 9am-6pm in the Seton Link and 2nd Floor Rosaria	Voting - 9am-6pm Final Results of Elections @ Vinnie's Think Pink Party (Breast Cancer Fundraiser) @ Vinnies	Mike's Hard Karaoke Night @ Vinnie's	MCF - Tim Horton's Coffee Crawl

* Prices listed as \$X/\$X mean In Advance/At the Door

Got an event YOU want listed in next month's issue of the Sentinel? Email us at newspaper@mountstudents.ca!

RECIPE CORNER

Delicious Dinner on a Budget

Being a Student Doesn't Have to Equal Being Malnourished

By JANE MCCORMACK
The Food Resource and Diversity
Centres

This month's recipe is for Lemon Chicken. It's an easy to make and healthy choice. A delicious alternative to fast food.

Lemon Chicken

Serves 2

Ingredients

1 Tablespoon Oil (Sunflower, Canola, Maze, Corn)
2 Boneless, Skinless Chicken Breasts, cut into thin strips
2 Small Zucchini, sliced thinly
1 Carrot, sliced thinly
1/2 Teaspoon grated Ginger
3 Green Onions, chopped
1 Tablespoon Soy Sauce
Juice and rind of 1/2 Lemon
1 Teaspoon Corn Starch

Method

1. Place the oil in a microwaveable bowl and microwave on HIGH for 1 minute.
2. Add the chicken and cook on HIGH for 2 minutes
3. Add the zucchini, carrots and ginger and cook on HIGH for 3 minutes.
4. Stir in the green onions, soy sauce, and lemon rind. Cover and cook on HIGH for 3 minutes
5. Blend the lemon juice and corn starch together, stir into the dish. Cover and cook for 3 minutes on MEDIUM until the sauce thickens
6. Serve with boiled rice or noodles and a vegetable of your choice.

Cool and Tasty Dessert

By ASHLEY DAWE
Editor in Chief

This recipe was actually taught to me by a friend, but since he doesn't go to the Mount I'm sure he won't mind me sharing it with you.

I call it Vanilla Berry Trifle. I'm not sure what he calls it, but it's a great dessert for a warm day or a light option for after a heavy meal.

Vanilla Berry Trifle

Serves 4-6

Ingredients

4-6 Individual Shortcakes or Scones
1 Package of Vanilla Instant Pudding
1 Package of Mixed Berries
Whipped Cream

Method

1. Place each shortcake in a bowl. If you are using scones cut them in half.
2. Mix up the instant pudding in a large bowl.
3. Thaw berries if frozen and place a heap on each shortcake or scone.
4. Scoop a blob of vanilla pudding on each one.
5. Repeat in layers if you like; berries, pudding, berries...
6. Add a dollop of whipped cream on top.
7. Refrigerate until ready to serve.

POLL OF THE MONTH

WHAT IS THE FAVORITE DOWN-TOWN DESTINATION (BAR OR CLUB) OF MOUNT STUDENTS?

FILL OUT THE ATTACHED FORM AND DROP IT OFF AT THE NEWSPAPER OFFICE (ROSARIA 103C) OR EMAIL US AT NEWSPAPER@MOUNTSTUDENTS.CA! WE'LL PUBLISH THE RESULTS IN NEXT MONTH'S ISSUE!

POLL OF THE MONTH DROP OFF FORM

**MAJOR:
YEAR OF STUDY:**

BAR OR CLUB OF CHOICE: _____

THANKS FOR PARTICIPATING!

**ARE WE MISSING SOMETHING?
LET US KNOW OR COME WORK FOR US!**

**WE NEED:
WRITERS
PHOTOGRAPHERS
ILLUSTRATORS
CARTOONISTS
BRAINSTORMERS
GENERAL VOLUNTEERS**

**THE
SENTINEL**

**QUESTIONS COMMENTS AND INQUIRIES CAN BE BROUGHT TO:
ASHLEY DAWE, EDITOR IN CHIEF ROSARIA 103C
PHONE: 457-6686 EMAIL: NEWSPAPER@MOUNTSTUDENTS.CA**