

THE SENTINEL

MOUNT SAINT VINCENT UNIVERSITY'S STUDENT NEWSPAPER



HALLOWEEN

ARRIVES AT MSVU

AND WE'RE NOT JUST TALKING ABOUT THE FROSH PHOTOS INSIDE

PLUS: DEAR MONTY, THE FRESHMAN 15 & THINK PINK

Stranger On The Bus

By Jeremy Neilson

The other day I came to a realization that I am an insensitive prick. Maybe I am realizing something you all may have already known for some time, but nonetheless I really noticed that I could benefit from a more positive outlook on life. But before I go on, let me explain how I came to this realization. I really owe it all to the metro transit and the people who make its existence worthwhile. No, I didn't meet one of my future 5 wives, and no, I didn't find a wallet full of \$20 bills. But I had the opportunity to sit back and observe a young man who only lived for the moment and only lived for himself.

It was a typical, dreary day in Halifax. I was wearing sweater and a hat while friends in Ontario were wearing flip flops and sandals. I walked to the bus stop with my hood up and a stern look on my face, knowing that once I got to the stop I would be there for some time. Predictably the bus was late, as the number 80 usually is. The go-time girl offered me some entertainment as I sat in an abandoned bus stop littered with cigarette butts. I made a conscious effort to try and not fall asleep and subject myself to public scrutiny but if the bus didn't rev into the next gear soon, the snooze was inevitable. The bus finally arrives and I begin my ascent up the 3 stairs and towards the back of the bus. As I flash my sexy student ID and bus pass, I have a young man greet me with a "hello" and a smile. I acknowledge but quickly turn away. As I go to sit down the bus driver requests to see my ID and bus pass again. Apparently I look like trouble or a 40 year old disguised as a student. Aggravated I show him the pass and then head down the aisle. I take my seat in the middle of the bus where I can be noticed but not be bothered at the same time. Sitting in the

back is never desired by anyone. It's in the back where people are most likely to talk to you, and I just wanted to listen to some music and forget the world.

As the bus slowly progressed down its route, I noticed the young man who said hi to me when I first got on. He was sitting up front, right near the bus driver. He had a big sweater on with slacks and a pair of running shoes. The bus driver called him Steven which suggests maybe he's a regular on this route. But Steven made it a point to say hi and smile at everyone who walked on. Sadly 80% of the people didn't recognize him and just kept walking. He made efforts to speak to the women beside him, but they didn't want to chit-chat. The man beside me said he has been taking this same bus route for the past 3 months. He gets off at spring garden and meets up with friends and goes to train for the Special Olympics. I guess he's quite the runner!

Now I don't know why this man knew all this information about Steven, but I assumed he was just a curious man who one day got the nerve to go talk to this fella'. Anyways, as we fast approached Spring Garden Road, it had started to pour, my Ipod had died and people, including myself, were getting testy. A woman behind me scolded her daughter mercilessly even with others around. A man talked on his cell phone explaining that he wouldn't be able to make the 6:00pm diner due to his car being broke. A group of teens talked about history homework and how their life "totally sucks". All the while Steven sat at the front smiling and greeting every person as they walked on the bus. We got to the bus stop at the corner of Spring Garden and South Park, and Steven got up to depart. He turned to the back and waved good bye. When he stepped onto the pavement two guys and a girl greeted him with a great big

hug. The rain dripped down their faces as they smiled from ear to ear, not caring about anything but the moment. As we sped off down the street I tried to remember the last time I ever was so happy to see friends greet me with a hug anywhere, let alone at a bus stop. When was the last time I even hugged someone?! Finally it was my stop. I got off the bus and stepped into a giant puddle. I swore and then stumbled into a woman walking by. I said sorry but it lacked conviction. and then it hit me. I am an insensitive prick. I'm mad because my Ipod dies, a bus driver asks for my ID and bus pass twice, inconvenienced by the fact I bumped into a woman on the street, and stepped in a puddle. Steven gets up, lives a life with a disability, sits on an uncomfortable bus seat for who knows how long, is a decorated athlete, and still remains positive to both himself and everyone else. With this new realization of self change, I put my hood up and walked down the street. But this time it was with a smile.



Avoiding the Dreaded 15

By Bethany Grover

Freshman 15...the reward you get on completion of your first year of university i.e. 15 extra pounds of extra fat that that cling to your hips, thighs, and ass, caused by late night beer and pizza. The freshman 15 does not happen to everyone, but the majority of frosh who live in residence are generally victims. How can you avoid those extra 15 pounds of flab?

1. Go to the gym!

Jump on the treadmill, lift weights, do anything. Just get active!

2. Watch your alcohol consumption

The average mixed drink is about 200 calories, 50 for the alcohol and 150 for mix. Note: 200 calories per drink X 10 drinks = 2000 extra calories every time you get drunk. You can save 150 calories per mixed drink if you use diet pop. Also look into buying light beer, you can skip out on some extra calories there as well.

3. Don't be lazy...walk!

Skip the elevator and take the stairs. Don't take the bus when you can walk. These little things can add up very quickly. Keep in mind the little things you can do to stay healthy.

4. Don't order pizza while intoxicated!

Although the first thing you may look for when you come home from a night out is a big slice of greasy pizza, don't do it! You won't realize how much food you will be consuming or even remember that you ate it when the morning comes.

5. Avoid vending machines at all costs!

Vending machines = bad food choices. The average chocolate bar will set you back about 250-300 calories and about 10-15 grams of fat. Try to think ahead and go to the grocery store to pick up lots of good-for-you snacks, always keep popcorn, crackers and vegetables on hand.

6. Don't order

pizza while hungover!

When your body is finally able to consume food and/or liquid again, don't order deep-fried or fatty food. Go to Booster Juice and get a smoothie; the cold will be very refreshing.

7. WATCH OUT FOR FOOD FROM THE CAFE!

Hopefully you will find these tips helpful, so you won't have to experience the wonders of the freshman 15 as I did previous to you. It's not just about watching your weight, it's about getting active and staying healthy!

Supplemental Instruction Schedule Fall 2008

Supplementary Instruction is a FREE tutoring session for students. If you would like to attend a session, the days and times are listed below.

Intro to Chemistry, CHEM 1011

Wednesday	8:30 am – 10:00 am	Evaristus 401
Thursday	1:30 pm – 3:00 pm	Evaristus 401

Organic Chemistry, CHEM 2401

Tuesday	8:00 – 9:30 am	Evaristus 367
Friday	8:00 – 9:30 am	Evaristus 401

Intro Accounting, BUSI 2221/2222

<u>BUSI 2221</u>		
Wednesday	10:00 – 11:00 am	Seton 305
Sunday	10:00 – 11:00 am	Seton 502

<u>BUSI 2222</u>		
Sunday	11:00 – 12:00 pm	Seton 502

ARE YOU AFRAID OF THE DARK?
YOU SHOULD BE!


TAKE A TOUR OF TERROR
THIS HALLOWEEN
OCTOBER 26, 2008
7PM TO 11:30PM

ROSARIA STUDENT CENTRE
MOUNT SAINT VINCENT UNIVERSITY

\$5 ENTRY FEE

ANNUAL MSVU ROSARIA
HAUNTED HOUSE

Not Intended For A Younger Audience. Some Scenes May Be Too Frightening For All Viewers.



**Call for Submissions to
the 32nd annual
Atlantic Writing
Competition**

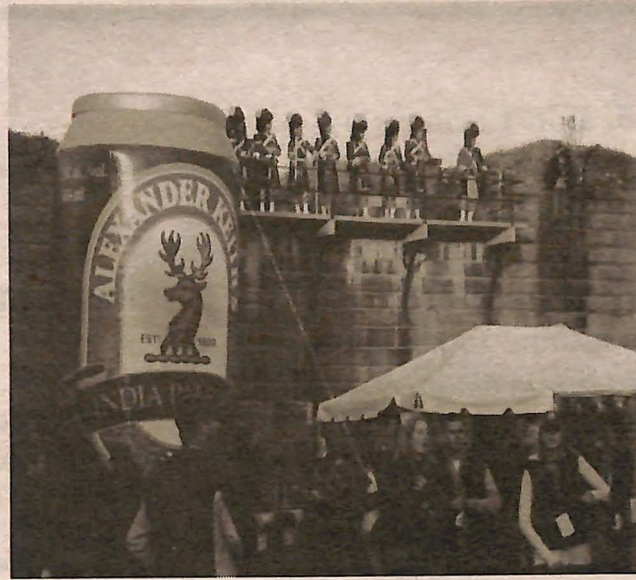
WFNS invites aspiring Atlantic writers to send unpublished manuscripts by December 5, 2008.

For over three decades, the Writers' Federation of Nova Scotia has been challenging writers in Atlantic Canada to explore their talents by sending work to the annual Atlantic Writing Competition for unpublished manuscripts. Since 1976, more than 500 prizes have been won by novelists, poets, non-fiction and children's writers. Many of today's best known writers first tested the waters and placed in the Atlantic Writing Competition, including Ami McKay, Lesley Choyce, Budge Wilson, Lynn Coady, Lulu Keating, and George Elliott Clarke.

The competition encourages writers to write for existing markets and is judged in five different categories: poetry, novel, short story, children's picture book and YA novel. Submissions are accepted from anyone (at least 16 years old) who has been resident in the Atlantic Provinces since June 1, 2008. Published writers may not enter in a category in which they have been published or produced.

Each entry is judged by professionals working in the field, with short individual critiques returned to participating writers. Cash prizes ranging from \$50 to \$200 are awarded to the top three submissions in each category at a not-to-be-missed Gala Celebration of Writers and Writing in September, 2009.

No manuscript will be accepted without a completed entry form and fee (\$15/entry or \$10 WFNS member/student/senior for all categories except novel, where the fee is \$25/\$20). For complete details and to obtain a copy of the required entry form, please visit www.writers.ns.ca/awc.html.



**Alexander Keith's
Birthday Bash!!!**

From the setting of inside Citadel hill to the Keith's maiden costumes and right down to the old-time language used throughout the night, Alexander Keith's birthday bash was certainly a spectacle to experience. This was only what was noticed after being five feet into the event. The real festivities began when lucky attendees of the b-day bash had their hands dyed green to show their allegiance to Alexander Keith's ale. Event goers were also serenaded by three fantastic live bands throughout the night, and feasting on gourmet food and Mr. Keith's brews throughout the event. The entire event was put on flawlessly and without a hitch or any problems. Everyone who went out to the event expecting a good time was satisfied, while those who went not knowing what to expect (myself included) were blown away by the detail and atmosphere of the night. This wonderful night was celebrated all over Halifax, Nova Scotia, and in parts all across Canada, but for those who attended the birthday bash were made to feel as if it was for a close friend. With a crowd of around 2,500 and a location like inside the Citadel hill, the event was put on to make those who were lucky enough to attend, make them never want to leave. If you are ever lucky enough to have the chance to go to a future Alexander Keith's birthday bash, you should take it and enjoy it as the 2,500 of us did this year! Good job to the staff and everyone that helped put it on, it was a great success and I assure you everyone who was in attendance had a very good time!

Cheers,

Mary Jane Leslie
Publications Editor



Keith Maidens



Giant Keith's Can



At Attention

For more information e-mail

Mary Jane Leslie at

publications@mountstudents.ca

Mount Cup...When Residences Collide!

We're six weeks into competition and the Privateers have finally wrestled the bell away from the dominating Highlanders! Wait, wait, wait...lets back up a second. I keep forgetting, not everyone knows what Mount Cup is.

For those of you unfamiliar with our little residence competition, Mount Cup is an annual year long competition between the residences at MSVU. Throughout the year, Assisi, the Birches and Westwood battle it out in fun challenges week after week with one goal in mind: be the top MSVU residence of the year!

On September 12, the competition began with an extra special kick-off event which introduced new residence team names complete with new team shirts. Assisi became the Highlanders, the Birches became the Schooners and Westwood, the Privateers. Sticking with an East Coast and nautical theme, the opening event also saw the introduction of the new Mount Cup Captain's Bell. The team which wins that night's event is granted possession of the bell until the next event. The more often the bell is in your team's possession, the greater the chances your team could win the year!

Mostly, Mount Cup is a competition that is meant to reflect school spirit and the university experience by providing residence students time throughout the year to relax and unwind and get some good old fashioned recreation. Contrary to popular belief, it's still okay to play and have fun. So the next time you see a bunch of university students dressed in crazy costumes running through the hallways on a mad scavenger hunt...cheer them on! They may be competing in a Mount Cup event. And you know that queasy feeling you get when you see a Mount Cup event happening? Don't worry, it's just jealousy...because you want to play too!



Team Work
---->



Mount Cup!



Hmmm?



Birch Girls - Go Team!!!



DON's!



Shinerama Success!

Shinerama Campaign: A Major Success for MSVU!

For those of you who are unaware, MSVU was participant in one of the nation's largest post-secondary fundraisers – Shinerama! Shinerama raises funds in support of Cystic Fibrosis research. It began as a shoe-shining campaign in 1964. Since then, the median age of survival has increased from age four to age 37. This could not have been achieved without the generous support of Shinerama and the Canadian Cystic Fibrosis Foundation (CCFF). As mentioned in the previous edition of the Sentinel, MSVU had a very successful summer through various fundraising events!

But, today I am writing about one of the most important days - Shine Day. On this date, all first year students wear their shine shirts and travel to various locations through-out the HRM to raise funds. MSVU held its Shine Day on a rainy Saturday in the first week of September. But the rain didn't slow us down! After counting the final coins from Shinerama this past week, we have finally cashed all of the donations from Shine Day. This year, the days total was \$7,000!! We washed cars, shined Theodore Tugboat, entertained the crowds with music, and collected donations from the citizens of HRM! Thank you so much to all of the frosh, frosh leaders, and all other shiners who came out to support the MSVU Super shiner's on that rainy Saturday!

Keep your ears open because we will soon release the total for the 2008 campaign!

Jenn Jackson

Department News

Think Pink! Breast Cancer Awareness

Week

Every year, breast cancer affects the lives of numerous Canadians. The MSVU Students' Union wishes to rejoice with those who have won the fight, support those still fighting and to commemorate those who have lost the battle. It is for this reason that we decided to create a Breast Cancer Awareness Week on campus.

The annual Think Pink Pub night was the kick-off for this year's Breast Cancer Awareness Week! Because of the changes this year, we actually had two nights dedicated to this event. Students came out to Vinnie's Pub, which was dressed in pink. They wore their best pink attire, bought pink drinks and pink glow sticks, and partied hard as usual! Part of the cover and drink sales were to the Canadian Breast Cancer Foundation, as well as the glow stick sales.

The following week, students, staff, and faculty wore pink to show their support! We also gave out pink ribbons for everyone to wear, info pamphlets, and decorated Rosaria in pink. The MSVU Students' Union wishes to thank everyone for their support and we look forward to seeing your pink outfits again next year!

Jenn Jackson



Think Pink!!!



Support Breast Cancer
Research!!!

News from the Library

By Darrell MacLean

The Library staff was fortunate to meet most new and returning students this year by processing Photo ID's and U-Passes within the Library. It is hoped this change in venue from previous years was welcomed by everyone and made the registration process convenient and efficient.

As mid-terms will be underway within the next couple of weeks the Library will be a hub of activity providing reserve readings, reference service, article and database assistance, and Novanet Express items. Should you not be familiar with these services, check out the Library website at www.msvu.ca/library.

Reserve Readings are a collection of books, videos/DVDs, copies of articles/book chapters etc., which are placed on "Reserve" by your professor, and are available for loan from the Circulation desk. Go to Reserve Readings on the Library's homepage; browse and locate a call number for the item, and then request the item at the Circulation Desk where staff are pleased to assist you.

If you require books, films, journal articles etc., which are not available at the Mount Library, check out our Document Delivery service for information on the Library's Novanet Express and Interlibrary Loan services. Remember, Novanet Express service is FREE! The Library also offers a Live Help Instant Messaging service where a Librarian from one of the Novanet Libraries will be available to offer research assistance online. If you send a message when the service is offline, be sure to include your email address so we can respond to your question. It is also helpful if you let us know the following: type of assignment (term paper, book review etc.), the name or subject of the course, the nature of your information need (database troubles, journal article searches, citation tips) where you have looked already or where you are stuck. Please check the Campus Calendar, http://www.msvu.ca/campus_calendar/, for upcoming workshops or visit the Library to book an individual appointment. We hope everyone does well on their mid term examinations.

Please visit our homepage, 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.

ART GALLERY NEWS

The Fall Semester can be a time of strain for many on the university campus. New students wonder how to fit in and new faculty struggle to negotiate the protocols of an unfamiliar workplace. This year they are joined by Suzanne Caines, a young Haligonian artist who seeks out the social unease that the rest of us dread. "I am interested," says Caines, "in finding new ways in which to make connections with a larger community, in this case Mount Saint Vincent University...Most of my performance and video work focuses on trying to make connections through social interventions which I have set up. My piece *The Encounter* deals with the need for human contact and the lengths to which one would go to obtain it. *The Encounter* is about the yearning for a sense of belonging."

The interactive portion of Caines's performance *The Encounter* runs from 28 through 31 October and again during the exhibition's opening reception on 2 November. The artist will be present outside the external, second-floor entrance to the art gallery from 11 to 1 and 2 to 4 pm each day. She wants to meet strangers and talk with them on camera, with a live feed to video monitors mounted in and near the art gallery. In an improvised exchange similar to an interview, Caines will ask her interlocutors to describe from memory a place special to them. Those who participate fully, for the duration of the interview, will receive in return an elaborately hand-crafted small sculpture, meant to be kept as a souvenir of the encounter. There are only 22 of these "souvenirs."

For the remainder of the exhibition, footage of the encounters will be compiled and screened on monitors mounted in the art gallery. The artist's drawings, based on her interviewees's descriptions of places, will appear gradually as she completes them. These residues of social interactions position the gallery viewers as witnesses to conversations that may sound ephemeral and inconclusive. They also record the artist's brave exposure of her own vulnerability, as she accosts strangers and risks rejection in the manner of a street vagrant.

Suzanne Caines's work belongs to a branch of visual art known as "performance art," in which artists seek direct, unexpected relationships with their audiences. Caines practices performance within the aesthetic principles of "relational art." Relational artists create a social environment in which encounters between persons lead to collective interpretations, replacing the expectation of independent and private contemplation with which we usually approach an art object. The exhibition runs through 14 December, 2008.

- Ingrid Jenkner, Director/Curator

Admission to the art gallery is free and class visits are welcomed. For further information please visit www.msvuart.ca.

MSVU Art Gallery
Seton Academic Centre, Ground Floor

Department News

ART GALLERY NEWS

Images: Suzanne Swannie, *Triptych for Micah* (detail) 2006-07

DANISH MODERN: SUZANNE SWANNIE TEXTIL

Organized by MSVU Art Gallery Ingrid Jenkner, Curator 18 October through 23 November

Textiles have traditionally been associated with women, and as a department of a university uniquely committed to the advancement of women, MSVU Art Gallery continues to support the practices of exceptional fibre artists. With this forty-year retrospective touring exhibition we are proud to launch on the national stage an artist whose integrated sensibility—the legacy of her Scandinavian formation—allows her to move adroitly between industry, craft and art. Swannie's dual orientation toward studio production and industrial design is unique among Nova Scotian weavers.

This feature of her production is addressed in the exhibition catalogue by design historian Rachel Gotlieb, who positions Swannie in a little-known history of Scandinavian Modernism in Canada, and its recent resurgence in contemporary design. Ron Shuebrook and Sheila Stevenson also contributed to the catalogue.

Suzanne Swannie came to Halifax to earn her MFA at NSCAD, graduating in 1986. She creates functional textiles, tapestries and large architectural installations for private and public environments. She also hand-weaves miniature pictorial tapestries and makes unique fabric constructions such as the gallery installation *Repassage* (1985), a version of which has been specially recreated for this exhibition. Swannie was educated in Denmark and Sweden in the 1960s, during the height of the Danish Modern craze in North American interior design. Both her woven works and the fabric constructions display the Danish Modern principle of repeating modular units to generate grid-like surfaces and structures. The pictorial tapestries and the carpets show further characteristics of the style, with their folkloric motifs, rich colour harmonies, subtle geometric patterns and hand-dyed organic wools.

On 18 October, from 7 to 9pm, we will be holding the opening reception for the exhibition. Everyone is welcome for delicious

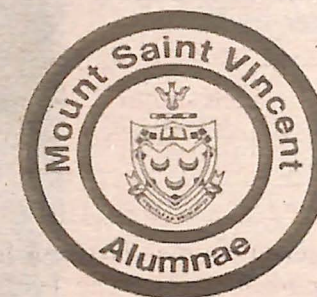


food, a chance to look at beautiful art, and chat with the artist herself.

Also on that evening, we are hosting a special project as a part of *Nocturne*, Halifax's late-night art festival. From 6pm until midnight, the streets of Halifax, galleries, artist-run centres, business, and public spaces will come alive with light and colour in celebration of arts and culture. Inspired by similar art festivals across the globe, *Nocturne* will celebrate the "dynamic and exciting arts community here in Halifax, bringing together visual and performing arts with street-level accessibility" (www.nocturnehalifax.ca). This event is designed for a moving crowd; a free bus will travel around the city to various events, giving everyone a chance to stop by multiple venues throughout the evening. Check out the website for more information.

On the occasion of *Nocturne*, Suzanne Swannie has collaborated with Katie Belcher, David Dahms, Stefan Hancherow to create *Aura/Aurora*. For this night only, from 7pm to midnight, this light-based installation will occupy the exterior windows on the "pond" side of Seton Academic Centre. As viewers approach the gallery entrance light projections become more elaborate, dispersing among fog and creating an aura similar to that of the Northern Lights (Aurora Borealis).

Admission to the art gallery is free and class visits are welcomed. For further information please visit www.msvuart.ca.



Alumnae Association

MSV Alumnae Weekend 2008

The Mount celebrated a long and varied history last weekend with Alumnae Weekend - September 19 - 21. Alumnae, future Alumnae (aka students), Faculty, staff and friends came out to celebrate with us at our many events, which included Martini Night and a Mount Mystic's Women's Soccer Match.

A big thanks to Todd & staff at Vinnie's Pub for their help with Martini Night, the staff at Aramark for the many delicious meals, and to the Mystics Women's Soccer Team for kicking butt and taking names on the field! Check out our pictures online at www.msvu.ca/Alumnae. We also invite you to join us on Facebook to see pictures and learn a bit about us and our events. User name: alumnae@msvu.ca (<mailto:alumnae@msvu.ca>). Thanks to everyone who came out to celebrate our shared history. Can't wait to see you again next year!

By Krista Armstrong



Above:
A Lucky Frosh Taking A
Ride Down The Slip 'N
Slide



Above:
Frosh Teams Making
Pyramid's During Wacky
Olympics



Above: The Yellow Frosh Team At Frosh Warz

Below: Frosh Betting Big
At Monte Carlo Night



Below: Sumo Wrestling
At Wacky Olympics





Above:
Frosh vs. Frosh Leader



Above:
Dance Off At Wacky Olympics



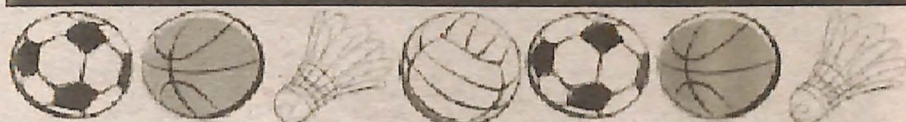
Below: Love Pub!!!

Above: Frosh Taking Away Their Winnings From Monte Carlo Night

Below:
Heated Competition At
Wacky Olympics



Campus Intramurals Fall 2008



MON	TUE	WED	THU	FRI
12:00-1:30PM BADMINTON AND BASKETBALL DROP IN 1/2 GYM	12:00-1:30PM BADMINTON AND BASKETBALL DROP IN 1/2 GYM	12:00-1:30PM BADMINTON AND BASKETBALL DROP IN 1/2 GYM	12:00-1:30PM BADMINTON AND BASKETBALL DROP IN 1/2 GYM	12:00-1:30PM BADMINTON AND BASKETBALL DROP IN 1/2 GYM
	1:30-3:00PM BASKETBALL FULL GYM		1:30-3:00PM INDOOR SOCCER FULL GYM	
9:30-11:00PM VOLLEYBALL FULL GYM	8:30-10:30PM BADMINTON FULL GYM	10:00-11:00PM OPEN GYM NIGHT FULL GYM	9:30-11:00PM AFTER HOURS BASKETBALL FULL GYM	

FREE for Full - Time MSVU students and for Faculty, Staff and Part - Time student who have a valid Facility Membership

VOLUNTEERS NEEDED

Volunteers Meeting: ALL WELCOME!
Thursday, October 16 at 4:30pm
Location: Rosaria Fitness Centre



2008-09 ACAA Soccer Championships October 25 - 26

MSVU is hosting the 2008 ACAA Women's & Men's Soccer Championships at the Mainland Commons.

Game Schedule:

October 25th: Game Times: 11:30am & 2:00pm

October 26th: Gold Medal Games
Game Times: 12:00pm (W) & 2:30pm (M)

If you are interested in volunteering for this great event, please contact Joanne Burns-Therault: joanne.burns-therault@msvu.ca

2008-09 ACAA Women's & Men's Soccer Championship



Game Schedule:

October 25th:
Game Times:
11:30am women's semi's
& 2:00pm men's semi's

October 26th:
Gold Medal Games
Game Times:
12:00pm (W) &
2:30pm (M)

Field:
Mainland Commons

www.msvu.ca/athletics

Vinnie's & Corner Store News

Dear Mount Community;

Let me start by thanking everyone for their patience with the changes being made in the Crows Nest Convenience Café and Vinnie's Pub. A lot of things out of our control have taken longer than we anticipated, but I'm pleased to say that everything is finally moving along and we are seeing progress. I talked to a lot of you in the hall and everyone is asking when the menu will be ready to go. While I'm excited to see things happening, it's a bit early to give a launch date. When we're finished I expect it to be well worth the wait. The Crows Nest Convenience Café now has your mourning needs ready to go, including coffee, muffins, cookies and other pastries. You and I both know your mother told you to eat right while at school so even if you're in a hurry we have sandwiches and salads to grab and go. Also we have a microwave and toaster if you brought your own lunch. Pop in to pick something up and check out the other renovations taken place. If you're looking for anything we don't have please let us know.

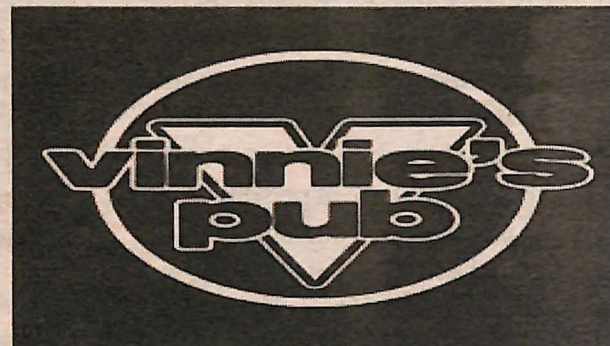
Vinnie's Pub is open every day at 3:00 with free pool and free darts, also student saver drink specials until 7:00 every day. Once the food is ready to go we will have even more specials. Different groups and societies have already taken advantage of Vinnie's as a meeting place or to help with their fundraising needs. To the other sports teams and special interest groups on campus check us out for your next get together or contact us about helping with your fundraiser needs. Everyone needs to keep their eyes open for upcoming Thursday night promos and Friday

night themes. Monday night football is on the way (yes I know, finally) complete with wings and beer. Did you know that in the Coast's "Best of Halifax" edition the Gorsebrook (SMU) won Best Student Hang, while the Grawood (Dal) came in second and the Split Crow came third, we want Vinnie's to be recognized but no matter what changes we make we'll need all of you on board. VINNIE'S, VINNIE'S, VINNIE'S. Thank You...

Todd Hoffman
Food & Beverage Manager
Student Union
todd@mountstudents.ca

 **FREE** 
Darts & Pool All Day

0
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20



** Daily Specials*
** Every Thursday, Pub Night (19+)*
** Every Friday, Wet/Dry (watch for themes)*

Vinnie's Upcoming Event Schedule:

Thursday October 16th
-Molson Cold Shot Promo

Friday October 17th
-Wet/Dry Toga Party

Thursday October 23rd
-Sauza Tequila Promo

Thursday October 30th
-Halloween Pub

Friday October 31st
-Wet/Dry Halloween Pub

Thursday November 13th
-Coors Light Mini Mystery Mansion Party

Start Your Day

Make tracks to the

Crow's Nest

Convenience

Cafe

Open Mon-Fri 8:00-10:00

- *Coffee
- *Teast
- *Muffins
- *Pastry's
- *Newspaper

- *POP
- *CHIPS
- *SNACKS
- *ENERGY DRINKS
- *CANDY & CHOCOLATE
- *SALAD & SANDWICHS



Opinions

What Really Grinds My Gears - With Morris MacLeod

This weeks Topic: People who use big words improperly because they do not understand them.

This is honestly one thing that really drives me into a fit of rage. Thank goodness I am able to suppress these feelings; otherwise this column would be called "what grinds my gears from prison". Every class in university and every group of friends has this type of person. Whether trying to create the illusion of intelligence or just being ignorant to the meaning of the word, we (the audience) are subjected to it. The speaker provides this spectacle and forces us to endure this fist clenching annoyance.

"School is ambidextrous for my brain ... antisestablishmentarianism is all that is going through my head right now... the boogie man perpetrated my dreams with his Scandinavian eyes ... it works because they have ultimate respectfulness for all the great task concluding we have done."

Screw off! Use English that is understandable and if you do choose to speak as like you have a PHD in English, at least make a better attempt (if Capers and Newfies don't make mistakes with this - no one should). You embarrass yourself, and everyone you're talking to. Have you ever been talking to someone like this and a stranger walks by? They make a little face and then smile, but never alter their step or change where they are looking. Both of you have been caught, one as the slightly handicapped person who can't put simple sentences together, and the other as the audience who entertains this kind of behavior.

There are different levels of this desecration of the English language. The first and least severe I like to call the "questioning groundhog" this is where someone will understand the meaning of what they are trying to say but cannot find the word. So they lean forward a bit, bend at the neck and in a questioning groundhog specific voice, say the word that comes to mind while wondering if they are right. The middle level is slightly more of a violation. I call it, the "Eager Aladin" (all copyrights to Walt Disney and all associated corporate identities). This is where you say something wrong with conviction, and then correct yourself with humility and humor. Everyone has a good laugh about it and then they move on. The last and most despicable offense has been called the

"enraged drunken rapper". This is the introduction of hand gestures and confidence, only ever displayed by Will Smith in Men in Black 2. They are almost screaming when they make the mistake, flailing their arms and most likely pointing at and accusing someone of something. When approached they act like the cocky grade school kid who thinks he knows everything, more arrogance than smarts and more attitude than class. You truly do grind my gears.

My words of wisdom to you is this - never assume you're right, never assume you're wrong, but be open to the views of others and work with the knowledge they give you to build upon your previous knowledge. There will always be someone you can learn from, never forget that (didn't think this article was going to get into deep issues eh).

So, next time you are speaking use some common sense and speak with words you do understand, if you do not understand it don't take the chance. If you do happen to drop a word that doesn't make sense at least stop while you're ahead, don't let your foolish arrogance make you look even more idiotic.

Now that we have gone through the blatant misuse of words, let's talk a bit about areas of use. Some people just make fools of themselves in a social setting, some people go beyond into the "uber-obnoxious". These are the people who stand up in class to express their tremendous insight on the topic at hand. Or a prime example is a certain president from a country who, geographically is south of us, gets on national television to explain serious issues and drop big words too big for their little brain. Goodness gracious, those speech writers must have a blast on whatever drugs they were on. I can just picture them sitting around a television laughing hysterically; "I can't believe he actually read that!!". To be fair though, he has gotten better, but holy molly he is looking old now! Ok, this is beside the point.

The solution I have come up with for this problem is not my own, however I have adapted it to this situation, I modified it, customized it, even personalized it. They should have to wear signs, or tags! This will warn people before they even hear them speak, that you may sound like a dictionary

throwing up after a hard night of drinking. So when you turn on the television and see President Bushwhacker going on about something, you will immediately read this sign, look at your friend and sigh a sigh of heartfelt sympathy - and a little humor. Now, these signs have a big role to come in future articles, I haven't figured out a definite design yet. I want them to be like a person standing in front of a projector screen, no matter what they put in front of their face it will still say the slogan, and maybe even glow in the dark. So, the next time someone ticks you off by using words that don't fit, just interrupt them politely and say, "Here's your sign." And walk away.

And that folks is what really grinds my gears!

- 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.

Opinions

“Helping Neighbors”

By Shawn McKim

The U.S. Presidential debate is a hot topic in the media right now. It's a hot topic in living rooms, classrooms, and bathrooms alike. Basically, everyone has an opinion. This is what makes us humans. I think it's great. That being said, I have an opinion as well. I have an opinion of who should be voted in, and more importantly, who shouldn't. But that doesn't really matter, does it? After all, I am only 22 years old, I don't hold a degree in political science, and I am a Canadian.

I would place a pretty high bet that most Americans have absolutely no idea that Canada watches CNN just as much as they do. We're extremely interested in the way their country works. We're concerned for their government, their economy, their war efforts, and their people. That's the main ingredient right there: we Canadians care about you Americans. That is why we all have our opinions as well.

Yes, Canada is far from perfect. Our government has more up's than down's and we can never seem to decide on anything. We're just as polarized as Americans when it comes to who should be running our country. The only big difference is that we are not as quick to jump on the bandwagon of promoting war. Maybe we weren't attacked on 9/11 and so therefore feel we need to retaliate, but the secret lies within that last clause: we weren't attacked.

I'm not trying to offend anyone, but I think that there is a reason the United States of America is a target for radicals and terrorists alike. This reason is pretty simple: being nosey. I see the war effort in Iraq as being nosey. Americans are trying to help another country by sending tens of thousands of young soldiers (some of them, not making it back) to solve a problem that will probably never be solved. The Middle East is a world the United States will never understand. I say this with 100% respect, that the United States should focus on *The United States* and leave the Middle East to deal with itself. The United States is facing a huge economic crisis along with high job loss rates, too much energy being used, and uneducated personnel making decisions for everybody else. The Americans need to change their foreign policy to 'domestic policy'. It reminds me of the proverbial problem family who are always trying to fix the dispute in their

neighbor's backyard. Stay on your own side of the fence first.

I say this not to rattle cages or cause a political debate. I say this not because I hate one party or one president or the people of America. I do not hate anyone. I say this because I care about the United States and its people. As a Canadian I want them to succeed. I feel a strong connection with them culturally and emotionally. They're great people. They deserve a great future, like everybody else. Canadians have their opinions about the presidential debate in the United States because we're concerned and we want to see a great America. We would like to help, but it's just not in our nature.

‘Opinion Peace’

By River Smith

Mount Saint Vincent University is a great school with so much potential. I applied to Saint Mary's, Dalhousie, and the Mount, and was accepted into all three. Saint Mary's sent me a scholarship before I had even replied to their acceptance letter. But I decided on Mount Saint Vincent for one reason. Peace and Conflict Studies. Talking to other students in my program, I have discovered I am not the only one who came here just for the Peace and Conflict Program. Some have come all the way from British Columbia or Ontario, choosing this school over all others, because only the Mount had this program.

The students in this program are here because we see the conflict that is everywhere in our lives and around the world, and we want to do something about it. We see the potential for a more peaceful world. We see the need to support peaceful communication, respect for human rights, weapons reductions, fair political processes, sustainable environments for all people and above all, understanding of and compassion for the suffering that people all over the world are going through.

I have a vision for the Mount and for the Peace and Conflict Program. I see this program being fully funded, with full time professors, and free seminars by guest lecturers, with communication workshops for faculty and students alike. I see a Peace and Conflict Resource centre where everyone is welcome: a place to do research; to network and build community; to share ideas. I see the Mount giving out fellowships for research on Peace and Conflict. I see the Peace and Conflict Program having co-ops or internships for students, so they can get out and practice what they have learned before leaving the university. I see the Mount hosting conferences on Peace and Conflict that people come from all over to attend.

My vision is not far fetched. Mount Saint Vincent University is a progressive school that has done some amazing things, especially for women in our communities, and in the world at large.

We need to think with our hearts and realize what is most important. Is it a high-paying job, a big world." house, and a nice car?

Mount Saint Vincent University Campus Music Explosion

BATTLE OF THE BANDS!



Are you in a band? Think your band can beat the rest? If so, register for this year's MSVU Battle of the Bands!

For Details:
cme@mountstudents.ca

Registration Applications Available Online at:
www.mountstudents.ca/bandbattle.htm

or on-campus at:
The Rosaria Information Desk

DEADLINE: OCTOBER 31, 2008

Opinions

Or is money just a unit of measurement, the real value being in our ability to take care of one another?

We are each good at something different, so let us bring our strengths together and make our school a community that impacts the world we live in, and the people we share it with, in a positive and peaceful way. As Mahatma Gandhi said, "We must be the change we want to see in the world."

If you would like to submit an opinion or editorial peice or have any questions or concerns, e-mail them to publications@mountstudents.ca

An Apathetic Electorate

By Kyle Rogers

This is one of the major problems that any democracy faces. An uncaring populace, who for whatever reason, be it ignorance, misunderstanding or even disillusionment, no longer care about their democratic rights and responsibilities. Where does this apathy originate?

I recently had the pleasure and opportunity to coordinate the All Candidates Forum for Halifax West for the Federal Election. What struck me were the people who attended this Forum. It was all people who were well into their golden years, people who had experienced the terrifying truths of a 2nd World War, and people who, in their prime, protested the social issues that truly mattered in the 60's. Individuals who fought the good fight and won! After seeing these people, still so passionately involved with their beloved country, I had to ask myself some disconcerting questions.

What the hell has happened to MY generation? Why aren't we out on the streets, fighting for our rights, demanding to be heard, like our parents and grandparents did. We certainly don't enjoy a perfect world; there are still many battles that need to be fought. Where the hell are the troops? This is a wake-up call people. Get involved. Start caring. It's time you realize that Mom and Dad aren't always going to be there to give everything to you on a silver platter. And eventually, you're going to wake up and realize you have been fucked over. By who? The Man! Forget that! You will have been screwed over by yourself. Over the ages, we will have let slip so many things that we won't even be able to recognize the world we now live in. We will have turned to ashes all the beautiful things our forebears have created.

The answer of course, as to why we don't care about democracy, why we don't think voting matters, is a simple one; it is an explanation that is an inherent truth in our parents and grandparents.


They have experienced a 2nd World War. They have seen victories wrought with nothing more than their voices. They saw firsthand what could happen when a country let themselves be consumed by the madness of a single man. They saw a great many equalities, and fought to change them. And in many cases, they won.


What have we done? We've won battles, but none so big. We've seen things, but did nothing about them. However, we're witness to some incredible things. Our parent's efforts are finally bearing fruit. There is an African-American running for the Presidency of the United States. There is a woman running for Vice-Presidency. We are in a time of transition.

The old guard is just that; old. It is time for us to pick up the torch. We live in an age where the dissemination of information is as simple as the click of a button. We have tools and techniques at our disposal that the people before us couldn't even imagine. We have an understanding and awareness of the world that was never before conceivable. In short, we have the potential for greatness. The potential to achieve true peace, the potential to heal the environment, and the opportunity to do both!

We have the potential for greatness. We'll go down in history as the generation who changed the world. For better or worse, it's ours to decide. If we want to be remembered in a good light, all we need to do is care. The least we could do is vote.



5th Annual
Cause for Paws
DINNER / AUCTION 



Neville Mackay MC & Auctioneer

Marriott
HALIFAX
HARBOURFRONT

This year's event is being held at the beautiful Marriott Halifax Harbourfront.

For more information, visit www.spcans.ca

November 1, 2008 6-11PM


Help abused and abandoned animals of Nova Scotia by attending this exciting event. The evening's festivities include:

- ✿ A gourmet three course meal
- ✿ A silent and live auction featuring many diverse items
- ✿ Live entertainment
- ✿ A fashion show highlighting the latest in canine trends.
- ✿ Chance to win airfare for two to anywhere WestJet flies.

\$75/Ticket \$650/Table of 10

DOG etc. EASTLINK

Contact the Neptune Theatre Box Office to purchase your tickets today! **429-7070**



~Dear Monty~

Dear Monty,

I'm having roommate issues. I just moved into an apartment with my best friends. All we do is bitch at each other over doing the dishes, and talk behind each other's backs. I want to move out but I signed a year-long lease with these girls. I can't handle them anymore! What do I do!?! – Bitching Babies

If you moved in with them and still refer to them as your best friends there is still hope! Every room mate living arrangement has it problems; you just have to find a way to deal with. Make a schedule or routine, have regular meetings to bitch at everyone so you are all on the same page. People can't change things that they don't realize they are doing, you have to inform and communicate with your mates so they know what's pissing you off. If you all continue to stew over each other's faults without letting the person know, your friendship will eventually disintegrate and there is just no need for that. So please do everyone a favour and start some communication amongst yourselves.

Dear Monty,

I had a one night stand about 3 weeks ago. We exchanged numbers the next morning but he still hasn't texted or called and I don't want to make the first move on this one. What should I do? – Tired Of Waiting

Suck it up and grow a pair! In this day and age you should be the one who calls him anyway! If you haven't realized it guys can be a bit slow in the reaction department as well as the obvious department. If you like him and the night was good CALL HIM, if its' been this long and you haven't gone completely insane from not speaking to him, you don't really like him that much and you should move on. Remember there are plenty of fish in the sea, and some of them (if you can find them) even have the courtesy to call, so keep looking!

Dear Monty,

I haven't had sex in about 120 days, since I broke up with my long-term boyfriend. I've been out of the game for a while and I'm afraid that I will be in pain the next time I have sex. Any suggestions? Tender Vay-Jay

First of all, I'm sorry to hear that. Second, get to it! There are many options of shall we say "training" for this event – figure them out. After your preparation if you're still a bit concerned about the matter, let that lucky guy know that its been a while and you need to go slow. As long as

you communicate with the lucky bugger you will both be going to sleep happy.

Dear Monty,

I'm 20 years old and have never had an orgasm. I've had quite a few sexual partners including a long-term boyfriend. What is wrong with me? – Waiting on the Big O

Sweet heart you and Tender Vay Jay need to take some communication classes together. Guys aren't psychic (by any means) and, to give them a bit of credit, there's not exactly a manual for them on this matter (although there certainly should be). So when you're getting hot and heavy you have to be able to talk to your guy, tell him exactly what's good and what's not. You also have to be comfortable with not only him but yourself too. Don't be afraid to experiment or to get to know yourself, the more you know your likes and dislikes the easier (and better) it will be for both of you. Keep working on it and don't get discouraged, you're not the only one out there.

Dear Monty,

In September my boyfriend of four months and I started a long distance relationship. He rarely calls me or answers my texts. I feel like he is no longer interested. Do you think he's cheating? – Desperate to know where I stand.

DUMP HIS ASS!!!!



If you have a Dear Monty question or suggestion, please e-mail them to us at publications@mountstudents.ca Also if you would like to help out with this, or any other column in the paper e-mail us or call the Publications office at 457-6686.



FREE Movie Night



Made of Honor



Starring Patrick Dempsey



Date: Sunday, Nov. 2



Time: 6:00pm



Location: Seton Aud. D



Brought to you by the Athletics & Recreation Office

www.msu.ca/fitnesscentre

#457-6420

Vinnie's *Presents:*
PUB & LOUNGE



MINI

Coors LIGHT MYSTERY Mansion



A Party You Definitely Don't Want To Miss

Win one of 6 chances to qualify for the real Mystery Mansion

From now until Nov. 6th enter for your chance to OWN the VIP Section for you & 15 friends at the Mini Mystery Mansion (Mon - Fri before 9pm)

Thurs. Nov. 13th 2008

HALLOWEEN HAUNTED HOUSE

Sunday,
October 26

Rosario
Student Centre

Brought to you by the
Rec Society and V'Crew

\$5 coverage

Enter if you Dare!

ALL WELCOME

Not recommended for younger audiences.

