

BACK TO SCHOOL!

MSVU



10 YEARS OF
shinerama.ca
STUDENTS FIGHTING CYSTIC FIBROSIS

THE SENTINEL

Meet Your Students'
Union Executive Team

Editor's Note

Hello all!!!

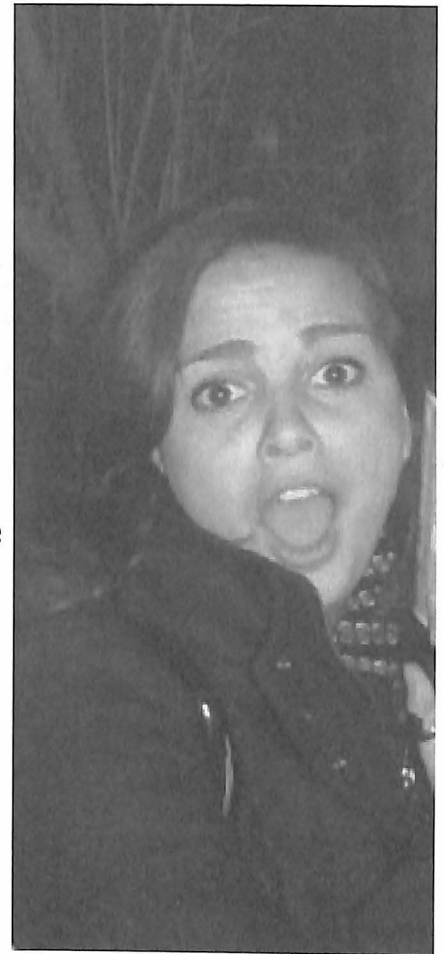
We're back again beginning a new year and restarting all the publications. We are constantly trying to improve our services for what best suits you the students, and what you want to see. To do this I need your feedback and suggestions of what you would like to see happening or see more of throughout the upcoming issues of the Sentinel this year. Feel free to shoot me an e-mail with your thoughts or suggestions on the types of articles you think suit the paper best or what you would like to see more/less of in YOUR school's publication. Think you can do better? Or can provide more to the paper by writing an article yourself? We welcome all types of submissions and encourage students to contribute to the paper.

All submissions and/or questions and comments can be sent to me at:
publications@mountstudents.ca.

I hope everyone has a great start to the year and I hope you all enjoy the issue!

Thanks!

Mary Jane Leslie
Publications Editor
MSVU Students' Union



Message from the President



Hi everyone,

Welcome to the Mount community. On behalf of the MSVU Students Union I'm excited to welcome you into the family. It is here at MSVU where you'll begin the journey that will forever change your life. New environments, decisions, friends, and life experiences will now be the fundamental agents in the shaping of your future. Together we as students can work to create the best university experience possible.

I thank you for choosing the mount and I am excited to join you on your university experience.

Warmest regards,
Jeremy Neilson

OPT-OUT ONLINE NOW!

MSVU Student Health & Dental Plan

All full time undergraduate students are automatically enrolled in the MSVU SU Health and Dental plans. If you have existing coverage you will be eligible to opt out of the Students' Union Health and/or Dental plans.

Please visit our online opt out site at www.mountstudents.ca and complete your online opt out before the deadline of September 30, 2009*.

When opting out online you will:

1. Opt-out and upload acceptable proof of coverage at the same time; or
2. If your acceptable proof of coverage isn't available to upload, you must still submit your confirmation page (remember to print yours) along with your proof of coverage in person to Patti Hutchison, Rosaria Room 118B.

*Please note, as of the deadline of September 30, 2009 the on-line system and health plan office will no longer be accepting opt outs. Any students who do not meet this deadline will be responsible for the health & dental fee of \$386.05 and will remain part of the group plan.



DEADLINE: SEPTEMBER 30

Technology Upgrades New for September 2009

Stay connected with 4 times the Wifi coverage! Over the summer we expanded Wifi internet services to keep you connected around campus. There is additional coverage in Seton and Rosaria as well as new Wifi zones in Evaristus. In addition, all residence space is now Wifi ready.

Be the first to use the new campus PC's. All student computer labs and computers in the library have been replaced with brand new Lenovo PCs. For a comprehensive list of computer lab locations and times of operation, please visit us at: <http://www.msvu.ca/it-services/computerlabs.asp>

Webmail Help

Students are now required to use their official Mount email address (you@msvu.ca) to send

and receive all university correspondence. Your MSVU webmail user id and password is the same as the one you use to login to the campus computers. If you don't know (or forgot) your username and/or password you can visit the computer help desk in the library in EMF or submit the Username Request form at : <http://www.msvu.ca/it-services/usernameandpasswordrequest.asp>.

Enjoy the semester! Our team is always happy to answer questions so don't hesitate to ask.

Information and Technology Services.

Mount Saint Vincent University questions? contact us at helpdesk@msvu.ca, 457-6538, or in person at the library.

located in the Rosaria Student Centre next to the Information Booth to make the cash option more convenient.

My rates are \$30.00 per hour. The "average" repair job takes 2 hours (approx. \$60*). If you just want a program installed or RAM added, or maybe you just want a quick cleanup, these services are available as well. These types of jobs are "usually" 30 minute jobs which will cost \$15.00*.

Part of these funds goes back to the Students' Union for their help with this service. So by bringing your computer to me, you are actually helping increase the revenue towards Student Life on campus through the Students' Union. Now just so everyone is clear, MSVU Students' Union or Mount Saint Vincent University will not be responsible for the repairs completed on your computer or any systems purchased.

They are merely helping to offer this service conveniently to all students and staff. TDM Computer Repairs are solely responsible for all work completed on computers. If there are problems with the work completed, contact me ONLY. You can reach me at tdmrepairs@east-link.ca and I will be more than happy to discuss your problem. You may also see me working at Assisi desk (my regular day job). Please do not ask me any questions while I am working there. If you have any questions, you can call (902) 229-8188 and leave a detailed message, or send me an email at the address listed above. My business hours are Mon-Fri 5pm to 9pm, and Saturday 9am to 5pm. These are the times that you can expect to hear from me with answers to your questions.

*These are averages only and may change depending on the problem and work required. Any difference from above listed price will be explained before work has begun.

This is a first for this type of service at MSVU so I hope you will all use this. Just try us once, and I'm sure you'll be back whenever needed. It can only get better from here. Thank you to Students' Union for helping with this service.



Hello everyone. My name is Tim Mansfield and I am the owner of TDM Computer Repairs.

With the help of the Mount Saint Vincent University Students' Union staff, TDM Computer Repairs services are easily accessible to everyone. Each day, the computers will be picked up from Rosaria Student Centre Information Booth, repaired, and returned as soon as possible to the same location. The clients will then be informed that their computers are available for pickup at that location.

This is solely a PC repair business. I am not authorized to work on MACs, but will be more than happy to refer any MAC owners to the best place for the repairs required.

Any hardware required will be paid up front, and labour due upon completion of work. Invoices will be paid in full before computers are returned. For now, this will be cash only, but there is a bank machine

News from the Library

By Darrell MacLean

The staff of the MSVU Library extends a welcome to new and returning students for the 2009 – 2010 academic year. While many of you have been away from campus over the summer the Library staff has been busy over the summer preparing for your return.

The processing of ID cards for students, faculty, and staff continues to be processed in the Library and this provides an opportunity to have all your information updated in a single location.

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

We have a new accessibility/scanning workstation that features a really fast computer, a 24" monitor and an efficient, quick-start scanner. The workstation is beneficial for students with disabilities and those who require document scanning.

For students who are looking for part-time employment we are accepting resumes for openings this term. Additional information is available on the Library website on how to apply.

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.



Welcome Mount Students,

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

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

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

Study hard and make friends,

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

Career Planning Services

As a new academic year is now upon us, your thoughts may be turning to planning for the future. Maybe you are wondering what to major in, how to relate your course of study to a future career, or perhaps you have an idea of something you would like to pursue for a career but are unsure how to get there. Or you might be wondering how you can find a great part-time job to help you finance your studies or how to start connecting with employers.

These are all concerns that Career Planning Services can help you with! Simply call 457-6567 to book an appointment with a career counsellor, or visit us in Evaristus 218. We also have many new resources online, including access to on and off-campus job postings at: www.msvu.ca/careerplanning.

Mark your calendars and register now (www.msvu.ca/studentevents) for the following not-to-be missed workshops:

Earn while you Learn: Find a great part-time job while you study! Friday, Sept. 11, 12 noon, and Monday, Sept. 21 4:00 p.m.
Winning Resumes Tuesday, Sept. 15, 12 noon
Road Show - on-the-spot resume critiques (drop in), Wednesday, Sept. 16 11:00 a.m. - 1:00 p.m.
RBC Seton Link, Tuesday, Sept. 22, 5:00 - 7:00 p.m. Rosaria Terrace, and Thursday, Sept. 24, 11:00 a.m. - 1:00 p.m. RBC Seton Link
Interview Preparation, Thursday, Sept. 17, 4:00 p.m.
Get Hired! Graduating this year? The search starts now! Wednesday, Sept. 23, 4:00 p.m.

And don't miss the Halifax Career Fair on Sept. 29 at the Cunard Centre. Over 120 local, national, and international employers will be in attendance. This event is a must for students who will be graduating in the Spring of 2010, and students from all years of study are encouraged to attend to make connections for Summer, Co-op, and part-time employment opportunities. Free transportation will be provided from the Mount and back. Bring your student ID for admission. Visit www.halifaxcareerfairs.com for full details and plan to attend the workshop on Sept. 25 at noon at the Mount to learn networking tips for the fair.



Shinerama

Shinerama is our nation's largest post-secondary fundraiser, it is done by more than 60 universities and colleges across Canada in support of Cystic Fibrosis (CF) research and care.

Cystic Fibrosis is the most common, fatal, inherited disease affecting young Canadians. It affects mainly the lungs and the digestive system. When Shinerama began in 1964, most children with cystic fibrosis did not live long enough to attend kindergarten; today, half of all Canadians with CF may expect to live to age 37, or even longer. This is incredible progress that MSVU SU has proudly been a part of for more than 20 years.

Last year MSVU student shiners raised more than \$15 000 for CF research, and this year we'd like to surpass that total! Your Students' Union along with the generous help of our volunteers have been working hard all summer putting on secondary fundraising events to ensure that MSVU SU reaches its \$17 000 goal!

Some of this summer's Shinerama Fundraisers included: a Shining of Theodore Tugboat (student shiners were featured on Global News as well as Live at 5), shoe shining, a carnival style event at Z103.5s Summer Rush concert, face painting, a beach Volleyball tournament, two bar blitz's as well as many other events. So far MSVU SU has raised a total of nearly \$5500, this is the most amount of money that MSVU SU has ever fundraised in the summer for Shinerama!

This year MSVU's official Shine Day comes at the end of Frosh week, Saturday September 12th. On Shine Day MSVU Frosh and Frosh leaders make their way to various locations across Halifax Regional Municipality collecting donations from the city's generous citizens. Some of the activities planned for this year's Shine Day include a Car Wash, BBQ, donations to see our volunteers pied in the face, shoe shining, and wrapping a student in double sided tape and not setting them free until a certain amount of money has been raised. If anyone has any other Shiner-riffic ideas for Shine Day please feel free to email me or stop by my office, we are always looking for new and exciting ideas!

In order for MSVU SU to reach our goal, we need to have as many shiners out there on Shine day as possible! So we really encourage you to get out there on Shine Day and have a great time raising money for a good cause!

When Shine Day wraps up, we will be having a Barbeque for our volunteers to mingle and discuss the day, we will also be presenting prizes! If I still haven't convinced you to get out there on Shine day then maybe this will help, the student

who raises the most amount of money on Shine Day will receive a FREE CREDIT (that's over \$500 value!!!) from the university! Other Big prizes will go out to the most enthusiastic shiner, the shiner who performs the

most original shine antic, and the Shiner MVP. Don't worry, we will have lots other great prizes that we will draw for!

The day will end at Vinnies Pub where we will celebrate the entire week at the Love Pub toga party!

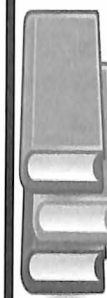
Please visit the Unions' website www.mountstudents.ca for more information. Online donations are also possible this year by visiting www.shinerama.ca (make sure to tell mom and dad about that!)

Lindy Herrington

VP Advocacy MSVU Students' Union

Email: vpacademic@mountstudents.ca

tel: 457 6558



msvu students' union TEXTBOOK TRADING FAIR

**Drop off Beginning
September 7th**

**Buying September
9th-25th**

**Rosaria 114!
(across from the Fountain
Playcenter)**

**Monday – Friday
10:00am-4:00pm
Wednesday/Thursday
open till 6:00pm**

**Book and Money Pick up
September 28th-October
2nd!**



Dear Mount Community

Well it's that time, the beginning of another school season. I'd like to be one of the first to welcome everyone back and extend a special welcome to all our new students.

Lots of new and exciting things are happening in both Vinnie's Pub and the Crow's Nest Café / Corner Store.

Make your way to the Rosaria Student Centre and check out what the Crow's nest has to offer you. Everything from a 24 hour computer lounge to all your convenience store needs to lots of grab and go options if you're on the run. All while investing your money back into the student's at MSVU.

At Vinnie's Pub we're set to offer one of the best years we've had in a long time. We opened our kitchen last year with some very positive results but we're set to take the food service to the next level. You have to check out the new menu. You can keep up to date with all the events in Vinnie's at the new MSVU Student's Union website www.mountstudents.ca.

For example some of you will be familiar with our Friday night theme nights; these will still be all they were plus more specials & prizes. Thursdays are our big wing nights; wings on special & different live entertainment that you can usually participate in. Also free pool, darts, big screen TV and other nightly happenings. Be there...DO IT!!

All this is just a summary or Gole's Notes version if you will. remember to check us out on the web to keep up with the latest around here. Go ahead and add Vinnie's to your facebook to stay in the know. we're everybody's friend...

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

Key September Events in Vinnie's

Wed Sept 9: Vinnie's Pub & Crow's
Nest Open

Thur Sept 10: Welcome Back Wing
Night

Sat Sept 12: 1st wet/dry night, Toga,
Toga, Toga

Mon Sept 14: NFL Monday Night
Football

- all semester long

Thur Sept 17: Wing Night, how about
some SEX

Fri Sept 18: MSVU Homecoming
Formal

Tue Sept 22: first poker night, \$\$\$
towards tuition as a prize, no buy in

Thur Sept 24: International Students
Welcome @ 4:00, Wings & Karaoke
@ 9:00

Fri Sept 25: School Daze; pep rally
followed by School Spirit theme
night

What's Happening

Rec Crew

First meeting:
Thursday, September 24,
4:30-5:15pm.
Mount Fitness Centre Studio.
Join a great society and get
involved with
Campus Rec

3rd Annual RIOT Cup

SUPER HEROES

A night of crazy outlandish games
Monday, September 28
7:30-9:00pm
Rosaria Gym
Make your own team of 7-13 players
Win the Coveted Riot Cup
Everyone welcome. Dress as your favorite Super
Heroe .
Added Bonus: Residence teams will earn Mount Cup
points.
Get your registration form from the Fitness Centre
Desk. This is a free event.

Run For the Cure

Sunday October 4. Join the Mount Team and
get a t-shirt with the Mount's team name on it.
Pick-up a registration form at the Mount Fitness
Centre

HOME COMING FORMAL

Get Dressed Up...
...to Get Down

Friday, September 18th
9pm - 1am

Tickets On Sale starting
September 9th at the Rosaria
Information Desk. \$6

WET/DRY



VINNIE'S PUB

VISIT: WWW.MOUNTSTUDENTS.COM/VINNIE'S FOR MORE INFORMATION

MON
TUE
WED
THUR
FRI

Na Cho Day Monday's

\$8 Nachos - All Day

Watch the game at Vinnie's Pub



MONDAY NIGHT FOOTBALL

VINNIE'S SERIES
OF
POKER



TOONIE TUESDAYS

\$2 Draft - All Day

Vinnie's Series of Poker Tourney

Play Poker, Earn Points, Win a \$500

Bursary. Tables open at 7pm

Here With Kyle
WEDNESDAYS



live it up thursdays

\$7 Basket of wings

Live Entertainment Each Week

Wings starts at 5pm Entertainment at 9pm

Freaky Fridays

\$2 Off All Pizza's - All Day

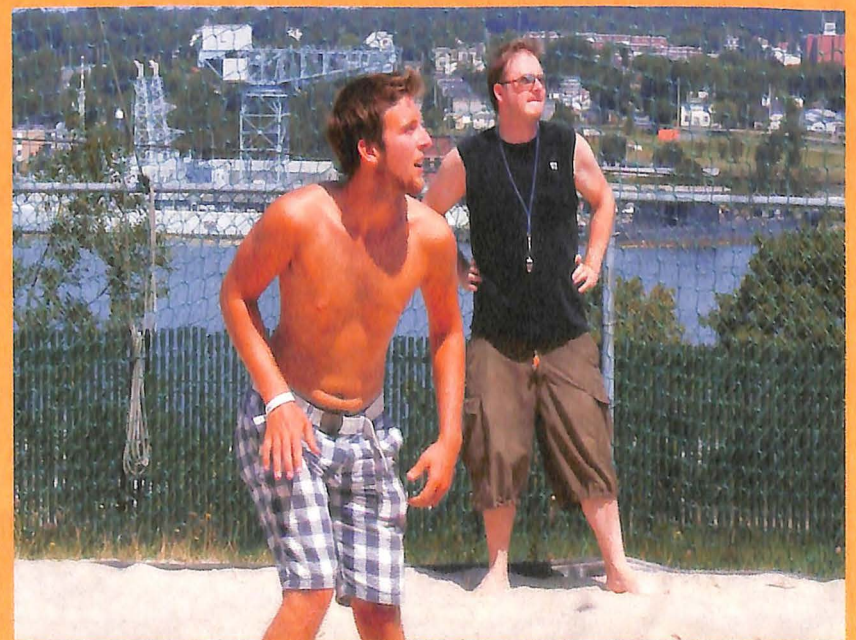
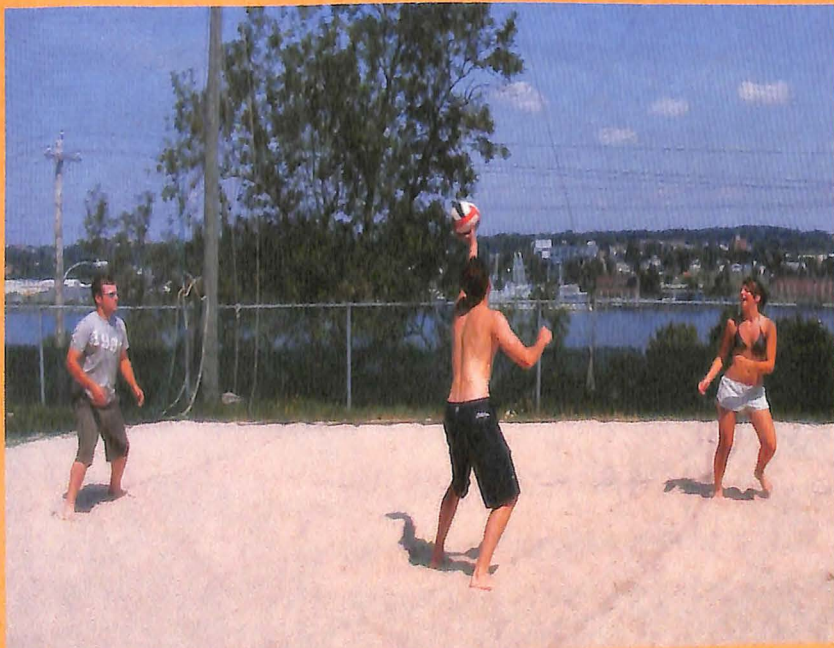
Club Night: A Different Theme Every Night

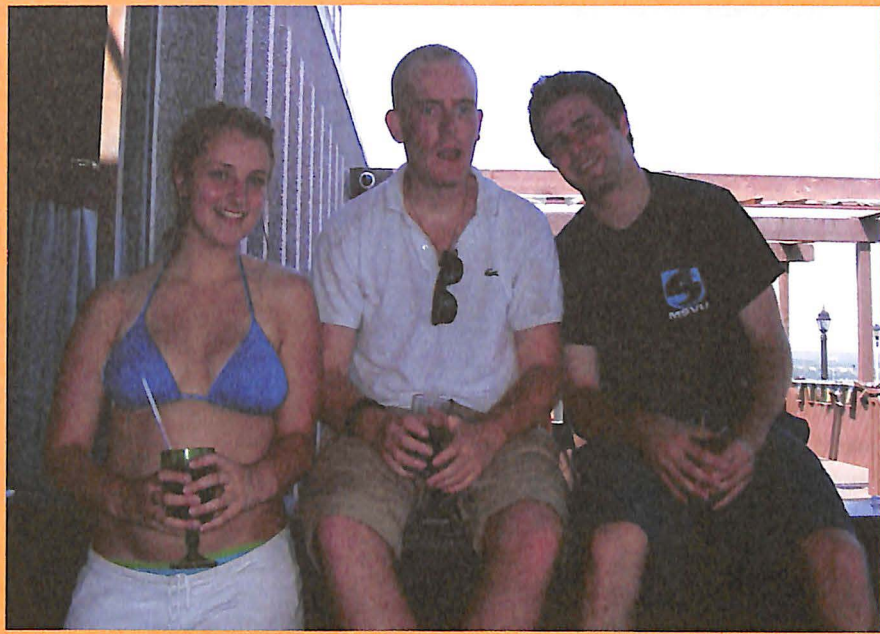


STUDENT SAVER HOUR - 4PM TO 7PM EVERYDAY



SHINERAMA

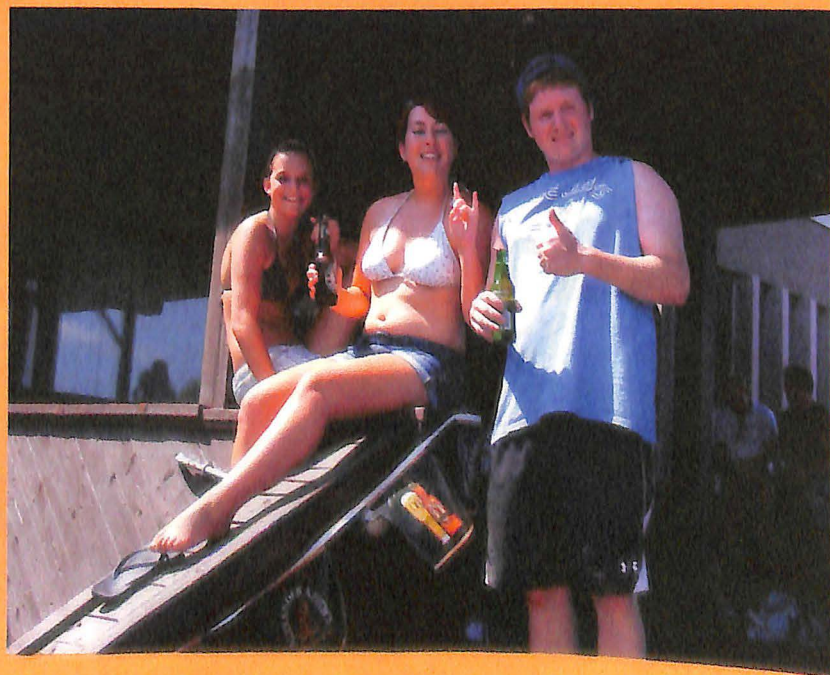
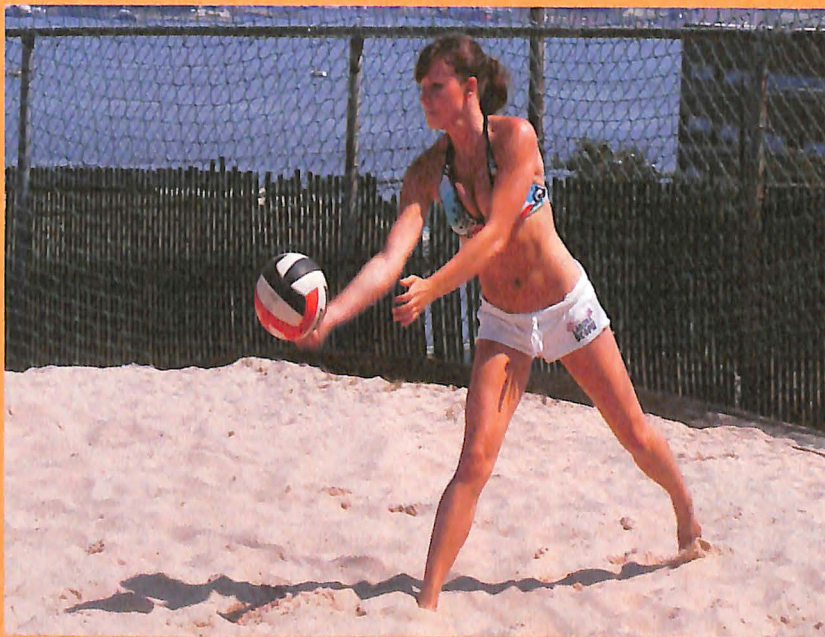




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What Really Grinds My Gears

You know what really Grinds My Gears? Facebook fucking grinds my gears. I swear to God if the creators of Facebook change its format or design one more time I might actually take my computer and mate it with a manatee, which would not only make me the biggest youtube attraction since Charlie the unicorn, but would probably create a program that wouldn't fucking suck while saving a species.

So over a couple million people use your program, good for you. But there's no need to one day have the option to look at your photos at the top of the page and in 20 mins have it on the right side. Maybe put out a press release before such changes are made. Literally changes are made every day that are publically announced and effect less people than the unannounced changes of Facebook. Also, most people joined the site because of what it offers, not what it looks like.

Honestly I'll give Facebook the nod for being the top facilitator in making socializing so much easier. But where we made it easier for friends to connect and make funny comments on pictures of drunken poses and shenanigans, we also allow any creeper with any expertise

in technology to have a special moment or two a day. I don't care if you can make profiles private, if a person can escape from fucking Alcatraz than a person can type up some magic and boom, they're getting sweaty to your sweet Saturday night pictures from the dome with Cindy-Lou Hoo. And one of the worst inventions ever had to be the make a comment on a photo or status option. Honestly, if you are brave or drunk enough to post a status that is both deep but revealing, there doesn't need any extra comments from people who simply have access to your account. If my status says "I wish I didn't make that decision and I want you back", I don't want a comment from Tiny Tim that asks me why I'm so sad. I'm almost positive my fucking status states that and really further explanation means you're an idiot.

Although Facebook is both personally revealing and damning, there is one gigantic complaint I have and I know I'm not alone here. Why the fuck is it so hard to create an event or group? Why does Facebook have the sophisticated capability of sorting my friends into quasi-groups and suggest to me other people who could be my friend based on such sorting. But when it comes to inviting people to events or groups you need to click on every person one by one. Why does the idea of a button that says select all elude Facebook? That's all I want, and if I can have this one little tidbit I would forgive Facebook for harvesting stalker urges amongst

troubled individuals worldwide, all in one swift repent to the internet Gods. I know this argument has been submitted to the so called overseers of the site, but for some reason we are all left scratching our heads.

Facebook is available in 65 languages, offers advertising, and allows you to play sweet little games while meeting friends and chatting about the new season of Dexter. But inviting 200 people to an event requires one hour, band aids, a good hug and couples therapy as you feel both emotionally and physically used when it's over. Facebook, let's stop moving my mafia wars option around and focus on the bare necessities here. Make things simple, not rocket science. When I come home from a long day of learning, I don't want to think anymore. I want to sit back, have a beer, and write silly comments on photos while alerting all my friends of my status consisting of emoticons and msn abbreviations. That folks, is what Grinds My Gears.

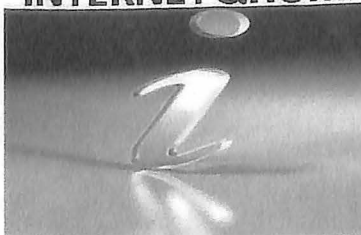
- Draino



Crow's Nest Corner Store: 9am – 9pm
Crow's Nest Lounge: 24hr
(note: if door is locked contact Assisi desk)

What better way to start your day

INTERNET & HOMEWORK LOUNGE



BAKED GOODS



GRAB & GO'S



CAFE CORNER

SNACK AISLE

Basketball Intramurals

Thursdays 9:30-11pm full gym
Mon-Fri 12:00-1:30pm ½ gym
Free to Mount Students and members.
Begins September 16.

Dodgeball Intramurals

Mondays 9:30-11pm
Free to Mount students and members
Begins September 14. Register your team or
yourself at the Fitness Centre Desk.



**TICKETS
ON SALE
SEPTEMBER 9**

**at the
Rosaria
Information
Desk**

*MSVU
special*

**\$18
MSVU
STUDENTS**

**10pm at the
paragon
THEATRE**

ACTORS WANTED



The Annual Rosaria Haunted House Project is
looking for eager student actors to be part of
the best Scare Fest in the HRM this Halloween.

If you think you've got what it takes to deliver
the big scares come join up!

Come to the Open Call meeting on
Wednesday, September 23 at 4pm in
Vinnie's Pub

WE DARE YOU!

Interested but can't come to the meeting? Email:
kenney@mountstudents.ca

Badminton Intramurals

Tuesdays 8:00-10:30pm full gym
Mon-Fri 12:00-1:30pm ½ gym
Free to Mount students and members \$5
for all others
Begins September 9th

New! Cross Country RUNNING Club

Experienced and beginner runner's welcome.
We will run each Friday and go for a run at a
park around Halifax. First get together Friday
September 2. Meet at 1:00pm at the Ath/Rec
Office Rosaria room 127. We will then go to
Princess Lodge park on the Bedford Highway
for a nice run/walk through the park.

Welcome to **THE MOUNT Fitness Centre**

Centrally located in the Rosaria Student Centre, we offer a variety of services:

- Fitness and Facility Memberships
- Fitness Classes
- Personalized Weight Room Programs
- Fitness Leadership Training
- Pilates & Yoga
- Dance: Salsa, Fusion and Tango
- Women's Self Defense (WASP)
- Karate & Tae Kwon Do
- Intramurals: Basketball, Badminton, Dodgeball
- 5 Varsity Teams
 - Women's & Men's Basketball
 - Women's & Men's Soccer
 - Women's Volleyball
- Monthly Events for On and Off Campus Students
- Various Societies, Organizations, Leagues
- Programs for Children (Day Camps, Bully Proof, Babysitting, Karate & Tae Kwon Do)



Visit us online at:
[msvu.ca / fitnesscentre](http://msvu.ca/fitnesscentre)

Contact Us:
The Mount Fitness Centre - Rosaria Student Centre - Main Floor
Phone: 457-6420 E-mail: mount.fitness@msvu.ca

MOUNT SAINT VINCENT UNIVERSITY 2009-2010 VARSITY TRYOUTS

Women's Soccer

Tues Sept 8, 8:00 – 10 pm – Mainland Field
Meet at gym at 7:30 pm
Wed Sept 9, 8:00 - 10:00 pm – Mainland Field
Meet at gym at 7:30 pm
Thurs Sept 10, 8:00 – 10:00 pm – Mainland Field
Meet at gym at 7:30 pm

Men's Soccer

Tues Sept 8, 8:00 – 10:00 pm – Mainland Field
Meet at gym at 7:30 pm
Wed Sept 9, 8:00 - 10:00 pm – Mainland Field
Meet at gym at 7:30 pm
Thurs Sept 10, 8:00 – 10:00 pm – Mainland Field
Meet at gym at 7:30 pm

Women's Basketball

Wed Sept 16 4:30-6:30 pm – Rosaria Gym
Thurs, Sept 17 4:30-6:30 pm – Rosaria Gym
Sat Sept 19 9:30-11:30 am – Rosaria Gym

Men's Basketball

Wed Sept 16 8:00-10:00 pm – Rosaria Gym
Fri Sept 18 4:00-6:00 pm – Rosaria Gym
Sat Sept 19 11:30 am-1:30 pm – Rosaria Gym



Women's Volleyball

Thurs Sept 17 6:30-8:30 pm – Rosaria Gym
Mon Sept 21 7:30-9:30 pm – Rosaria Gym
Tues Sept 22 6:00-8:00 pm – Rosaria Gym



Athletics

Sept. 21-27 Try a class FREE! Pilates, Yoga, Dance, Karate, TKD

STOTT PILATES

No Class Oct. 12

| | | | |
|--|------------------|-----------------------------|-------------------|
| Essential I – Once a Week | | | Fee: \$125 |
| Mondays 6:00-7:00pm | Sept. 21-Nov. 30 | Ruth Jackson | |
| Essential I – Twice a Week | | Fee: \$125 | |
| Tues & Thurs 5:05-6:05pm | Sept. 22-Oct. 22 | Margaret Galloway | |
| Essential II – Once a Week | | Fee: \$125 | |
| Mondays 5:00-6:00pm | Sept. 21-Nov. 30 | Ruth Jackson | |
| Tuesdays 8:00-9:00pm | Sept. 21-Nov. 30 | Ruth Jackson | |
| Essential II – Twice a Week | | Fee: \$125 | |
| Tues & Thurs 5:05-6:05pm | Oct. 27-Nov. 26 | Margaret Galloway | |
| Intermediate/Advance | | Fee: \$125 | |
| Mondays 7:00-8:00pm | Sept. 21-Nov. 30 | Ruth Jackson | |
| Tuesdays 6:05-7:05pm | Sept. 22-Nov. 24 | Margaret Galloway | |
| Holiday Interim Classes (Prerequisite Ess. 1) | | Fee: \$25 & \$38 | |
| Mondays 7:00-8:00pm | Dec. 7 – Dec. 14 | Ruth Jackson | |
| Tuesdays 6:05-7:05pm | Dec. 1-Dec. 15 | Margaret Galloway | |

YOGA – HATHA /KRIPALU

No Class Nov. 11

| | | |
|------------------------|-------------------|-------------------|
| Beginner Yoga | Fee: \$85 | |
| Wednesdays 7:00-8:30pm | Sept. 23-Nov. 18 | Jeannine Saulnier |
| All Levels Yoga | Fee: \$65 | |
| Fridays 12:05-1:00pm | Sept. 25-Nov. 13 | Jeannine Saulnier |
| Advanced Yoga | Fee: \$115 | |
| Thursdays 6:30-8:00pm | Sept. 24-Nov. 26 | Jody Myers |

DANCE CLASSES

No Class Oct. 12 & Nov. 11

| | | |
|---|--|---------------------------------|
| Salsa Dance | Mambo YoYo Dance Club - Street Salsa Style | Fee: \$80 |
| Wednesdays 8:10-9:10pm | Sept. 23-Nov. 18 | Michael Minshull & Lesley Crowe |
| Dance Fusion | High energy movements from a range of styles | Fee: \$75 |
| Wednesdays 1:30-2:30pm | Sept. 23-Nov. 18 | Becca MacCulloch |
| Argentine Tango | Nov. 6 & 7, Nov 20 & 21 | Fee: \$145 |
| André Carrière & Asst: Frances Early Two weekend beginner level workshop. November 14 is a practice session. Students can register for \$100 (limited spots). | | |

SHOTOKAI KARATE

No Class Oct. 10 & 12

| | | | |
|--|---------------|--------------|-----------------------|
| Adult (15 yrs & older) | | | Randy Veinotte |
| Fees: | | \$350 | \$100 |
| Day | Time | Level | 4 Terms |
| Mon | 9:00-10:15pm | Advanced | Sept. 21-Sept. 9 |
| Thu | 8:15-9:30pm | All Levels | Sept. 24-Sept. 9 |
| Sat | 10:00-11:15am | All Levels | Sept. 26-June 12 |
| * Note: No adult summer sessions on Saturdays in July and August. | | | |
| Summer Adult Classes are Mondays and Wednesday from 7:15-8:45pm starting June 15 | | | |

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|--|-------------|--------------|-----------------------|
| Children's (for ages 7-15) | | | Randy Veinotte |
| Beginner Level: Beginner is up to 3 orange tabs | | | |
| Fees: | | \$190 | \$75 |
| Day | Time | Level | 3 Terms |
| Thu | 6:45-7:30pm | Beginner | Sept. 24-June 10 |
| Sat | 8:30-9:15am | Beginner | Sept. 26-June 12 |
| Fall Term | | | |
| Sept. 21-Dec. 7 | | | |
| Sept. 24-Dec. 10 | | | |
| Sept. 26-Dec. 5 | | | |

Intermediate & Advanced Level: Intermediate is orange belt and above – Advanced is brown belt and above.

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|------------------|--------------|---------------|------------------|
| Fees: | | \$190 | \$75 |
| Day | Time | Level | 3 Terms |
| Mon | 8:15-9:00pm | Advanced | Sept. 21-June 7 |
| Thu | 7:30-8:15pm | Inter. & Adv. | Sept. 24-June 10 |
| Sat | 9:15-10:00am | Inter. & Adv. | Sept. 26-June 12 |
| Fall Term | | | |
| Sept. 21-Dec. 7 | | | |
| Sept. 24-Dec. 10 | | | |
| Sept. 26-Dec. 5 | | | |

TAE KWON DO

No Class Oct. 11

| | | | |
|----------------------------------|-------------|--------------|-----------------------|
| Adults (15 yrs and older) | | | Damien Steiger |
| Day | Time | Level | Fall Term |
| Thu | 8:10-9:10pm | All Levels | Sept. 24- Dec. 10 |
| Fee \$60 | | | |

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|---|-------------|--------------|-----------------------|
| Parents and Children in Primary to Grade 3 | | | Damien Steiger |
| Day | Time | Level | Fall Term |
| Sun | 2:15-3:00pm | All Levels | Sept. 27- Dec. 6 |
| Fee \$65 child/parent or \$45 child | | | |

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|--|-------------|--------------|-----------------------|
| Parents and Children Grade 4 to 6 | | | Damien Steiger |
| Day | Time | Level | Fall Term |
| Sun | 3:05-3:50pm | All Levels | Sept. 27- Dec. 6 |
| Fee \$65 child/parent or \$45 child | | | |

Fitness Program

SEPTEMBER 8 – DECEMBER 5, 2009

| Time | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|---------------------|--------------------------|---------------------|--------------------------|---------------|--------------|
| 9:30 to 10:30 | STEP 'n Pump* | Strength 'n Tone* | Cardio Combo | Strength 'n Tone* | STEP 'n Pump* | STEP 'n Pump |
| Child care service is available from 9:15-10:30am Mon-Fri for \$2 per child. | | | | | | |
| 12:15 to 1:00 | Pilates for Fitness | Yoga Fit | Pilates for Fitness | Yoga Fit | | |
| 5:15 To 6:00 | Get Fit With STEP | | Toning Express | | | |
| 6:00 to 7:00 | BellyFit | Toning Express 6:15-7:00 | B.A.S.E. Fitness | Toning Express 6:15-7:00 | | |
| 7:00 to 8:00 | | STEP | | STEP | | |
| The Mount Fitness Centre reserves the right to cancel any class due to low attendance. | | | | | | |

| | |
|----------------------------|--|
| B.A.S.E. | A combination class focusing on balance, agility, muscular strength and endurance. |
| Belly Fit | A combination of a variety of dances (Belly, Bollywood, Bhangra, & African) as well as Pilates and Yoga in a fitness class format. |
| Cardio Combo | Combo class focusing on a variety of cardio exercises. |
| Get Fit with STEP | Introduction to the STEP Reebok program. |
| Pilates For Fitness | The STOTT method of Pilates taught in a fitness class format. |
| STEP | An aerobic workout using the Reebok STEP. |
| STEP 'n Pump | A combination class of STEP and resistance exercises. |
| Strength 'n Tone | A general strength and tone class using a variety of resistance equipment. |
| Toning Express | A forty-five minute muscle conditioning class. |
| Yoga Fit | A combination of yoga postures and stretching exercises. |

Fall Specials

FREE USE OF FITNESS CENTRE

The Mount Fitness Centre opens its doors to NEW MEMBERS from **September 8 - 13**. Try a fitness class or enjoy a visit to the Weight Conditioning Room for FREE this week!

FREE Instructional Programs

Try a Pilates, Yoga, Dance, Karate and/or Tae Kwon Do class for free from **September 21 – 27, 2009**

3 Month Facility Membership Special \$95

Includes:

A One-To-One Weight Room Starter Program, (please book an Appointment), MSVU Lanyard, two guest day passes, access to the weight room, gymnasium, sauna and locker rooms.

Bonus: Add fitness classes to this special for an additional \$25.

Offer Expires: September 30, 2009

Personalized Weight Room Programs!

Have a weight room program designed, based on your goals, by a certified trainer. Includes a consultation, program set-up, demonstration, performance and feedback – approx. one hour.

Fee: \$25 Call 457-6420 to book an appointment.

Not ready to commit to a workout yet? Perhaps you would like a consultation with a Fitness Coach who can help you determine what would be a realistic goal to get you started?

Fee: \$10 Call 457-6420 to book an appointment.

You are what you read

By Michael Silicz
The Manitoban (University of Manitoba)

WINNIPEG (CUP) – Is ignorance really bliss? I am fascinated by journalism and the concept of “news” itself. Call me a geek, but there’s something about the profession of journalism, and the crafting of what “news” is, that really intrigues me. Specifically, it is the philosophic understanding of “what is news” that I’ve spent much time pondering this summer. This raises the question: do you know who makes the news? Have you ever taken the time to sit down and think about it? History, it’s said, is written by the victors; but who writes the news?

This leads to the problem – innate Occidentalism in our media. In other words, even our most trusted sources of “news,” from the Economist to the CBC, are inherently ideological in how they report what we come to read and watch as news. There is a German word that encapsulates exactly this phenomenon: *Weltanschauung*. It translates roughly into English as “world view,” and is meant to capture the experiences of a person, and how those experiences shape how they understand the world we live in. The real problem of “what is news” arises when talking about one form of journalism in specific — “international news.”

But first, there’s the obvious. Let’s start with the local news. Stories at the local level usually involve events within your city or province, and are often hard stories of pure fact. When a firefighter saves a kitty from a tree, a report on a manhole exploding near the Bay in downtown Winnipeg, or a report on what happened at city hall – this kind of news is rarely open to much interpretation. There are obvious exceptions – events like the Crystal Taman inquiry, the Doer government’s Manitoba scandal or the debate over hog farms – that require some interpretation of fact. More often than not, the local news is little more than a restatement of facts with little interpretation.

Things get trickier when we go to the national stage. At this level of news, the facts often become intertwined in the interpretation; often to the point where it becomes difficult to tell “what happened” from “what results.” This

may seem a trivial or semantic, but it is not. “What happened” is a description of fact — for example, federal Natural Resources Minister Lisa Raitt calls the medical isotope crisis “sexy,” but “what results” is an interpretation — Riatt is ridiculed by journalists for her statement.

But there is a critical difference between the two statements. There is no doubt as to what Riatt said was fact, but there is a doubt as to those facts’ results or interpretation. Almost all journalistic coverage of this event casts a negative light on Riatt’s statement, and why not: what an audacious and appalling statement for a federal cabinet minister to make. Yet where are the other examples of interpretation? Sure it was callous, but like it or not Riatt is absolutely correct that this is a “sexy” issue, which in non-political jargon means she could exploit the situation for political gain. Had she called the issue something other than “sexy,” journalists wouldn’t likely have cared. But again, the interpretation of “what results” becomes repeated over and over again, becoming what we call news. Do you really think Riatt is the only career politician to ever have made a statement like that?

Where things become truly perilous is upon the international stage. It is at this level that I realize just how much we are all just sheep. “International” news is determined by journalists’ reports on foreign stories. But therein lays the problem: there are stories going on everywhere, but why do we only hear of certain ones?

The perfect example now is Iran. In turmoil over a supposed contested election, the Iran crisis is constantly on newscasts and the saga fills the pages of many newspapers – but why? Do we really care about Iran’s internal politics? I’d argue that we only care because it involves “democracy,” the inherent part of our Western culture where we will report on other peoples and nations when that issue arises. This explains why we heard so much about Georgia and Ukraine a few years ago. But the reasons are beside the point: what matters is that our news is so selective regarding our historic narrative that it is almost a lie to refer to these events as “news.” Why do we care about contested Iranian elections all of a sudden?

The problem is that in cases like this, rarely do we just get “the facts.” Almost all foreign journalism involves far more interpretation than it does fact. The “fact” of the matter is that Iran had a disputed election. Yet the way Western media is covering it conveys the sense that Iran is in political chaos with rigged elections. Is that truly representative of their country, or is it more Western news media outlets interpreting the story as such?

We live in North America, but when was the last time you heard about any story involving a country outside of Canada or the United States? Mexico is only mentioned relative to NAFTA, and we only hear of Cuba, Venezuela and maybe Nicaragua because they are branded as adversaries. When is the last time you heard of a story from Bolivia? Peru? Chile or Argentina? Brazil is the fifth largest country on earth, and when do you ever hear of news from them? Only when an airplane from the West crashes around that country do we get to hear its name.

Thus, when thinking about the news, always be sure to remember the ideological leanings of those who write it, question their motives, and keep an open mind. For once you start to understand how news is made, you can begin to see how the “news” may not really be the facts, but rather just spin. As Noam Chomsky wrote about long ago, it would appear that the more foreign the story, the more consent is manufactured about it.

An open letter to every girl I’ve ever dated

By Conor Meade
The Peak (Simon Fraser University)

BURNABY (CUP) – Hey babe, You’re a great girl. I really mean that. But for the love of God, can you please stop sending me so many goddamn text messages? I know you splurged on the unlimited data package, but it doesn’t mean you have to send me a “Hey . . . what’s up? xoxo” quite so often.

A guy’s gotta relax sometimes, and that’s hard to do when it takes longer to make a bag of popcorn than it does for you to send yet another one of your cute, sweet, but ultimately very time-consuming “

Thinking of you” updates.

It wouldn’t be a problem if I were allowed to read the message, smile at your thoughtfulness, and then go back to whatever I was doing. But I have learned that ignoring them is hazardous.

Sure, letting a few consecutive texts slip by unanswered provides some short-term peace of mind, but there will be a steep price to pay tomorrow, when I ask how you are doing, and

you demand to know where I was last night, and whether I was with that whore from my intramural volleyball team.

All that for one text-free evening? No thanks. Instead, I'll heed the sage advice of Dr. Phil and talk about my feelings: Stop texting me so god-damn much. I hate it. Sweetie. It's not that I don't like you. Spending time with you is great. Talking on the phone is less great, but it's a fast and simple way to make plans.

Also, I accept that you are somewhat emotional and start to miss me when we spend a few days apart. In those situations, sure, give me a call. You caught me at a bad time and I can only talk for a few minutes, but it's no problem. It's nice to hear from you.

E-mailing is also cool. If you're at school or work, and in front of a computer, and you think of me, I understand that you'd want to tell me such. I'm flattered because, hey, that's very sweet of you.

Other forms of communication I haven't mentioned, we'll review on a case-by-case basis. Smoke signals, pigeon-messengers, are tin-can phones are all acceptable.

Any other creative ideas you might have, run them by me. But the one medium I must rule out, firmly and without exception, is the text message.

I've tried to understand your intrinsic need to send and receive text messages, and I have failed. There is absolutely nothing a text message can accomplish that cannot be done faster and better with a phone call, unless the recipient is deaf. I assure you I am not.

I don't mean to single you out. Fully 90 per cent of your otherwise wonderful gender sends many times more text messages than is sane or reasonable. I don't know why this is the case, and I doubt I ever will.

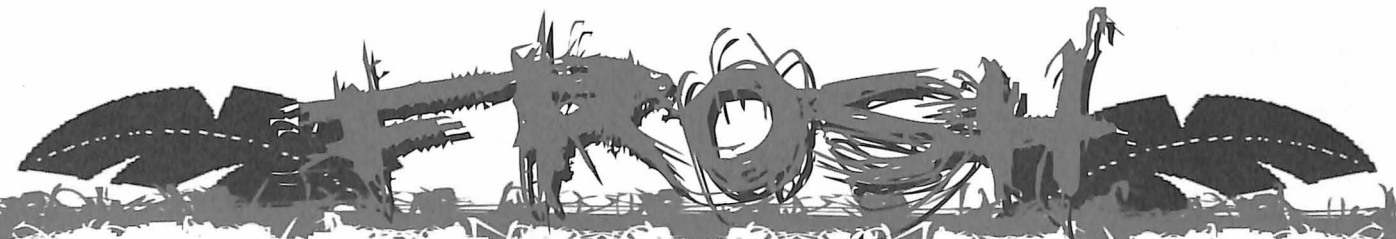
I also don't know why it's taken me so long to sack up and make my dislike of text messages perfectly clear to you, or why similarly inclined men everywhere are hesitant to tell their girlfriends' exactly what I'm telling you: We like you.


Love you, in some cases.




If you want to come over tonight and hang out, that'd be great. But if you can't get a handle on your text message addiction, or at least refrain from indulging in it with me, I'm leaving you for an Amish chick.

*Have Something To
Say?
Say it!*

*All Submissions Can Be Sent to
Mary Jane at:
publications@mountstudents.ca*



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|--|--|--|--|
| 12 PM Residence Move In | 9:30 AM Pancake Breakfast | 10 AM Academic Advising Begins | Classes Begin Today | Classes DAY 2 | Classes DAY 3 | SHINERAMA SHINE DAY | 7:30 PM Frosh Week Closing Ceremonies & Awards |
| Frosh Registration | 10 AM New 2 MSVU Orientation Session | 1 PM The Amazing Race | 6:30 PM FEAR FACTOR | 6:30 PM Dodgeball Tournament | 7:30 PM Monty Carlo Night Featuring ALERT THE MEDIC |  8:30 AM Shinerama Breakfast | 8 PM Frosh Week Slide Show Presentation |
| Frosh Kit Pick Up | 11 am Info-Palooza | 7 PM Wacky Olympics | 8 PM Comedy & Lecture Showcase With Daniel Packard | 8 PM HELPING HAND-OFF | | 10 AM SHINERAMA | 8:30 PM Frosh Week Movie Presentation |
| Meet Your Frosh Leaders | 12:30 PM SU BBQ | | 10 PM KA-RAZY Karaoke | 9 PM Game Show Spectacular | | 6 PM SHINERAMA BBQ | |
| 5 PM Picnic With The President | 2 PM Human Bowling | | | 9 PM Annual Vinnie's Pub Welcome Back Party & Wing Night 19+ | | 8 PM SHINERAMA AWARDS PARTY | |
| 7 PM Mount Mania | 3 PM FROSH WARZ | | | | | 9 PM LUV PUB TOGA PARTY wet/dry Pub | |
| 8 PM Cheer Breakers | 8 PM Picnic Face Comedy Showcase | | | | | | |
| 9 PM Damian The Hypnotist | 9:30 PM Surviving A Zombie Apocalypse | | | | | | |
| 11 PM Deal or No Deal | | | | | | | |



Rosaria Student Centre - Room 101 - 457-6381 - vinnies.mountstudents.ca

Snacks & Appies

| | |
|--|--------|
| Quesadilla..... | \$7.30 |
| (Add chicken or beef for only \$1.77) | |
| Wings hot, med, mild, or honey garlic | \$8.85 |
| Nacho's with salsa & sour cream..... | \$8.19 |
| (Add chicken or beef for only \$1.77) | |
| Pizza Rolls with your choice of dip sauce..... | \$5.97 |

Student Sandwiches & Wraps

| | |
|---|---------|
| Grilled Cheese & Bacon..... | \$5.31 |
| Grilled Chicken & Peppers | \$8.85 |
| Pulled Pork, Pulled Pork, Pulled Pork..... | \$8.63 |
| Philly Cheese Steak Sandwich | \$9.07 |
| Hamburger..... | \$7.96 |
| (add cheese or bacon \$0.66 each) | |
| The Big "V" Burger | \$11.50 |
| (burger, bacon, cheese, peppers & onions, & pulled pork) | |
| ** All sandwiches served with potato or pasta salad & kosher pickle** | |

Pizza

| | |
|--|---------|
| Pepperoni Pizza | \$8.41 |
| (Pepperoni & cheese) | |
| Veggie Delight Pizza..... | \$8.41 |
| (Hot & sweet peppers & onions) | |
| The Works..... | \$10.62 |
| (pep, bacon, peppers & onions) | |
| Pulled Pork..... | \$11.06 |
| (Pulled pork & hot peppers) | |
| BBQ Chicken | \$11.06 |
| (bbq sauce, bbq chicken, & peppers & onions) | |
| Fajita Pizza | \$11.06 |
| (chicken or beef, peppers & onions, & hot peppers) | |

Vinnie's Menu & specials begin daily at 5pm

