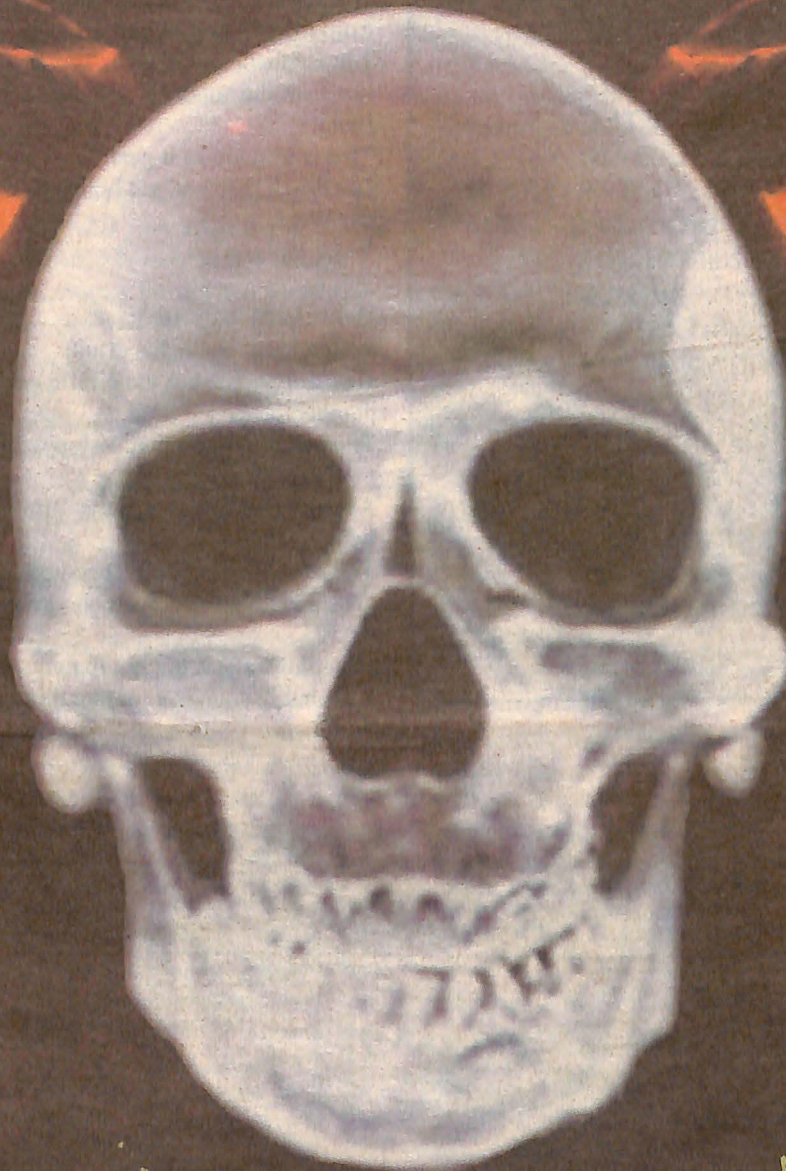


VOLUME 3 ISSUE 2
OCTOBER 2007

THE SENTINEL



THE
2ND ANNUAL
ROSARIA
HAUNTED
HOUSE



AN
INTERNATIONAL
PERSPECTIVE:
COMING
TO CANADA

Is School Spirit Dead
OR JUST ON FACEBOOK?

THE
HALLOWEEN
ISSUE

VINNIE'S WANTS TO SEE YOU... FROSH PICS... METRO TRANSIT ANGERS

From the Editor

By ASHLEY DAWE

Dear Readers,

Welcome back to another year at MSVU and another year of reading The Sentinel. For those of you who have never read our student paper before, this is it, and I am your Editor in Chief. It sounds fancy, but basically I make sure you have something to read (other than textbooks) while you're here. This is my second year in this position and again I will strive to give you the best content MSVU has to offer and present it with dignity and creativity.

It is also my job to mediate disputes that may arise from content published in this newspaper. It has recently come to my attention that there were some negative reactions to last month's article "How Green is Our Campus?" The Sentinel apologizes if this piece was taken as a news story when it was supposed to be recieved as an opinion piece. We have taken measures to ensure that such a mistake will not be made again. With that said, I hope you enjoy this month's issue and if you have any concerns, please feel free to let me know.

Ash

STAFF

ASHLEY DAWE
EDITOR IN CHIEF

JUSTIN HALEY
ADVERTISING EDITOR

CONTRIBUTORS

CHRIS PETERS
ALLISON STEEVES
ANNA SUUTARLA
KENNEY FITZPATRICK
JEFF DEVILLER
JENN JACKSON
SCOTT BROWN
ALLISON HALEY
EVELYN SCHLOSSER
ANDREW CARVER
MEGHAN WITZANEY
HEATHER CHURCH
SUZANNE ESTABROOKS
DARRELL MCLEAN
ALANA GREEN
ATHLETICS AND

The Turn Style Jazz Band

By CHRIS PETERS

Drum roll please.
Jazz music swings as the monkeys swing in,
Snare drums bang to the stomp of the Elephant foot,
Stomp, Stomp, Stomp, Hit me!
Trumpets blow with orgasmic delight from the trunks of ivory.
The elephants are known, present.
I present the amazing Turn Style Jazz Band!
This is as good as it gets.
Get drunk, get lost, get high,
Goodbye. ..
Wake Up!

Hello, haha, how are you?
As the hippo spills his drink,
He's not happy, but the giraffe gets him another.
The penguin plays percussion with his pen. He's great.
And the snake conducts the Turn Style with his tail.
The tale never told now becomes gossiped about and even obsessed over.
I heard the story, but not the music.
It probably sounds a lot like this.

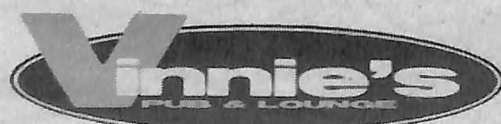


The Random Encounter Connection

You: Second year science boy (or so the anatomy textbook leads me to believe) always in the link.
Me: Blond first year who enjoys wearing green and is visibly clumsy.
I smiled at you, you smiled back. Next time don't let me walk by.

Hey Mr. Hot Pub security. I ask you ridiculous questions every Thursday night to make it easier for you. I'm starting to run out of questions. Help a girl out and maybe ask me one.

Thursday, September 20 @ Vinnie's
Me: A very bad dancer
You: Amazing smile and yellow top.
There was a dance floor collision. We laughed and then you disappeared. I was sad. Will you be back?



What Are You Waiting For?

Vinnie's all new re-vamped daytime Cafe wants to show you everything we have to offer. Students, staff and faculty alike are welcome at Vinnie's and we want to see you each and every week. Stop by today for a slice, a cup or a bottle!

OCTOBER 4
THINK PINK PUB
For Breast Cancer Awareness
PLUS OUR ANNUAL
DECORATE A BOUNCER CONTEST

OCTOBER 11
Rock Star Party
WET ONLY 19+
All Rock...All Night!

OCTOBER 19
SPECIAL FRIDAY PUB NIGHT
Annual Event
Newfie vs. Caper
a friendly gathering of some really loud people!

3 SUM THURSDAYS
9:30 - 10:30
Dollar Draft
10:30 - 11:30
\$2 Dom. Beer
11:30 - 12:30
\$3 Highballs
EVERY THURSDAY NIGHT

OCTOBER 25
It's A RANCH party
COWBOY UP!

NOVEMBER 1
HALLOWEEN PUB
CASH PRIZE FOR BEST COSTUME

NOVEMBER 8
90'S PUB
WET ONLY
All that great 90's music in one great night

SUPPORT YOUR CAMPUS BAR. VISIT TODAY!

was that you?

FACE IN THE CROWD

Are you Vinnie's "Face In The Crowd?" If so, you've won a Vinnie's prize pack! Bring this picture to Vinnie's during regular daytime hours between 12pm and 8pm daily and claim your prize!

Photo courtesy of Jeremy Martell, Mystemian Yearbook Editor.
The Yearbook is now looking for volunteers. Get involved today!



Coming to Canada: A Journey From China

By ALLISON STEEVES

For most of us, keeping up with class work, a job to pay for those classes, maybe some volunteer hours or extra-curricular activities, and the necessary student nightlife is demanding enough. So just imagine doing it in your second language, in a foreign country far from the friends, family, and culture you've grown up in. For the past four years this is exactly what Ling Ling Xiao has done.

In 2003 Ling Ling left her hometown of Sichuan, China and came to Canada where she started classes at the University of New Brunswick Saint John Campus (UNBSJ). She says that while she has now adjusted to life in Canada, during the first few months there was some culture shock. Ling Ling found that the teenagers in Canada looked like adults, wearing fashionable clothes and makeup to class. School uniforms were mandatory and makeup prohibited in the secondary schools back home. Eating Canadian style food was also a bit of an adjustment. While attending UNBSJ, she stayed with a family where meals were provided. Ling Ling says she found dishes of bread or cereal for breakfast and rice and sausages for lunch a bit boring compared to regular Chinese breakfasts of milk and congee (a rice porridge

eaten in many Asian countries), or a variety of vegetables and the spicy meats and rice dishes she was used to having for lunch. Now she cooks her own variations of meals. The biggest challenge, she concedes, has been dealing with language. Trying to communicate in a foreign language throughout one's everyday life, and furthermore to be studying and tested in that language would certainly be a struggle.

Four years later, however, Ling Ling has no trouble answering my questions or explaining herself in this foreign tongue, despite having had very little practice before coming to Canada. She is now a Tourism student in the co-op program at the Mount. She transferred here after one term at UNBSJ. She admits that when talking to friends from home, many of whom are marrying and having children, she sometimes wonders what life would have been like if she had listened to those who discouraged her from leaving her good, stable job back in China. However, Ling Ling knows that she has gained much from her experiences abroad, mostly from getting to know people from different cultures: "Studying in Canada, it is a great experience to have; it is a way to open our eyes and expand our

knowledge in order to build a stronger future for ourselves."

For others considering making a similar journey, her recommendations are that "They must consider they will face a different life... the culture, the studies.. they must [be able].. to adapt [to a] new thing, to overcome [obstacles]. For this reason, I would say the people under 18 may have a harder time than people over 18, but it totally depends on the people".

When asked to share something of Chinese culture, Ling Ling promoted that everyone should visit her home town Sichuan, one of the three top tourist cities in China, and home to the Panda bear. Already she is putting her marketing skills to good use! With plans to graduate this year, Ling Ling hopes to work in the Canadian tourism industry to help acquaint other newcomers. She says that many Chinese tourists coming to Canada have little knowledge of the country beforehand, and using her own experiences she would like to help them get the most from their visit. Having ventured overseas at 24 years of age, overcome language and cultural barriers, and managed to get through four years of English university, I can't imagine anyone else would be more



qualified for the position.

Try out some Chinese words and phrases:

Hello = Li-Hao
 Goodbye = Zai Jian
 How are you? = Li-hao Ma?
 Good Morning = Zao shang hao
 My name is = Wo de ming zi jiao
 Welcome = huan Ying
 Thank-you = Xie-Xie li
 You're welcome = Bu yong xie

A Summer Away, A Great Escape

By ANNA SUUTARLA



Memories of last summer flood my mind, a summer in Scotland, a summer coloured with realizations, rain, and hope.

I worked at Beattie Communications, a public relations agency in Glasgow. I am a third year public relations student, and this was my first co-op.

During my time in Scotland, I realized the freedom that I have. Right now my only commitment is taking charge of my education. I'm not committed to a family, not yet working full time pursuing my career. I am free to explore the world.

I realized that my life is a creation of my mind. I draw the boundaries of my life. If I think it is impossible to find a job abroad, I have already lost. My own fear is the only thing standing in my way. Planes fly across the Atlantic everyday.

A change in country and culture was a breath of fresh air. I was suffocating in the oppressive air around the Mount. Now I feel inspired, alive again.

I ate oatmeal for a couple weeks to save enough for a flight to London and Dublin, two amazing cities, two amazing personalities. The sacrifices

are worth it.

So why does everyone settle for work experience in Canada? Why settle for less?

This summer I learned a lot about public relations, but I also learned a lot about myself. Getting locked out of my flat for a night, finding my landlord sleeping on my bed with a random guy, there were some stressful times! But I coped. I learned to really depend on myself and take charge of my life.

My next co-op is coming this January. I don't have a job yet, but I'm determined to find one at home, in Finland. I know I have the passion and drive to reach my goal.

Where is your playground?

Mine has no limits.

Meet Some of MSVU's Co-op Students

By ANNA SUUTARLA



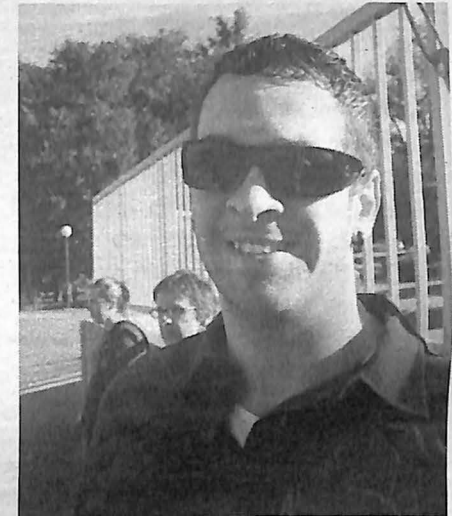
Laura Decker
3rd year public relations transfer student
Last co-op: Canada Revenue Agency
Dream co-op position: Disney Corp.
"I learned so much on my co-op. Now I know PR is for me. It was thoroughly a rewarding experience. The process of getting the job, however, was stressful. Our co-op fee is one of the highest in the province. Where is the money going?"



Amanda Rafuse
3rd year public relations transfer student
Last co-op: Confederation Centre of the Arts
Dream co-op position: magazine *Bitch* based in New York.
Dream geographical location: Dubai
"Co-op gives a preview of possible career paths. Meeting actors and performers was exciting. I would love to go to Dubai for a co-op and experience the vast cultural diversity that Dubai is known for."



Justin Haley
3rd year public relations transfer student
Last co-op: Cohn & Wolfe
Dream co-op position: anything to do with entertainment, maybe a record label
Dream geographical location: London
"I definitely enjoyed co-op. Working on a crisis management campaign was really rewarding."



Todd O'Keefe
4th year public relations student
Last co-op: Conoco Philips
Dream job: my own publishing agency
Dream geographical location: Bangkok
"On my first co-op they told me I was going to sink or swim and then hit me with a massive project."

Halifax Student Networking Opportunity at MSVU

By EVELYN SCHLOSSER

When: Friday, October 12th from 8 am to 12 pm
Where: Mount Saint Vincent University, Auditorium A and the Faculty Lounge

Students in the Bachelor of Public Relations program at Mount Saint Vincent University are invited to attend this unique learning and networking activity presented by The Nova Scotia Federal Communications Council (FCC) in collaboration with the Communications Community Office (CCO) and Mount Saint Vincent University.

Have you ever thought about pursuing a career in communications with the Government of Canada? Have you heard of the student bridging program? Would you like to learn more about working with the federal government? This is an opportunity for you to learn about the endless possibilities in government for future professional communicators like you.

Come out, meet, and talk to professionals from the federal government communications community. You will also have a chance to hear from students who have bridged into communications careers with government after graduation. Experts will speak in areas such as media relations, issues management, internal communications, media monitoring, community relations and science-based communications.

This is a rare opportunity to explore career options by speaking with those directly in the field. Come out and bring your friends! More than twenty students have already registered. If you're interested in attending, please send an email to nancy.jones@acoa-apeca.gc.ca or call Evelyn Schlosser at 902-426-9952. You can also read messages from students and professionals leading up to the event on the event blog at <http://halifaxstudentnetworkingcafe.blogspot.com/>. We hope to see you there!

MSVU Needs You. Be a Leader. Be a Mentor

By SUZANNE ESTABROOKS

MSVU's Tri-Mentoring Program has openings this year for 20 Mount students to mentor a high school student, while in turn being mentored by a MSV Alumna in their career field. The program includes an orientation session, several workshops, and a networking reception. Your time commitment would be approximately 12 hours spread over three months (January through March). The deadline to apply is October 31st. Applications are available at Evaristus 218 or online at www.msvu.ca/careerplanning. You

must be at least a second year student. Completed applications may be dropped off at Evaristus 218, or faxed to 445-2201.

Suzanne Estabrooks
Tri-Mentoring Program Assistant
Mount Saint Vincent University
Career Planning Centre
166 Bedford Highway
Halifax, NS B3M 2J6
Ph: 457-6329
Email: mentoring@msvu.ca



A Different Kind of Mystic

By JEFF DEVILLER

On Halloween, students would not be surprised to see witches and warlocks roaming around campus. However students in Dr. Jennifer Grabove's "Culture, Society, and Belief in Early Modern Europe" seminar see these enchanters every Monday and Wednesday morning.

"I took this course because I thought it would cover something other than the run-of-the-mill topics," says Lisa Wallace, a student in the class.

The course, first created by Dr. Adriana Benzaquen in the winter of 2004, covers the witch hunts and the Scientific Revolution that happened in Europe between 1450 and 1750. The course enlists the help of two books: *The Witchcraft Reader*, which is a collection of articles, and Peter Dear's *Revolutionizing the Sciences: European Knowledge and Its Ambitions, 1500-1700*.

The students in this class explore the mindset of the time and the means by which witches were determined, tortured, and killed. Like investigators, the students look for historical evidence and motivation and try to interpret what happened and why. They read the work of historians as well as a number of documents of the time. They are also encouraged to make parallels to today's current mindset.

"Even though today we may not believe in witches, some of the mechanisms of the witchcraft trials are not so foreign to our own world," says Dr. Benzaquen. "The use of torture in investigations has become a topic of debate again."

The second half of the course deals with how the Scientific Revolution transformed the way societies and people think. The class explores the influence of Galileo, Bacon, Descartes, and Newton, and the effect new scientific thinking had on the end of the witch hunts.

Live Well at the Mount

By HEATHER CHURCH

LiveWell is a new program that students and staff at MSVU are starting up to promote healthy living through diet and physical activity. This program is a partnership between Student Nutrition Services (a volunteer group of nutrition students that offers nutrition advising and presentations), the Diversity Centre and Food Resource Centre, Athletics and Recreation, and the Health Office. It will combine the services of all of these organizations to help students, staff, and faculty achieve a healthier lifestyle. We are all excited to get this program off the ground!

As part of this program, we are offering one-on-one nutrition advising sessions with upper-level nutrition students on specific topics of the client's choosing (possible topics include weight management, healthy eating, sports nutrition, disease prevention, special diets, and allergies, etc.). We are also offering weekly

group sessions about general healthy living topics, including Canada's Food and Activity Guides. We can make presentations to specific groups on topics of the group's choosing as well. Also, we are planning to hold cooking classes on campus. This program is completely free of charge and has no obligations!

Please watch the bulletin boards around campus for upcoming group sessions and stop in to see what the program is all about. If you would like more information, are interested in one-on-one advising or a session for your group, please email: Livewell@mountstudents.ca or student.nutrition@msvu.ca. You can also visit the Diversity Centre in Rosaria room 106A (near the student information desk) for more information or to request a session. We hope many people on campus will take advantage of this service!



**Bored with the
same old same old?**



Take her to a show on Thursday and maybe she'll watch the game with you on Sunday. With engaging dramas, raunchy comedies and international premieres, we guarantee we'll have more live action than SportsCentre to keep you entertained.

For less than \$20 a show, you'll earn an A+ in economics.
(and you'll have money left over for pizza corner)

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Make a date with Neptune Theatre and shake up your regular routine. With engaging dramas, raunchy comedies and international premieres, we guarantee we'll be more entertaining than Grey's Anatomy to help keep your mind off your ex and on things that matter – experiencing amazing live theatre.

For less than \$20 a show, you'll earn an A+ in economics.
(and you'll have money left over for tissues)

VISIT: www.neptunetheatre.com
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Froshtastic Photos

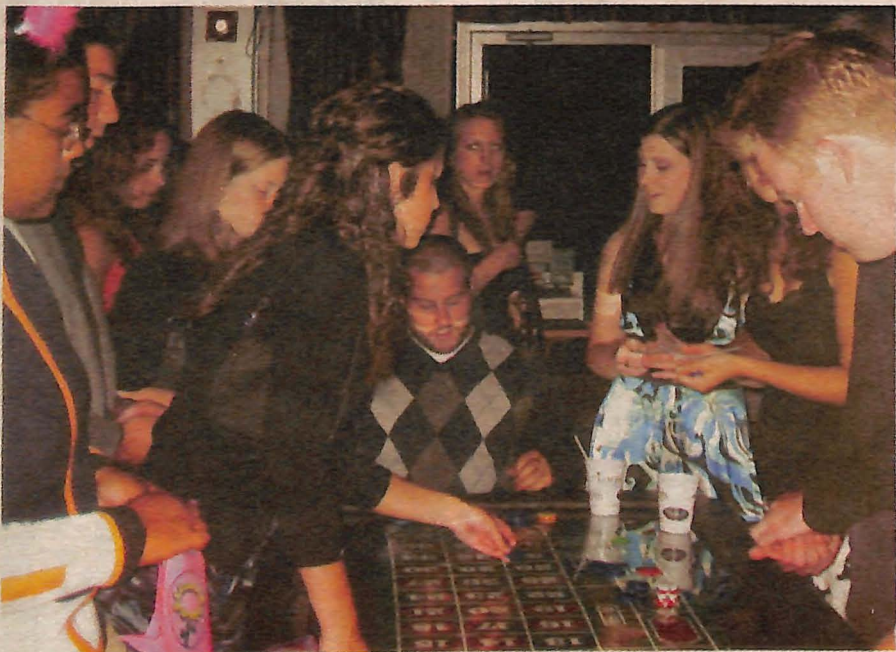




Welcome Back Students!
420-0000
We're as close as your phone.

We now accept Debit.
(simply request a debit car when you call)





Opinions

Opinions expressed in this section do not necessarily reflect the views of The Sentinel. Should you have concerns with any opinion piece published in The Sentinel, please contact the editor, Ashley Dawe, at newspaper@mountstudents.ca.

Is School Spirit Dead?

By KENNEY FITZPATRICK

I have a concern.

There's been a change brewing in the air over the past few years that is more than a little disconcerting. Students have been becoming less and less engaged in the spirit of university life. Once upon a time, every September you could find campuses across Canada booming with students holding a spoon in one hand and life in the other, ready to take on yet another university year. Those same students still exist, but that spark of exuberance has a dramatically shorter shelf life. Where you once would have students joining in to various activities and campus life, now you hear the sentiments "I'm just too tired" or "I just have too much work to do."

Granted, today's student is in a far different situation than students 20 years

ago. Tuition is higher, student loans are even more infuriating, academic expectations and demands are tighter, and the need for students to work while attending classes, even with the help of student loans, is at an all time high. So maybe those words of "no time" and work overloads ring true. Except there is something very noticeable out of the corner of my eye (I have two but only one seems to notice things). I stand in a room, amidst an armada of computer screens, and see the current state of student interaction. At least 70% of the screens had either Facebook, You Tube, or both visibly displayed. You could also see MSN icons flashing at the bottom of most screens, and of course there were any number of text messages being sent via cell phone. This is the face of student communication, sitting in rooms communicating electronically, sending

jokes, gossiping, relaying messages and playing games. Some even have full conversations with others in the same room, yet not a word is uttered.

This kind of communicative freedom is an amazing tool. For those with friends in Hong Kong, Australia, New Zealand and England, not to mention all over Canada, keeping in touch has never been easier. But what does it mean for the tradition of university life? Is the freedom technology has provided us now dumbing us down? Is it making us lazier than the introduction of the television did? Campus interactions seem to take place either while waiting for the next class to begin or when alcohol is involved. But it happens rarely for the sake of just curiosity. And simple interactive events seem to warrant any

attention or interest, even with the promise of free entertainment and prizes.

So are students in fact too busy? Yes, I would say some are. But I would also say that those wonderful toys of Facebook and the like have provided a very clever device for many students to waste their disposable time and disguised it as the new way to make friends and become popular. Perhaps these are the new faces and arenas of school spirit and the old ways are behind us. Maybe I'm old, but I'll take rubber chicken flinging, trivia contests, and poetry slams with real live people any day.

Kennedy Fitzpatrick is a responsible Facebook user

Metro Transit Moanings

By JENN JACKSON and
SCOTT BROWN

We ride the bus everyday; it is our only mode of transportation. One of us lives downtown and the other in Clayton Park. Metro Transit basically dictates our schedules and we are totally dependent on the bus system. When the buses are late, we are late, but when the buses are early, we are late as well. When the buses do not arrive at all, we are left stranded and forced to find another way to our destination or be late yet again.

What's been happening to us? First of all, has anyone ever had a bus just drive by them? Have you ever felt left to ponder your existence? Either the driver doesn't see you or it is too full and the bus simply reads "Next Bus." Here's another scenario: it is raining, you have to be at school in 20 minutes, and now you have no way to get there on time. And what about those bike racks? The city is encouraging green transportation by providing these racks on the Link buses, but the buses on

non-Link routes are randomly assigned each day and change all the time. How is this supposed to work? How can you decide whether to bring your bike or not when you cannot predict if a rack will be available?

We all know about late buses, but what about the early buses? You're not at the bus stop, and the bus is already gone. Now you are left to breathe in the fumes of Lacewood Drive. Oh, what a beautiful scent. At least it's not as bad as when you lose your balance before you sit down and practically fall on the lap of the random stinky man beside you. It would only take another three seconds for the bus driver to wait until you've found a seat.

Many bus drivers will pick you up with a big smile on their face, but some make you feel like you are an inconvenience to them. Hey, we wish we drove a car too, but we don't, so be nice to us please!

Inconsistency of the Metro Transit system leads to missed classes, lateness in the workplace, crankiness, and overall distrust of the system. What can we do? We can complain and complain some more. Write letters with suggestions to your councillor. Phone the HRM Call Centre and tell them how you feel or what happened to upset you. Remember, we as the commuters using Metro Transit know better than someone who works in an office (and owns a car). Get the word out and maybe something will change. Or just make yourself feel better by telling someone.

**THINK THEY'VE GOT
IT ALL WRONG?**

**EMAIL YOUR
RESPONSE OR AN
OPINION ON AN-
OTHER SUBJECT TO
NEWSPAPER
@MOUNTSTUDENTS.CA**

**THE SENTINEL
WELCOMES MATURE
DEBATE ON ANY
SUBJECT; HOWEVER,
ANY PIECES
CONSIDERED
SLANDEROUS,
LIBELOUS, OR
HATEFUL WILL NOT
BE PRINTED.**

But What's Our Motivation?

By JEFF DEVILLER

A feature story written by Alex Roberts appeared in the *Chronicle Herald* recently. It began as a criticism of students' lack of intrinsic motivation to learn and ended as an advertisement for Saint Mary's University.

He suggested that today's university students are not motivated to learn and to understand a subject. They want the highest grades for the least amount of work. They are "poorly motivated, unfocused, and disengaged students" who are "going through the motions," as the article puts it.

"I think that improper attitudes toward the university are partly because of improper attitudes about the university with regard to itself," suggests Dr. Wade Kenney, Professor of Communications at MSVU. "Studying and learning are their own rewards. But who is going to explain that to students?"

The piece asked two questions which it failed to answer. The first was "Why do students go to university?" and the answer is one of three reasons.

The majority of students seem to see university as a means to an end. The epitome of this is the professional studies student, though the mindset can be found across all fields. The main question they ask themselves is "How will I use this on the job?" If the answer is "You can't," then the information is trivial. Good marks are optional. All that matters is the certificate at the end.

Of the second reason a person could ask, "What motivation?" They're here because they're expected to be here either by society or by their parents.

The last, according to Roberts, would be the most expected but least found student. This is, of course, the student who just wants to know. Knowledge is the goal, and a career is far in the future.

The second question is a bit more dubious. What is the purpose of a university? It seems as if the purpose is bums in seats. Because universities focus on the bottom line, they tend to feed off the first motivation, a means to an end. Students need the institution in order to get a degree so they can get a job. University advertisements and public relations reek of the notion that without them a person will remain unemployed. Universities do not sell knowledge. They sell the hope of high paying jobs once students put in their time.

If this is the case, it seems obvious why students aren't motivated to learn. They spend thousands of dollars to be "certified" in order to get a job without being given a reason to care.

But if you were a little less cynical and felt that a universities' number one priority was to facilitate learning, then this sort of mentality would be pushed to the back burner. If a university put learning before profit, we might see an increase in academically motivated students.

So whose fault is our apathy? Partially the fault of cultural pressures, partially university marketing? It can't be said for certain, but perhaps that's not the question we should be asking. Perhaps the question should be "When did we stop studying to know and start studying to get by?"

One Thing I've Learned

Talking to Strangers Isn't Always a Bad Thing

By ALLISON STEEVES

One thing I've learned, talking to strangers is not always a bad thing.

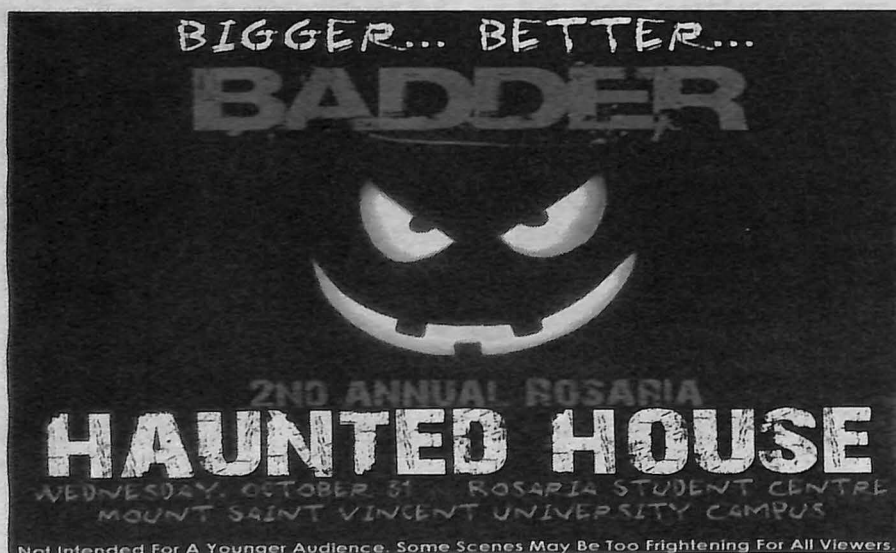
As North Americans, the concept of never, under any circumstances, talking to strangers has been embedded in our minds from an early age. We spend awkward elevator moments staring at moving floor numbers; we turn our IPODs to high to avoid conversation with the creepy guy sitting next to us on the bus; we brush by new residents on our floor without introducing ourselves and choose rather to sit in our rooms alone; we ignore the kid from another country who sits in the back of class and doesn't act like everyone else. We are keeping ourselves protected from the dangers of the mysterious stranger, yet perhaps ignoring the dangers of not taking those steps to explore the unknown.

Why is it that we have such a fear of talking to strangers? The obvious answer is that we are all just doing as our parents instructed, or following the latest Live at 5 story about a local girl being snatched by a sketchy man or some little old lady getting mugged in the street. However, the potential risks of interacting with the unfamiliar expand beyond those of physical security. There is also the fear of rejection, the fear of making ourselves vulnerable, the fear of having our precious personal time interrupted by learning about some random, the fear of associating with the unpopular, and so on and so forth. There are an infinite number of fears that keep us from initiating relationships with the people we encounter on a daily basis, and the result can be a very narrow perspective and very limited, ordinary life experiences.

I have often been guilty of avoiding potentially uncomfortable or awkward situations to meet new people. It's easier to get along with those we know and go about our daily business without worrying about others'. Recently though, it was drawn to my attention that maybe this isn't the best approach to take. Having spent some time in Europe, I learned that the concept of personal space and privacy that we practice among strange public

figures over here is not so widespread in countries like Spain or Italy. One of my first days there I said "Hola" to a young man I passed in the street. He followed me and initiated a line of questioning regarding who I was, where I was from, would I like his number, etc. My initial reaction, as I learned was similar to many of us North American girls' reactions, was to be wary and get away as fast as possible. When I finally managed to convince him I had to go, he then persisted to kiss me on the both cheeks! To this I certainly opposed, feeling quite put off by the nerve of this guy. It didn't take long to discover though, that such social interactions were quite common there. Women would start up a conversation with me on a street corner and the Spanish grannies would invite me to dinner to meet their children. While we Canadians are certainly notorious for our politeness and our political correctness, it seems that this is a formal friendliness that doesn't necessarily spill over into the Latin practice of making friends of strangers. It seemed that the more I put myself out there, getting to know the students who weren't just from North America, or accepting offers to social events with groups of people I didn't know or whom didn't even speak English, the more fun I had, the more I learned about the world around me and the richer were my experiences. Talking to strangers seemed to lead to more opportunities than keeping to myself and a small circle of those from a similar background.

So while I still advise taking caution in sketchy situations, I am simply recommending the idea of at least being more open to those we don't know. Chat in the elevator, find out more about the creepy guy on the bus, ask the girl in the room next door to go for pizza, and get to know the kid in the back of the class from a different culture. You would be surprised at how these risks could change your life. However, if this should lead you to getting rejected or snatched up by a man in a big blue van, well then maybe you should have listened to your parents.



Organise Anything

By ALANA GREEN

Keeping Things on Track: Organize for Success

Back to school! We all start the year with the intention to be organized and on top of schoolwork, bills, work, and obligations. It doesn't take long for the best intentions to turn into the worst habits. Let these organizing tips help you start the year off right and keep things on track all year.

The Two-Minute Rule. If it takes less than two minutes to do, do it now. Your friends can wait two minutes for you to finish something. This will prevent you from having to sit for hours sorting through papers and will ensure you have a clean workspace so you don't end up doing your homework on your bed (where falling asleep is a big possibility). Keeping on top of your piles of papers will help prevent forgotten assignments, lost phone messages, misplaced email addresses, and damaged forms and applications.

Don't Carry Around a Bottomless Pit. Don't let your schoolbag become

a bottomless pit of papers and garbage. Make a habit of cleaning out your back pack every night when you take your textbooks and notebooks out. Stray papers shoved into your bag on your way out of class, at extracurricular events, and picked up around school (promotional flyers, brochures, newspapers) have a way of getting crumpled up at the bottom of your bag and forgotten. Put them in their proper place. If you don't need the information or don't intend to go to the event, throw out the flyer. Put graded assignments in a designated binder or folder for that class. If you need to dispute your course grade later you want to have all of your graded materials. You may also want to study from your past tests.

Inboxes Aren't Just for Email. Desktop inboxes aren't just for corporate executives. Having an inbox for things you need to complete and an outbox for things that need to be dropped off (mail, assignments, forms, money owed) can be a great way to stay on top of what needs to be done.

As long as you don't allow things to pile up and get forgotten at the bottom of your inbox, it can keep you moving through things.

File This Under 'Awesome'. An accordion file is a portable and affordable alternative to a filing cabinet. Make sections for bills, school, jobs, housing, health, and extracurricular activities. Keep all your information in the accordion file so you only have to look in one place when you need something. This will help keep your bulletin board clear of clutter so you have more room for photos, mementos, and current event information. It's also easy to move.

Don't Let a Red Sock Ruin Your Day. Try using a sectioned hamper or two separate hampers so that you can sort lights from darks as soon as they are dirty. This will save you time when you are ready to do a load of wash (and prevent a red sock from turning your whites pink). Having two different colored hampers will help you remember which is which. Try keeping

laundry soap, fabric softener, quarters, and other laundry necessities in a basket so that you can easily carry everything you need without losing anything on your way to the laundry room.

Following these tips will save you time and give you a great start to staying organized this school year. After all, there are more important things to be doing than tidying up!

Alana Green is an Organizer with Organize Anything. Organize Anything provides a variety of services including organizing students' study areas. For more information, contact Alana at alana@organizeanything.com or 233-1577. For more tips or to sign up for an organizing newsletter, visit www.organizeanything.com.

MSVU Supplemental Instruction Program (SI)

Supplemental Instruction is a series of weekly review sessions for students taking a select group of courses. SI is provided free of charge for all students who want to improve their understanding of course material and improve their grades.

SI leaders are students themselves and are prepared to share with you what they have learned over the years about how to study.

If you are registered in any of the following courses in September, you are encouraged to attend these free SI sessions:

Fall 2007 Schedule

Business 2221: Intro Accounting	Tuesday	4:30-5:30pm	Seton 501
	Wednesday	4:30-5:30pm	Seton 502
	Thursday	5:00-6:00pm	Seton 306
Chemistry 1011: Intro to Chemistry	Monday	2:00-3:00pm	Evaristus 401
	Tuesday	2:00-3:00pm	Seton 533A
	Wednesday	3:00-4:00pm	Seton 306
Chemistry 2401: Organic Chemistry	Monday	8:00am-9:30am	Evaristus 113
	Friday	8:00am-9:30am	Evaristus 113
Physics 1101: General Physics	Tuesday	12:00-1:00pm	Evaristus 358
	Thursday	12:00-1:00pm	Seton 306
	Friday	8:30-9:30am	Seton 502

If you have any questions about the SI program, please contact advising@msvu.ca or 457-6324.

If you attend SI sessions regularly, chances are you will earn a better grade!

News From the MSVU Library

By Darrell MacLean

The staff of the MSVU Library extends a welcome to new and returning students. It is hard to imagine we are into October, which provides not only a long weekend for Thanksgiving but also due dates for assignments and mid-terms.

During August and September construction has been on-going to replace the roof of the EMF building and during this time we also had a renovation of our Library Website, www.msvu.ca/library. Faculty and returning students will notice the change in format, and it is our hope everyone finds the new site easy to use. New students are welcome to check out the site to familiarize themselves with the services available, tutorials and help sheets, as well as our hours of operation. We welcome your input on the changes, and you can post your comments on the Library Blog.

Our blog is updated regularly with timely information on the happenings at the Library, dates and times of upcoming workshops, and new resources as they become available.

You can subscribe to the blog to receive updates via email.

Also new on our website is a list of new books added to the collection, <http://www.msvu.ca/library/newbooks>. We welcome your comments and suggestions on ways to improve our service to members of the MSVU community, and you can post comments on the blog via email at library@msvu.ca, or drop a note in the suggestion box located near the copiers at the entrance to the library. Also join MSVU Library on FaceBook where you can get direct access to the MSVU Library features (article databases, catalogue, reserve readings, citation styles etc).

Reminder: the Library will be open regular hours on Thanksgiving weekend, October 5th - 8th.

Fantastically Playful Children

By ANDREW CARVER and
MEGHAN WITZANEY

It's hard to believe that September is finished and October is here. It seems like just yesterday we were going around to the residences knocking on people's doors and telling them about the play center. September has been a great month for the FPC; we have a record number of children (14), and the best volunteers anyone could ask for. We have filled up most of our spots for volunteering but are always welcoming new volunteers.

In the next few months the FPC will be offering outings for the volunteers, monthly meetings with both children and parents, Teddy Bear Picnics, and the huge event for October is the Huge FPC Halloween P-A-R-T-Y! It is the time of year that children, volunteers, parents, and even managers get dressed up and party all day. Some activities that we will be having on the 31st will be Halloween crafts, a special Halloween movie for the children, Halloween games, and spooky treats. The best part of Halloween is when we all go Trick-Or-Treating around the Student Center to some of our favorite spots such as the Corner Store, Vinnie's, the Info Desk, and much more. So make sure you come by the FPC on the 31st to see what all our little and big creatures are up to.

Our next huge event after Halloween is our Holiday Party. This is always an event that children and parents look forward to, and there are always a few special surprises around the holidays! We always need volunteers to help out with some of the games, crafts, and activities so let us know if you are interested in helping out.

To come and join all the fun we're having here at the Fountain Play Centre, you can find us down the hall from Vinnie's and beside the Crow's Nest, so come on by and pick up an application today. If you have any questions you can call the managers at 457-6554 or email us at fountainplaycentre@hotmail.com.

Thanks a bunch to all our Volunteers, and we look forward to meeting all you Sentinel readers who love children!

Here's some motivational advice some of our volunteers wanted to mention about the Fountain Play Centre.

"It's a great place to go and escape class for a while and play!" – Heidi Noseworthy

"Best form of birth control around!" – Gillian Morrison

October at the Corner Store

By ALLISON HALEY

Hello again everyone! Now that September is over, here are some things to look forward to in October.

This month we will be launching our goody cart. This will consist of Corner Store staff walking around Evaristus and Seton during the day with a tray full of cheap goodies. You will find things like chips, crispy minis, bars, candy, samosas, and drinks all at your fingertips. So keep your eyes open for the goody cart because it will be coming your way.

Also, The Corner Store would like to let you know about our new products. The Italian Market has been supplying us with those monstrous cookies, gigantic muffins, frosted cinnamon rolls, and delicious scones. Not only are we equipped with all the sweets you can imagine, we also have some

delicious ready-to-eat pasta dinners from The Italian Market. MmmmmmmMmmmm!

Keep this in mind. If it is your birthday, show your student ID and get 15% off your purchase. Wow! Things just keep getting better.

One last thing, keep your eyes open for the customer appreciation box. This box will be your voice in the Corner Store. Let us know about new products you want, something you want to change, or something we are missing. Feel free to leave your comments!

Also, we will be having Halloween Treat Bags from October 22-October 31st! They are going to be bags filled with some treats that everyone will enjoy for only \$2.00.

**GOT SOMETHING TO SAY?
WE WANT TO HEAR FROM YOU!**

**EMAIL YOUR SUBMISSIONS TO
NEWSPAPER@MOUNTSTUDENTS.CA**

mystics

athletics & recreation newsletter

**WELCOME TO MSVU
HOME OF THE MYSTICS!**

Mystics Hot Sheet

Varsity Team Name: MYSTICS

Varsity Colours:
LIGHT BLUE & DARK BLUE

Mascot:
MONTY (The Mountain Lion)

Varsity Teams:
Women's & Men's Basketball
Women's & Men's Soccer
Women's Volleyball

Championship Record:
Atlantic Colleges Athletic Association
ACAA: 48 Titles
Canadian Colleges Athletic Association
CCAA: 4 Medals



NOVEMBER 7th - 10th
MSVU is hosting the 2007-08
Big Kahuna/adidas CCAA
Women's & Men's Soccer Nationals

We're looking for VOLUNTEERS
for this great event:

Contact Joanne Burns-Therlault at
457-6369 or
joanne.burns-therlault@msvu.ca



**THE MOUNT
Fitness Centre**
902.457.6420

www.msvu.ca/fitnesscentre

Staff Contact Information

Locker Services

With a facility and/or fitness membership, you are eligible to rent a Fitness Centre Locker (Lock included in the fee):

Fall Term Rental:
Sept. 1 – Dec. 15, 2007 \$20
Year Rental:
Sept. 1 – August 15, 2008 \$35

We require a MSVU lock on all lockers except Day Use lockers. If you have a MSVU lock, inform the front desk staff for a discounted rate.

Free Weight Room Orientations:

FREE group Weight Room Orientations will be conducted to introduce participants to the Mount Fitness Centre. On the following dates, orientations will be offered on the half-hour:

Monday	Sept 10	12:00-12:30pm
Tuesday	Sept 11	4:00-7:30pm
Wednesday	Sept 12	12:00-12:30pm
Thursday	Sept 13	4:00-7:30pm
Sunday	Sept 16	1:00-3:00pm

Attention Societies, Classes & Residences

**FREE Gym Rentals for
Mount Student Activities**

Contact: Joanne Burns-Therlault at
457-6369 if you wish to run a student
activity such as an inter-residence or
inter-society competition.

ATH/REC STAFF

June Lumsden Director of Athletics & Recreation	457-6370
Joanne Burns-Therlault Recreation Co-Ordinator	457-6369
Dyrick McDermott Athletic Officer & Women's Basketball Head Coach	457-6462
Pat MacDonald Fitness Officer	457-6563
Susan Burrell Member Services Officer	457-6152
Tara MacPhee Member Services Assistant & Recreation Programmer	457-6551

Hours of Operation

Monday - Thursday	6:30a.m. - 10:00p.m.
Friday	6:30a.m. - 8:00p.m.
Saturday	7:30a.m. - 8:00p.m.
Sunday	8:00a.m. - 10:00p.m.

The Mount Fitness Centre
Front Desk Phone: 457-6420
E-Mail: mount.fitness@msvu.ca
Web: www.msvu.ca/fitnesscentre

the **LAST** GAMESTORE

VIDEO GAMES, COMICS & COLLECTIBLES

590 PORTLAND ST, DARTMOUTH
TELEPHONE : (902)434-3350

278 LACEWOOD DR, HALIFAX
TELEPHONE : (902)457-7529