

James Bond Invades The Mount In September Just In Time For Frosh Week

THE SENTINEL

MSVU Brings Diversity OUT To

Halifax Pride

So Long Summer and
HELLO SEPTEMBER
THE BACK TO SCHOOL
ISSUE!

MSVU Hosts CCSA
Soccer Championships!

SUPERBAD is
Super Good!

Students' Union
Annual Fall By-Elections!



 **Shinerama**

MSVU Aims To Shatter Records Again!
This is THE Year Not To Miss!

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Health Plan Manager: patti.hutchison@msvu.ca 457-6532

A Welcome From Your University and Students' Union Presidents

By KATHRYN LAURIN and AMBER DALEY



It's that time of year when the hallways, classrooms and dorm rooms of Mount Saint Vincent University come alive with energy and excitement as we all look forward to a new academic year.

New students are arriving on campus for the first time, returning students are anticipating another productive year and faculty are preparing for thought-provoking discussion, research and debate.

This promises to be a year of new achievements and successes for the Mount. This fall, the University will reach the end of a year long strategic planning exercise. Through this process we have uncovered the vision of what we want the Mount to become

for everyone who teaches, studies, works and participates in our community.

Our new vision is to be the national leader in creating the best university experience for all members of our community and in developing thoughtful, engaged citizens who have a positive impact on their world.

We are also in the midst of our *Building Tomorrow Together* Capital Campaign. *Building Tomorrow Together* has three areas of focus: Expanding Our Campus with the construction of a state-of-the-art Teaching, Learning and Research Centre; Enhancing Academic Excellence, which includes establishing a Chair in Learning Disabilities, the only one in Canada; and Ensuring Student Success through more scholarships, bursaries and awards, with a particular emphasis on increasing graduate scholarships.

These exciting initiatives will help create a renewed energy and spirit on

campus and will help us deliver the best university experience for you – now and in the future.

This is a wonderful time of year to get involved in campus life. I encourage each of you to take advantage of the many activities organized by the Students' Union. There are also many clubs, societies, varsity teams and recreational activities that will allow you to explore the Mount beyond the classroom.

The start of this academic year is a new beginning for all of us. It's a time to make new friends, exchange new ideas and discover new interests. Most of all, it's a chance to shape your university experience.

I hope you are all ready for the inspiring and exhilarating year ahead.

Kathryn E. Laurin, M.Mus

President and Vice-Chancellor



It's September and the school year is just beginning. I want to first welcome all the new students to MSVU and welcome back all of our returning students. Every year many people on campus strive to make the academic year a very fun and exciting one for the student body, and this year is no exception.

The upcoming year will be host to many events, information sessions, sporting activities and much more. Your year is what you make of it. Take advantage of the great things offered to you by University staff, students, and faculty. This year is jam packed with events for you. It all begins with a great frosh week with exciting new activities and of course some old favourites including Sex with Sue, Damien the Hypnotist and Wacky Olympics. Some of the many new events include our first ever Ceildh.

Beyond frosh week, there will be some great pub nights including the first pub night which is wet only and will be kicked off with Halifax favourites, *Merimac*. Awareness campaigns and fundraisers will reach an all time high this year. Some of these campaigns will include Crosswalk safety, Breast Cancer awareness, Shinerama, Christmas Daddies, Violence against Women, Multiple Scorosis, as well as many annual events that take place throughout the year. Also, this year we have the first ever pod cast for MSVU which is named CROW RADIO, which is now available for download from the Students' Union website at www.mountstudents.ca and on itunes. Keep your eyes and ears open, this pod cast should not be missed!

There are some important things you should all keep in mind for this upcoming year. First remember to opt-out by September 29th from the Health and Dental program if you're already covered elsewhere. Secondly, pick up your UPASS. If you're a full time student you have already paid for this service and you can pick them up when you pick up your Student ID card. Lastly, and very important,

remember to get your mumps vaccination. This is extremely important! The last thing you need this year is to be sick and miss all the excitement on campus and get behind on your studies. There will be clinics set up on campus and if you have any other questions please contact your doctor or the Health office on campus located in Assisi Hall.

I hope that this gives you some insight on what to expect this year. The Students' Union goal is to make this the best and most memorable year for all students at MSVU. If you have any questions, concerns, ideas or just want to see what's going on please do not hesitate to come see us in Rosaria Student Centre. So everyone have a great year and once again WELCOME BACK AND WELCOME TO MSVU!!

Amber Daley

President, MSVU Students' Union

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**September 4
to September 14**

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9am - 4pm

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Galactic Opportunities

By JEAN MILLS

A review of the headlines during the months of July and August, 2007 reveal the increasing demand for qualified individuals to join the IT/IM profession. Graduates of the Bachelor of Applied Arts: Information Technology degree program at MSVU have experienced tremendous success and again this spring 100 percent of the IT graduates are employed in challenging positions in their profession.

The headlines below are indicative of the growing demands for educated IT/IM workers.

IT Sector The Place to Be for a Career: July 19, 2007, Chronicle Herald

Canada Sees a 17 Per Cent Jump in IT Skills Demand

Canada-Wide Surge in Demand for IT Professionals, Report Reveals: Demand for IT professionals in Canada has reached an "all-time high" according to a report published by IT recruiting firm CNC Global which is headquartered in Toronto.

North American Firms 'Can't Find' Qualified IT Talent: Nearly two-thirds (64 per cent) of top-tier executives polled by consulting firm Deloitte and Touche LLP "felt it was important to look overseas" for high-calibre technology professionals

Info-Tech Forecasts 5.5 per cent IT Spending Growth: London, Ontario based analyst firm Info-Tech Research has predicted a 5.5 per cent increase in Canadian IT spending this year, slightly higher than what was forecast by rival IDC Canada earlier this year.

vip.itworldcanada.com

Enhance your career opportunities by enrolling in courses in the IT program at MSVU. Check out <http://www.msvu.ca/it/graduateprofiles.asp> to see a sample of positions our graduates hold.

MSVU's Best Kept Campus Secret Revealed

By PATRICIA WILSON
CAMPUS CHAPLAIN

Whether you are returning for another year of study or are coming to the Mount for the first time, you will want to know about the best kept secret on campus. No, it's not the latest about Britney or Lindsay. It isn't the new update on waiting lists for classes, or a tip for finding the best prices for used books. Sorry, knowing about this won't get you a room in the residence you wanted or help you find a parking spot close to the building where you have class, but it can offer some resources for you to cope with all the above.

This best kept secret is called Campus Ministry and it is about services available to students, faculty and staff. There are no extra costs, no registration deadlines, nor is there any high tech equipment needed. It offers opportunities to take time to slow down in the craziness of settling in to the new term, to talk about what's on your mind, or to ask questions and maybe even find some answers. Campus Ministry is about dealing with life on campus, building relationships

and just hanging out in a quiet space, and yes, we deal with God questions too. It's about offering a spot for you to talk with someone who is ready to listen, a place to pray or meditate on your own or with others in community.

I'm Pat Wilson, the MSVU Chaplain and I have a few ideas for the Campus Ministry program for the coming year. I would also like to hear what you think Campus Ministry should be. You can find me in my office at the back of the Chapel in Evaristus Hall. Give me a call (457-6446), send me an email: patricia.wilson@msvu.ca, or stop by the Campus Ministry display at the Information Palooza (Orientation). Be sure to keep an eye on this newspaper for more information on the best kept secret on campus!

Housing Team Welcomes New Students

By GILLIAN MORRISON

On behalf of the Housing Team we would like to welcome you to our MSVU residence community!

Living in residence is a great way to experience everything that our campus has to offer! Whether you are a returning student to rez or you are a newcomer, our goal is to create a welcoming and fun living environment outside of your traditional classroom experience here on campus.

Residence life can help define your personal success here at MSVU and you are guaranteed to create new and lasting friendships.

Be open to new ideas and new experiences:

- * get involved in programming
- * Residence Society
- * or simply just sit back and enjoy

the ride...this year is sure to be an adventure for you to remember!

If you have any questions, our doors are always open!

Again, welcome! Enjoy yourself and best of luck this year!

Gillian, Amy and Jake
Dons 2007-2008

2007/2008



The IT industry will need
89,000 more employees
by 2010. You do the math.

Enroll in MSVU's IT degree,
diploma or certificate program.



www.msvu.ca/it

James Bond Crashes MSVU Frosh Week for a Mount Royale

By TYLER DEACON

Frosh week this year is packed with some amazing events. We have been planning all summer and we have jammed so much fun into the week that it is about to bust out the sides. We've brought back all the favorites and added in a few new things to get the Party started!

Let's look at a few of the highlights:

Damian the Hypnotist

To start off the week we have invited Damian the Hypnotist to come in and bring a few hours of hilarity. Ask some second and third year students about Damien and not only will they blush, they will tell you what an amazing time they had. So come on out and see your friends do some outrageous, side-splitting things you never thought possible.

Frosh Warz and Wacky Olympics

On Monday we are having our annual Frosh Warz and Wacky Olympics so bring an extra pair of clothes and get ready to win a lot of prizes. A time honored tradition here at the Mount,

our Frosh Warz and Wacky Olympics set the stage for the hilarity of the week and get everyone revved-up for Frosh Week.

The Amazing Race

On Tuesday we have our annual and extremely popular Amazing Race competition! The competition will feature some of downtown's spotlight attractions as well as get you all acquainted with the great city of Halifax.

Monte Carlo Night

Pretty clear, Tuesday's Monte Carlo Night is an evening full of fun with many games to be played and prizes to be won.

The Kick Ass Ceilidh

We have switched things up this year. Instead of our traditional concert we are having our first ever Kick Ass Ceilidh. With all the feet tapping, hip slapping music that the Maritimes are famous for, get ready for a good ole' kitchen party that your family would be proud of!

Fear Factor

After the Ceilidh we have our Fear Factor competition. All the bug, slugs, and grossness are back to make you queasy and make a mess! To participate in this event remember to sign up before Tuesday evening! The winner will receive over \$150 in prizes but don't be afraid; there are many other interesting gifts for anyone to win along the way.

Operation Infrared

On Thursday we have Operation Infrared. Bring a white t-shirt. We supply the marker, and you dance the night away! Bright setting, lots of glow sticks, right paints to color yourself with—'nuff said!

Sex-ed Day

Back to Jr. High with this one guys and gals! Friday is our Sex Ed day. First at 6pm we have the always candid, never bashful, entirely infamous Sue Johanson! From TV's *Sex with Sue*, Sue Johanson will teach you things that you never thought a 61 year old should know! Then we have Sexy Girl

with Sex-ed 101, and finally at 10 pm our *Mount That Party* with comedy skits from a few hilarious Halifax comedians.

Shinerama

On Saturday morning we will all embark on a full day out in support of cystic fibrosis. The Students' Union has sent the goal of \$16,000 to be raised this year and we intend to meet it! So get out and SHINE, SHINE, SHINE!

Love Fest

Last but not least, Saturday evening we have Love Fest, this is a huge pub night and anyone missing out will be....well....missing out! We're giving away hundreds of condoms, lube, underwear, boas, etc. It is going to be a crazy night that you will be talking about until you graduate! We have so much planned and you are all going to have fun! There are thousands of dollars worth of prizes. So just participate, meet a lot of new friends, have an open mind, and have fun.

Frosh Week Schedule

2 SUNDAY	3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY	8 SATURDAY
12PM RESIDENCE MOVE IN	9:30AM Pancake BREAKFAST	12PM <i>The Amazing Race</i>	CLASSES BEGIN	CLASSES Day 2	CLASSES Day 3	8:30AM Shinerama BREAKFAST
FROSH REG	10:30AM You're New to MSVU		12:30PM BED. Orientation & BBQ in Vinnie's	7PM FOR YOUR EYES ONLY	6PM SEX With Sue!	10AM Shinerama Shine Day
FROSH KIT PICK UP	11:30AM MSVU INFO FAIR	6PM GRAD STUDENT ORIENTATION SETON 404	7PM KICK ASS Ceilidh	9PM Vinnie's Wet Only Welcome Back Party	8PM SEXXX ED. 101	6PM Shinerama BBQ
MEET THE FROSH CREW	12PM SU BBQ	7PM <i>Monte Carlo NIGHT</i>	9PM FEAR FACTOR	10PM OPER ATION INFRARED	10PM MOUNT THAT Party	7PM <i>Shine That!</i> Awards Extravaganza
5PM Dinner and a President	2PM Frosh Warz		9:30PM <i>Shinerama tall ship cruise boat cruise</i>			9PM CLOSING CEREMONIES
8PM <i>Damian THE HYPNOTIST</i>	7PM WACKY OLYMPICS					10PM LOVE FEST super pub
10PM SCHOOL OF ROCK	10PM BOND slumber party					

MSVU ORIENTATION WEEK 2007

Tall Ship Silva SHINERAMA Boat Cruise

**Wednesday
September 5**

Tickets On Sale Now at
the Rosaria
Information Desk

\$10.00



Rosaria...Worth the Trip Up the Hill!

By MONTY, The MSVU MOUNTAIN LION

What's one of the best things about Mount Saint Vincent University? The Rosaria Student Centre! Rosaria is a full service student centered facility catering to the needs and demands of today's student.

The Rosaria Student Centre offers the comforts of home with the opportunities of University. It's the one place on campus where you can at the same time kick back, relax and get away from the hassles of classes and homework, and still be able to access everything you need when it comes time to get back to the business of school.

Much of MSVU's campus and student life activities occur within the Rosaria Student Centre and it has become home for many favorite student events such as the Student Awards Night, Multi-cultural Night, Charity Ball,, Mardi Gras, Mystic Varsity Games, Wish Day, Campus Idol and the Textbook Trading Fair.

In Rosaria you can relax in the quiet comfort of our student spaces, listen to today's best music in the Rosaria lobby while working with your classmates, surf the internet while enjoying some fair trade coffee or kick back and challenge your friends to a game of pool or Nintendo.

What Does Rosaria Offer You?

Rosaria is where you will find the majority of student services available on campus.

On the first floor you will find:

- The only bank machine on campus (Royal Bank)
- The Students' Union offices & Society mailboxes
- The SU Information Desk with Fax & copy services
- The Student Health & Dental Plan Office
- The MSVU Diversity Centre
- The MSVU Student Food Bank
- Vinnie's Pub, Lounge & Café

- The Cornerstore (student convenience store)
- The Crows Nest student lounge (24 hour computer lab)
- The Fountain Play Centre (student child care centre)
- Student study & meeting space
- Athletics Fitness Centre (Gym, weight & exercise room)
- The Sentinel Newspaper office
- The Mystemian Yearbook office
- The Student Disabilities Facilitator
- The SU internet kiosk

On the second of Rosaria floor you will find:

- The Bookstore
- Aramark food services office
- The Rosaria cafeteria
- Access point to Assisi Residence Elevator
- Access point to MSVU Security desk
- Tunnel to Evaristus
- The Multi-purpose Room (MPR)
- Conference services
- The Alice Egan Hagen Board Room

On the third floor of Rosaria you will find:

- The Don McNeill Room (classroom)
- MSVU Physical Plant offices

Don't let that pesky hill keep you from enjoying the best place for student life and study on campus!



25 Reasons to Spend Your Time in Rosaria

25. Hey ladies! There are boys here! Not a myth, they really do exist! See it to believe it! Film at 11!

24. You can save yourself a big wad of cash by Opting Out of your health and dental plan.

23. You'll need to pick up your students ID on Friday that you left behind at Vinnie's on Thursday night.

22. Not just a hidden room...there's an entire hidden floor! Find it and win a prize!

21. Use all the coupons from your student handbook here. What? You didn't get a student handbook???

20. Get your student handbook here!

19. You'll never go hungry with free food from the MSVU Food Resource Centre.

18. You can sit, pretend you're studying and watch guys who think they're hot work out.

17. One word...Samosas...now dance!

16. The toilets flush in the opposite direction! We're practically Australia!

15. Relive your childhood days at the Fountain Playcentre.

14. Lets face it. At some point you're gonna skip class. You're gonna need somewhere to go where Prof.'s won't find you!

13. You can watch TV, surf the net and nap on some of the comfiest furniture the 70's ever produced in the Crows Nest, the only 24 hour student lounge and computer lab.

12. Hang out to today's hottest tunes broadcast over the Rosaria lobby lounge speakers.

11. You can shave for FREE! Come find out how!

10. Discount prices with luxury appeal in the MSVU Diversity centre 2nd hand boutique.

9. It's the gateway to Assisi.

8. Crows baby! Crows!

7. Monty the Mountain Lion lives in Rosaria!

6. Holy Crap...\$1 for bottled water at the Cornerstore!!!

5. Societies...we have your mailboxes

4. It's closer than Clayton Park.

3. Umm, hello...You're in University now...and Rosaria has the bookstore.

2. It has the only bank machine on campus...the only one!

1. Free Beer tomorrow at Vinnie's!!!

Style it up with Student Government

By BRUNO PERRON

This year get involved with your student government and become a candidate in the Fall Election!

The benefits of being a council member include:

Learning about student government.

Building your resume.

Influencing the student experience during your time at MSVU.

Meeting community, business, and political leaders.

Learning in a dynamic setting and expanding your volunteer experience.

Presenting your concerns about student life, the health and dental plan, the Union business model, and various other aspects of the MSVUSU.

FPC Welcomes Back Students of All Ages

By ANDREW CARVER

I can't believe that the summer is over and school is here. The Fountain Play Centre welcomes back returning students and gives a huge Hello to the brand new ones that will call MSVU their home for the next couple years. One of the best ways to get to know your school and Students' Union is to get involved in some of the groups they have to offer. A service that the Students' Union has is the Fountain Play Centre, a drop off centre for students with children who can bring their child or children to the centre while they are in class for a low fee.

The centre is not just for students with children, every year we look for students from all programs to help volunteer at the centre throughout the day. The FPC is located down the hall from the Corner Store and across from the Crow's Nest. Throughout the year the FPC puts on many activities for the children and parents including a Halloween Party, Christmas Party (Santa comes to visit the children), the Kids Carnival Baby Grad, Teddy Bear lunches, movie days, and much more. We also have activities for our volunteers which include their own

Christmas Party, Pizza nights, Student Awards, and outings. This year the FPC is looking into their own clothing for the volunteers and making a society. We work around your class schedule and find the times that work for you. A typical day for a volunteer is playing with the children in the centre and outside (when the weather is nice), preparing their lunches, and educating them with colors, shapes, and numbers. We also have monthly meetings to discuss happenings at the centre and during the second or third week of September we will teach the volunteers how to change a diaper, so don't worry if you've never changed one before. This past year the FPC has joined Facebook. Our group has updates on the centre and its activities.

If you would like more information about the Fountain Play Center contact Meghan or Andrew at 457-6554 or visit our website at www.mountstudents.ca/fpc.htm

We hope to hear from you soon and welcome to MSVU!!!!

We're More Than Just A Sweet Tooth!

By ALLISON HALEY

We have some awesome deals coming your way in September! We want to welcome everyone back with "Welcome Back Packs" an assortment of chips, Pop, candy, bar or water, crispy minis, granola bar and gum for only \$4.00 plus tax!!!!

Also, this year we are launching 2 new features to the Corner Store. If you come in on your birthday and present your student i.d. you will receive a Cornerstore birthday discount!

And we want to give back to you! We will be having CUSTOMER CHOICE FEATURES every month! Fill out a ballot and tell us what YOU want to see in the Corner Store and the 3rd week of every month the winning choice will be displayed for 2 weeks!!

Halloween is coming up and we want you to tell us about a scary experience you had! The scariest story will win a \$25 gift certificate to The Corner Store.

The contest will begin on October 1 and close on on October 31.

Start your trick or treating early at The Corner Store! Starting October 22-October 31, it is Halloween everyday! Get your surprise bag full of treats for 2.00 plus tax!

Reminder! Don't forget to vote for what YOU want to see in The Corner Store!

We are located on the first floor of the Rosaria Student Centre across from Vinnie's Pub.

Hours of Operation: Mon, Tues, Wed, Fri 8am-9pm
Thurs 8am-10pm
Sat & Sun 12pm-8pm

902-457-6450
cornerstore@mountstudents.ca
www.mountstudents.ca/cornerstore.htm

Need Help? Just Ask.

By ALICIA EARLE

Life as a university student comes in many different forms, bearing many different aspects of responsibility. Some of you live in residence, with friends, alone, or with your family. Some of you are single, in a relationship, or married. Some of you have children of your own, are pregnant, or look after your siblings. Life oscillates between happy and depressing, easy and hard, fun and boring. Although we are all experiencing unique situations, we all need our sanity. Depression can affect anyone, even you. It creeps up in many forms and infiltrates your daily life. Depression doesn't stereotype; it affects all types of people in all types of situations. If you think you may be depressed, please don't be afraid to ask a doctor, or your MSVU psychologist, about your concerns. Depression is common, and can last from days to months to years. It can be treated by counseling and/or medications. Don't decide that because your suffering isn't as intense as someone else's that you must not be depressed. Pain is pain. You are an adult now, and you must decide what's best for your health. Most importantly, don't feel

embarrassed of your feelings or feel that you have to "prove" you're suffering; if you could control these feelings, depression wouldn't be anyone's problem. Visits to your MSVU psychologist are free. Call your MSVU Counselling Services to make an appointment today. Look for a campus-wide depression screening that will be held in the Seton building in October.

Who Is That?



It's Vinnie's Pub Manager Jeremy Neilson hiding out in anticipation of another great Pub year!

Students Can Save Money By Staying On Campus

By ALICIA EARLE

Your Information Services welcomes you all back to The Mount! Please use your Info Desks this year! We are your one stop student Copy Centre for all your copy needs! We will photocopy for you, laminate, bind, send faxes, receive faxes, hole punch, and even staple for you! All at minimum operating costs! We can look-up phone numbers, addresses, and exam locations! We will find the answer to

your question, or we will find someone who knows.

But, MOST IMPORTANTLY, come to your TEXTBOOK FAIR and grab your books for less! Better still; sell your books through us!

Ask us for more Fair info: 457-6123 or info@mountstudents.ca or just visit!

www.mountstudents.ca/infodesk.htm



Rosaria Student Centre / Seton Academic Centre
Mon - Fri 9am - 4pm / Mon - Fri 10am - 3pm

Your On-Campus Student Copy Centre!

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MSVU LGBTQ and Friends Make Grand Entrance

By JANE MCCORMACK

Saturday July 21, 2007 at 2pm was a momentous day for MSVU. Representatives of Mount Allies, Mount Pride, and MSVU SU Diversity Centre were part of this years PRIDE parade in Halifax. The theme for this year's parade was Diversity.

It was decided through a discussion at a comittee meeting that this year was going to be the first year that MSVU would design, build, and submit a float for the parade, although the Mount was represented last year, sharing the PRIDE experience with DALOut.

We decided our creation would be "Mount Allies Coming Out Of The Closet". The idea quickly took shape

and the plans were drawn up. The closet was made of two by four wood panels and covered in see through chiffon. Inside the closet hung a skeleton wearing a rainbow boa and a rainbow sarong (for modesty). The remainder of the float was adorned with helium filled balloons donated by the PR Department at MSVU, and a banner across the front of the float supporting diversity from the Diversity Centre.

There were 61 floats and 5,000 participants in the parade, and this year marked the first time Mayor Peter Kelly attended. Although the rain and break down of the Mayor's float delayed the start of the parade, it didn't

dampen the spirits of the participants. When our float passed by, we had lots of people clapping and taking photos of our design, and we recognized many students, faculty, and staff in the crowd.

We drove, walked, danced, and handed out goodies along the route, travelling from Maitland St. all the way to the commons. The most fantastic sight was on Spring Garden Road where so many people had turned out despite the downpour of rain to cheer and celebrate the parade as it passed through. There were so many rainbow flags, garlands, faces painted, and clothing. We all had a wonderful experience, and will be taking part

again next year. Our float will be bigger and better.

There are so many people to thank who helped with MSVU's first outing to the PRIDE parade. If we missed anyone, you were just as important. We'd like to thank MSVU Public Relations(balloons), Aramark (for helium), Carol (truck loan for the float), Dwight and Daniel (for power tools and building site), Mount Allies, Mount Pride, Kenney Fitzpatrick (artwork) Ghervis Chan (Same Day Signs for banner), John Bowes for photography, MSVU faculty and staff, and everyone that supported the day.



ONLINE & IN TIME

www.mountstudents.ca/crowradio.htm

MONDAYS
Cinco De Mayo Mondays
Martini Margarita & Mahito
Specials
Every Monday Starting at 4PM
WITH VINNIE'S
MONDAY NIGHT RED HOT
TEXAS HOLD 'EM POKER
TOURNAMENT
NO CASH - JUST FUN

TUESDAY
Toonie Tuesday
Toonie Specials beginning at
4PM
Part of the **NEW** Tuesday Night
GRAD & MATURE STUDENT PUB
plus get in on our **Poetry slam competitions** and our **Pool League**

WEDNESDAYS
Ladies NIGHT
POW WITH THE Super Woman
POWER HOUR
8pm to Midnight

THURSDAYS
3 Sum Thursdays
PUB NIGHT
A Different Theme Every Thursday!
1 SUM
\$1 Draft 9:30 - 10:30
2 SUM
\$2 Beer 10:30 - 11:30
3 SUM
\$3 Highballs 11:30 - 12:30

FRIDAYS
FU FRIDAYS
LIVE MUSIC KARAOKE SOCIETY NIGHT SPECIAL EVENTS
IT ALL STARTS WITH OUR SUPER FRIDAY
Trivia NIGHT!
STARTS AT **8PM**
Bucket O' Beer SPECIAL
4pm to 8pm

A Brand New Year, A Brand New Vinnie's!
Introducing **VINNIE'S CAFE**
Desserts - Coffees
Pastries - Sweets
Specialty Drinks and more!
Come see what else is **NEW!**



Two brand new Shinerama events this summer help to push MSVU further towards another record breaking year, the MSVU Show and Shine Car Show and the Midsummer Nights Fling silent auction cocktail party

MSVU Hosts First Ever Show & Shine for Shinerama

By NIKI TOOMEY

The sun was shining, the weather was hot and the MSVU Students' Union (SU) was ready to put on a show...a Show & Shine that is!

Saturday, August 11 saw the SU host the University's first car show fundraiser for its ever-growing Shinerama Campaign. Partnering with Lowmotion, a local car club, the SU attracted cars and drivers from all over the Maritimes to the one-day-only event.

"The idea came from a play on words really," explained event organizer Niki Toomey, "Show and SHINE...SHINERama." The idea worked and the SU ran with it.

With the C100 Summer Cruiser on hand to give commentary on the day, over 15 volunteers handing out prizes, running a 50/50 draw, cooking up a BBQ storm, and selling tickets on a chance to win a \$800 Tire Shopping Spree from Canadian Tire Clayton Park, the event had something for everyone.

"I had a great time," complimented Jack Evans who traveled from Saint

John, NB for the show and left with awards for Best in Show, Best Interior, and Best Paint.

"We had a lot of support for this," said Tyler Deacon, VP Student Life, "Canadian Tire-Clayton Park, Metro Mitsubishi, Atlantic Car Stereo, Coastal Customs, Auto World, MSVU, The Speed Shoppe, Nathan's Autosound, and Unique Car Audio all had something to contribute." There were so many prizes, draws and giveaways that no one left empty handed.

With their base built and their reputation solidified as "The Car Show to be at" the SU can't wait to do it all over again next year. "It was my first car show," said Amber Daley, SU President, "I can't wait till next year's!"

For those of you who don't know, Shinerama is Canada's largest post-secondary fundraiser involving students at almost 60 university and college campuses across Canada.

Shinerama students have raised more than \$16.5 million to support the fight against cystic fibrosis since the campaign

began in 1964 and the Mount has raised almost \$60,000 since it joined the fight in 1999. ☆

MSVU Show & Shine for Shinerama Winners:

Best in Show:

1st: Jack Evans from Saint John, NB with the 1997 Tiboron
2nd: Rick Merrill from Halifax, NS with the 64 Chevelle Malibu SS
3rd: Matt MacDougall from Halifax, NS with the 2003 Mitsubishi Lancer

Best Paint:

Jack Evans from Saint John, NB with the 1997 Tiboron

Best Interior:

Jack Evans from Saint John, NB with the 1997 Tiboron

Best Purrrr:

Rick Merrill from Halifax, NS with the 64 Chevelle Malibu SS

Students' Union Choice:

Rick Merrill from Halifax, NS with the 64 Chevelle Malibu SS
Chris Godfrey from Springhill, NS with the 2006 Honda Civic
Ron Meisner from Halifax, NS with the 2000 Hyundai Tiboron
Scott MacLean from Windsor, NS with the 68 Camaro SS
Jeff MacKay from Lawrencetown, NS with the 2004 Mazda 6

Prize Winners:

\$800 Tire Shopping Spree from Canadian Tire - Tracy McHarg
\$150 Mitsubishi Prize Package - Matt MacDougall
\$150 Suzuki Prize Package - Ron Meisner
50/50 - Justin Sparks



“I Love Lamp”

By JEREMY “DRAIN0” NEILSON

You are all going to come to know that I freely and frequently speak my mind. I believe it's a definite character enhancer and I don't intend on changing for anyone. For dedicated readers you may remember me in previous editorials such as “Mount Vision needs glasses” and the infamous “Mount Fellars Unite”. And for the new folk, prepare to hear my opinion ring loud in the ears of all who choose or choose not to hear me.

A fantastic quality I possess is that I'll tackle any topic handed to me, and a hot one just fell into my lap. There always seems to be a distinct gap between the frosh and non-frosh at MSVU. And I see both sides on this one, so I will by no means be overly biased here. This school is full of enough gossip about the people already here so why is there a continuing urge to fuel a current fire?

From the non-frosh side of things, we understand you only want to fit in and get along with everyone. And yes, sometimes some people come on a bit strong. And yes some people make

some questionable decisions. All we want is for you to be yourself and have fun. Genuine people shine brighter than falling stars (write that down, that's deep!). Returning students are not scary people folks; we really want you to hang out and par-tay with us, but please don't jump in the pond anymore. It's been done 10 000 times and is no longer cool.

But from the frosh side, the non-frosh need to lighten the heck up. Seriously, every year someone is like “Oh man, look at that frosh. He's such a meat head” or “That frosh girl is all over the place,” and blah, blah, blah. Here's an idea, how about you grow up and stop worrying about other people's lives. You criticize guys for dating frosh girls saying they are too young and what not. Well maybe you might be jealous that now the attention isn't all on you and maybe you need to chill out. Some people say we frosh leaders spend too much time with the frosh. Guess what, we are frosh leaders for a reason. If we aren't around frosh, we can't lead them can we? Some returning students

spend so much time bashing frosh all the time that it makes me wonder who really spends all the time with the frosh. Is this like elementary school again, where if you hit a boy it means you like him? Because the way some of you talk about them, you'd think you're in love.

So Dr. Draino is going to offer some friendly advice to frosh and non-frosh alike. Let's just get along. Leave the drama at the door and just try to enjoy each other's company. And if that's really too much to ask, then why don't we leave the backstabbing to professionals and actually confront people about our beef. I mean if you're gonna hate me, at least I'd give you the respect in hating me if you said it to my face.

“Mom, Where's the Meatloaf?”

By JEREMY “DRAIN0” NEILSON

Let's start over shall we? A simple phrase, but I urge you to take it to heart. In fact you might all want to turn to your neighbor and whisper it in their ear. Face it folks, your life up until now was kind of “routine”. Your life was pre-determined every morning from the clothes you wore to the amount of money you spent at the mall. Your lunches were even carefully rationed out so you wouldn't eat too much or eat too little. Life was real easy back then. But now its time you start living.

Hate to break it to you, but you're making the decisions now. Your success at school is all on you and your incentive to get up and go to class. Picking out an outfit? You're going to be more worried about whether or not you can wear underwear to class let alone what pair of jeans to slap on. Say bye, bye to an hour for lunch and 15 minutes for recess, because your break time is however long you want it to be. And whether you believe it or not, this freedom is still an S.O.B. to undertake.

Face it folks; university can do a number on a person. I've been doing it for a couple years now and each year still brings its challenges. But there is one piece of advice that I am not only going to offer to you, but rub your face in for the rest of the year. This school is yours to enjoy, so put a lot into it and you'll receive in return. Don't spend your time devoured by literature, but by no means let your literature sit on the shelf. Find that balance and enjoy student life.

The people you will meet during frosh week and throughout the year are only going to make your time here that much better. Your RAs and professors can only benefit from your success and only want to see you do so. And as for me, my only hope for you is that you'll stay here for a couple years, and take the time to stop by and say hello! That folks, is how them little duckies quack!

How Green is Our Campus?

By NIKI TOOMEY

I have this hypothesis. It is a hypothesis based on evidence though, so maybe that makes it a theory...a conspiracy theory even.

My theory is this: it is no secret that the Mount has an abundance of blue bins and grey bins labelled “plastic” and “paper” respectively. In fact, I'm sure you have used them many times before. They line the Link and the hallways leading to classes. They are something we see every day and maybe even take for granted. One would say that there is nothing overly spectacular or relevant about them; however, how many of you have witnessed what I have?

On more than one occasion in the Rosaria Students' Centre, I have seen the papers and bottles combined with the regular garbage in black garbage bags. The Mount staff member responsible for the trash and recyclables simply scoops up all the refuse into one large bag and then is back on their merry way. I have even seen one lonely plastic bottle be discarded along with the massive recycling bag into the regular garbage

abyss.

Now, by no means am I a recycling expert, but to me something fishy seems to be going on! According to the Halifax Regional Municipality, “property owners are required to comply with provisions of By-Law S-600, respecting the collection of source separated commercial waste and are required to provide space for containers.”

Since over 68% of what is being thrown in the trash is actually valuable reusable, recyclable or compostable material, I ask “What is the Mount's contribution?”

Therefore I have three questions for the powers that be: Are we recycling at all or just paying lip service? Why the need to play along with the charade of clear plastic recycling bags and blue bins if we are simply combining it all in the end? Or, have I simply witnessed what one could call an off day (on numerous occasions)?

So, how green is our campus?

Summer Highs

We asked Mount students what some of their summer highlights were and here's what they said:

Music: Joel Plaskett Concert, Slowcoaster Future Radio CD

Books: Harry Potter & the Deathly Hallows

Film: Harry Potter & the Order of the Phoenix, Transformers, Hairspray, Simpsons Movie

Stage: Beauty and the Beast at Neptune Theatre

Local: Meteor shower, the opening of dartmouth crossing, the Royal Nova Scotia Tatoo, Pride Parade, concert on the hill with Nickelback

Think you have better summer 2007 memories? Let us know: newspaper@mountstudents.ca and we'll print the best

The Society Pages

arts residence relations science international students political studies
grad students theatre canada studies anime education
business & tourism football pride

A Call For Societies

Each September, students interested in starting a club or society may pick up a society registration package from the Students' Union office of the Vice President Student Life in room 118D of the Rosaria Student Centre.

Clubs and societies are generally created around academic programs such as the arts, science or education societies, around existing groups such as the residence, off-campus students or international students societies, or around personal interest such as anime, football or scrapbooking clubs.

Think you have a great idea for a club or society? Then start your own today! Or join an already established society and help take it to the next level.

By registering your society you will have access to a number of benefits with the Students' Union. There is

funding available for each society as well as mail services and free photocopying.

The deadline for registering your society is November 1, 2007 so don't delay and get your club or society registered now!



Society Announcements

Mount Allies/Mount Pride Social

A meet and greet social for members, friends and supporters of the Mount GLBTQ community. Open to all students, faculty and staff. Pizza and refreshments provided.

Thursday, September 13 @ 4pm in Vinnie's Pub

4th Wall Productions

Open call for members for the 4th Wall Productions theatre society. Have an interest in the performing arts? Want to be a part of a brand new theatre group at MSVU? Then this is the meeting for you. Be it acting, writing, music, dance or stage production, bring your interests out and join the group!

Thursday, September 20 @ 5pm in Vinnie's Pub

Aids Walk For Life

The Mount Allies/Mount Pride society will be entering a team into the Aids Walk for Life. Anyone interested in joining the Mount team can sign up via email at john.bowes@msvu.ca

Aids Walk For Life: Sunday, September 23 @ Halifax Central Commons
www.aidswalkforlife.ca/Halifax.htm

All Societies Meeting

Have an already established society or looking to start a completely new one? Come to the all Societies meeting to have your questions answered and give input on the upcoming year. You do not need to have your society already registered. Packages will be available at the meeting.

Tuesday, September 25 @ 5pm in Vinnie's Pub

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ATHLETICS & Recreation

MSVU VARSITY TRYOUTS

WOMEN'S SOCCER

Location: Mainland Field
Wed. Sept. 5th: 8-10pm
Thurs. Sept. 6th: 8-10pm
Fri. Sept. 7th: 8-10pm

*Meet at the gym at 7:30pm.

WOMEN'S SOCCER

Location: Mainland Field
Wed. Sept. 5th: 8-10pm
Thurs. Sept. 6th: 8-10pm
Fri. Sept. 7th: 8-10pm

*Meet at the gym at 7:30pm.



WOMEN'S VOLLEYBALL

Location: Rosaria Gym
Tues. Sept. 11th: 6-8pm
Thurs. Sept. 13th: 6:30-8:30pm
Mon. Sept. 17th: 7:30-9:30pm

WOMEN'S BASKETBALL

Location: Rosaria Gym
Wed. Sept. 12th: 4:30-6:30pm
Thurs. Sept. 13th: 4:30-6:30pm
Sat. Sept. 15th: 1:00-3:00pm

MEN'S BASKETBALL

Location: Rosaria Gym
Wed. Sept. 12th from 8-10pm
Fri. Sept. 14th from 4-6pm
Sat. Sept. 15th from 11am-1:00pm

www.msvu.ca/fitnesscentre
457-6420

MSVU to host the 2007 Big Kahuna /Adidas CCAA Soccer Nationals

Media Advisory

Mount Saint Vincent University (MSVU) has successfully bid to host the 2007 Big Kahuna / adidas Canadian Colleges Athletic Association (CCAA) Soccer Nationals. This will mark the first time MSVU has hosted a national championship event.

Members of the media are invited to attend a press conference where June Lumsden, MSVU Director of Athletics and Recreation, Judy Smith, the Atlantic Representative for the CCAA, Mike Hudson, Director of Coaching and Player Development for Soccer Nova Scotia and Councillor Mary Wile, Halifax West – Clayton Park, District 10 will be speaking to the excitement of the 2007 Big Kahuna / adidas CCAA Soccer Nationals.

When: Tuesday, June 19, 2007
Time: 11:30 am
Where: Mount Saint Vincent University
Rosaria Gym (First Floor, Rosaria Student Centre)
166 Bedford Highway, Halifax

The Atlantic Colleges Athletic Association (ACAA) has not hosted the CCAA Soccer Nationals since 1990. The Big Kahuna / adidas CCAA Soccer Nationals will take place at the recently upgraded Mainland Common field, on November 7-10, 2007.

Photography and filming will be permitted at the event. Free parking available in the front parking lot of the Rosaria Student Centre.

Media Contact:

Brendon Arnold
MSVU BPR '08
Cell: 902-499-0628
brendonmsvu@hotmail.com

June Lumsden
Director of MSVU Athletics and Recreation
Tel: 902-457-6370
Fax: 902-457-1694
june.lumsden@msvu.ca

www.msvu.ca/fitnesscentre

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VOLUNTEERS NEEDED

NOVEMBER 6th - 10th MSVU is hosting the 2007-08 CCAA Men's and Women's Soccer Nationals. If you are interested in volunteering for this great event, please contact Joanne Burns-Therault at 457-6369 or Joanne.Burns-Therault@msvu.ca

LOOKING FOR EMPLOYMENT ON CAMPUS?

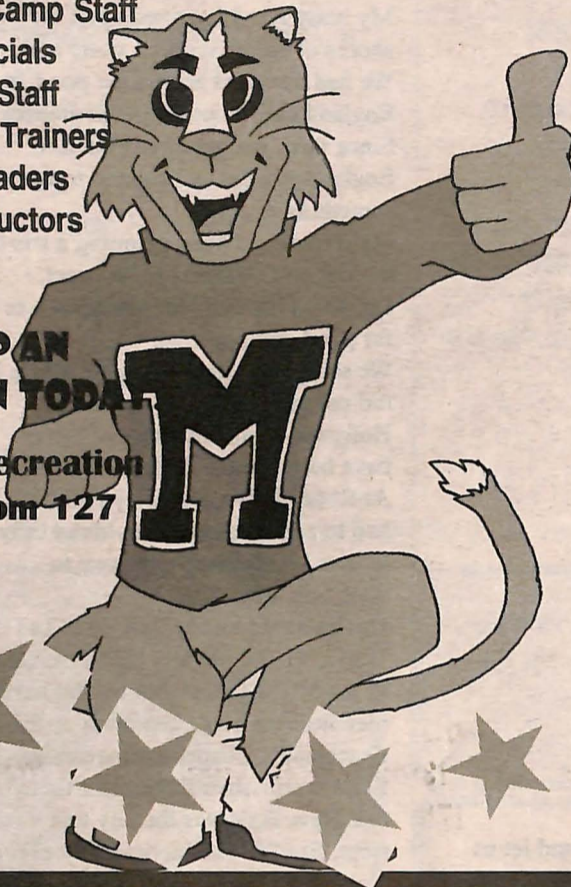
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WE ARE LOOKING FOR:

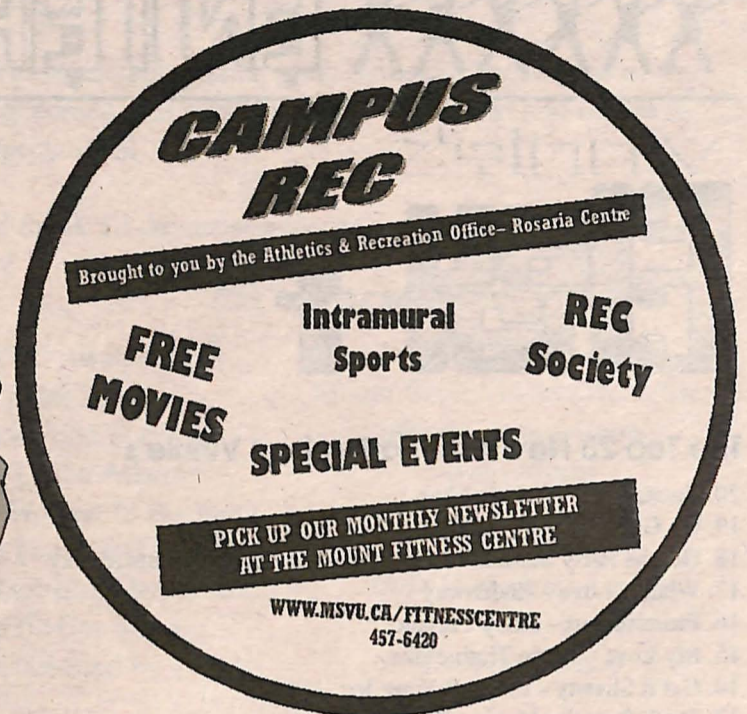
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Dance Instructors

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Rosaria Room 127



Charlie Chaplin once won third prize in a Charlie Chaplin look alike contest.



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www.msvu.ca/fitnesscentre

#457-6420

TRIVIA TIME!

What team won
the very first
NBA game?

**A: Philadelphia
Warriors**

**B: New York
Knicks**

**C: Toronto
Huskies**

**D: Chicago
Stags**

Find the Answer
elsewhere in
this issue!

XXXXXX ENTERTAINMENT XXXXXX

Vinnie's Play Chart

The Top 20 New & Retro Beats of Vinnie's

20. Bartender - T-Pain ft Akon
19. Go Getta - Young Jeezy
18. Get the Party Started - Pink ft Redman (sweet dreams remix)
17. What is Love - Haddaway
16. Promiscuous - Nelly Furtado
15. My Love - Justin Timberlake
14. Get it Shawty - Lloyd ft Yung Joc
13. Don't Stop the Music - Rihanna
12. Tearin up My Heart - N'Sync
11. Give it to Me - Timberland ft Nelly Furtado & Justin Timberlake
10. S.O.S. - Rihanna
9. Summer of 69 - Bryan Adams
8. Come to Me - P. Diddy ft Nicole
7. Don't Cha' - Pussy Cat Dolls
6. We Takin' Over - DJ Khaled ft Akon, R. Kelly, T-Pain
5. Get Low - Lil' Jon ft Ying Yang Twins
4. Just a lil bit - 50 Cent
3. Maneater - Nelly Furtado
2. Smack That - Akon
1. Sexyback - Justin Timberlake

Think you know what Vinnie's should be playin'? Drop us an email and let us know! The top 5 entries will be featured next issue and will win a Vinnie's prize pack.

Send email entries to: vinnies@mountstudents.ca

Subject: **DJ Play My Song!**

Tales of the Travelling Walking Stick

By JANE MCCCORMACK AND HER JET-SETTING CANE

My master and I arrived upon the shores of Nova Scotia 3 years ago. We had travelled across the pond from England and set our roots in Halifax. Since then, we have been back to England twice, but I wanted to do something exciting. My master had been planning a trip to the US, to California to be exact. Oh, and a little of Nevada thrown in for good measure. We set off and landed in LA, where I did not seek fame and fortune in Hollywood, but who knows, I may have been spotted on the walk of fame! At Rodeo Drive, Beverley Hills, if I had to ask the price, I could not afford it. The 2ct diamond will have to wait...oh hum! Our onward journey took us to Las Vegas, we did not win big in the casino in the MGM Grand, but we did have a nice little marriage ceremony at the Graceland's Chapel (strange to see Elvis is still alive though!). I thought that New York was the city that never slept, Boy! It was busy all day every day in Las Vegas. The Grand Canyon was spectacular (although we only saw the South Rim). It was well worth the four hours travelling time to get there, and we went via the Hoover Dam.

My master navigated up to San Francisco, and travelled via Area 51. We had a tire blow-out, was it the UFO hovering overhead, or did the hills have eyes? Who knows? All I know was it was eerie and my normal cold aluminium shaft was colder than ever...spooky. In San Francisco we saw the Golden Gate Bridge, and visited Alcatraz, and I can safely say that I escaped...well by the boat anyway. My master took me to the Giants AT&T Stadium where we sat to see if Barry Bonds "Road to 756" would happen, and happen it did, 756 home runs!. My master did not get the prized ball worth a cool \$1 million, but hey, being there was enough. So we headed south back to LA, but stopped off in Huntington Beach, the surf capital of the world. There were some high waves, but we declined to boogie board. We sat and sunned ourselves instead. So back to good old Halifax. What will be my next adventure? I do not know, but I do know wherever my master goes, I go. You will see us around the Mount, and if you do see us, be sure to ask about my travels.



Supergood

HE SAID:

Let's be honest; everyone likes to laugh. And the teen comedy has always been a favorite with the average movie lover. After all, they gave birth to such acronyms as MILF and could be single-handedly responsible for the resurgence of popularity in Absinthe. A well written, smart teen comedy will always get a decent reaction from the audience. And then you have comedies that knock it out of the park. *Superbad* is one of those movies. *Superbad* goes for the laugh without ever losing itself in the joke and being reduced to schlock. It is a straight up buddy flick

that also has lots of heart. That heart is at the centre of the film and comes courtesy of the relationship between best friends Evan and Seth as they prepare for their inevitable separation after high school.

Along with their quasi-friend Fogell, they embark on a night of misadventure in search of alcohol in an attempt to raise their street cred and impress the girls.

To give a play by play review of the film isn't necessary. It's a teen comedy. Apply the standard formula of teen boys plus teen girls multiplied by the potential for sex and divided by booze and you should find a sum of 70% of Hollywood's gross earnings. Add to that a smart and funny script, excellent actors in the form of Michael Cera and Jonah Hill, two unbelievably inappropriate police officers, a fake ID, menstrual fluid and of course, one

McLovin, and you have one hell of a funny movie to help end the summer movie season on a Superbad note.

SHE SAID:

Now I know that a woman of my age and intelligence should probably not admit to enjoying a movie filled with jokes about getting booze, getting ladies, and getting boners. But this coming of age flick smartly portrays the genuine friendship between Evan (*Arrested Development's* Michael Cera) and Seth (*Accepted's* Jonah Hill) who spend one of their last nights in high school working together to land the girls of their dreams and some beers. Their last hurrah before college is shared with their "friend" Fogell (played by movie newcomer Christopher Mintz-Plasse) who uses his fake ID to score alcohol for the big party ('cause isn't there always a big party?). This serves to unleash Fogell's alter ego McLovin, the 25 year old Hawaiian organ donor who spends most of the movie in a patrol car with

2 beer drinking cops, a bum, and some loaded weapons.

Written by Seth Rogan and Evan Goldberg, this movie is perhaps the next *Napoleon Dynamite* in that it is filled with a countless number of great quotes that I'm sure your friends will recite to you daily! Most of those quotes will no doubt have a lot to do with Evan and Seth's friend Fogell or rather McLovin, whose name sounds like a "sexy hamburger." There are too many other great moments to mention, but if you don't mind spending 114 minutes laughing your guts out, then *Superbad* is a super-good reason to run, not walk, to the theatres!

Other movies:

He gave "Stardust": 3 ½ out of 5 stars

She gave "Stardust": 2 ½ out of 5 stars

Thank You to Shinerama Sponsors

This summer the MSVU Shinerama Team were successful in raising over \$3000.00 towards their annual goal. As usual, the success of the many Shinerama secondary fundraisers was achieved through the help of the many generous sponsors from local businesses and organizations. As a result this years Shinerama campaign is well on its way to passing all expectations.

The MSVU Shinerama team would like to take this opportunity to acknowledge and thank all the many generous sponsors who have so graciously embraced Shinerama and the Mount Saint Vincent University community.

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Boston Pizza
Frog Hollow Books
East Side Mario's
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Video Difference
Tall Ship Silva
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MSVU Athletics
Future Shop
Aramark Food Services
Credit Union Atlantic
Centre for Women In Business
Canadian Tire, Clayton Park
Metro Mitsubishi, Dartmouth
Atlantic Car Stereo
Nathan's Autosound by Design

Low Motion Car Club
Mount Saint Vincent Book Store
Mount Fitness Centre
Auto World
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Coastal Customs
MSVU Students Union
Executive Team
The Speed Shop

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