The first official Bachelor of Arts & Sciences Newsletter! The newsletter title comes from Normand Doan. It’s a play on “stream” cuz well, I’m streaming information to all of you. At the same time, you’re also all Bachelor of Arts & Sciences Students (BASS...like the fish...stream...fish...get it?). We thought it would be fun. Urm...not I think you’re like fish or anything like that. Hrmmm. Awkward. So yeah...I’m YOUR program counsellor. As a graduate from the University of Guelph and someone who has worked in residence life for the past 4 years, I have an idea of what you’re going through. In fact, I was enrolled in the Akademia program (a first year Arts & Science program) in my undergrad. It’s where the BAS program eventually grew from. “Baby BAS” if you will. So I DO know what you’re going through. What else would you like to know? I take mini adventures and road trips with friends. I like reading, films, theatre, music and FOOD! (did I mention I love chips?) Please drop me an email at bas@uoguelph.ca or call me at extension 56385 if you need anything. I set appointments and I also have drop in hours. When you email me, you will get an auto-reply that has all of this information. I’m really excited to be in this position and I’m really looking forward to working with all of you and getting to know you as well!! Here’s to a great year everyone! Cheers!

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BAS SPEAKER SERIES

Presents

Maya Goldenberg

"Clinical Evidence and the Body: A Humanistic Challenge to Medicine"

Tuesday, November 13th * 5:30pm MACK 120
FREE PIZZA

Maya is the latest addition appointed jointly as an Assistant Professor in the Department of Philosophy and the Bachelor of Arts and Science Program. Her research is in the philosophy of medicine and epistemologies of science, particularly theories of evidence, the body, women’s health, and bioethics.
Donna Pennee

Dubbed “Dean Donna” by BAS students, Donna Palmateer Pennee is actually the Associate Dean, Arts and Social Sciences, which makes her Chair of the BA Program Committee and Chair of the BAS Program Committee, reporting to the deans of the College of Arts and the College of Social and Applied Human Science. She is also a Professor in the School of English and Theatre Studies, where she has taught critical practice, contemporary theory, a range of Canadian literature courses, and courses on literary nationalism and the university under globalization. Her research on the historical and current relations between literary studies, cultural nationalism, and globalization has produced conference papers, articles, and book chapters on cultural and foreign policy, and has attracted graduate students working on such topics as “Englishness” in 1990s fiction in the UK under the effects of European Unionization, and on Canadian feature film policy. Donna is an award-winning teacher and nationally recognized for service to the profession, through service as V-P, Equity Issues, on the executive of the Canadian Federation for the Humanities and Social Sciences.

But what you really probably want to know is something more intimate than all that...I’m the middle of five children, the only one to go to university, from a rural background five miles west of the village of Tweed, Ontario. A lapsed Royal Conservatory trained pianist, I get my musical kicks from a wide range of genres and periods of recorded music, everything from gregorian chant to Nine Inch Nails, though with special affection and admiration for Annie Lennox, who just keeps getting better with age. I would tell you what my favourite food is if I could just narrow it down to one thing...for take-out I always order a small “black olive, green olive, and feta cheese, Montreal style” from Pizza Trokadero, on Municipal Street (though it’s seldom really “takeout” because I don’t own a car). I am married to Robert Pennee, a creative writer, visual artist, and my absolute best friend, and we have one child: Rosalind, a long-haired miniature dachshund.

BAS Counselling Office

Donna, Paula and myself, Jerome, are all here to support you. We love getting visitors into our office. Why? Because we are a lonely peoples. As well, there is a whole lot of useful information for you in the office. We have course waiver forms, declaring minor forms, add/drop forms...whatever you need, we have. We even have games. What else could you ask for? Our office is open from 8:30am to 4:30pm (12noon to 1:00pm we’re closed for lunch). You are always welcome in our office. Stop by anytime!...urm...anytime we’re open :)

Paula Philp

Hello BAS Students! I am the Secretary here in the Arts & Social Sciences department and I am the first face you’ll see when you drop by our office and can help you with forms and appointments. I’m a master’s grad from University of Guelph, eventually looking to pursue my PhD in anthropology or international trade. Fun fact: I studied Fair Trade in Peru during my undergraduate years, and helped research midwives! *to find out how these two things go together you will have to stop by with a coffee :) . I have two puppies that may be in the office from time to time, so come on by and see us all!
**A Word from our Prez...**

Currently I am in 3rd year with minors in History and Biology. I hail from rural eastern Ontario, presently Kemptville which is half an hour south of Ottawa. Proudly I am an Ottawa Senators fan and despise the Maple Leafs! Outside of school I enjoy playing all sports, being an arm chair athlete, gardening, playing the piano and reading. I love almost all music, but when I have the choice prefer classical, country and jazz. That’s a bit about me. This year BASSA wants to provide fun opportunities to further build up the sense of community within the BAS Program, through both fun and more formal events. I am really excited about our upcoming 2007-08 speaker series. As you can see on the cover of this newsletter, the first speaker is this coming week! I hope to see you there!
“The future belongs to those who believe in the beauty of their dreams.”

~Eleanor Roosevelt

Scorpio - So the other day I was sitting at home eating a 40 piece sushi party platter and watching Pretty Woman. Why? Why not!! I try to do a good job. I deserve a break every now and then. I was way overdue to have a party...and there’s nothing wrong with a party of one. Treat yourself to your own party...you deserve it! Keep up the good work! Papa’s proud of ya! Um...just one thing...what’s goin on with that outfit?

Sagittarius - So I was in Toronto the other weekend just hanging out and visiting friends. You know when you invite people out for dinner...but you know that some people just won’t show up, so you just let people know where you’re going to be and see who shows up! Well who knew that EVERYONE would show up this time?! Moral of the story...make bigger reservations!

Capricorn - Remember that time I stopped going to the gym because I started a new job and I was getting bigger reservations! That EVERYONE would show up this class? Well who knew? Now my question to you is...how are you going to handle the spilled coffee in your life? Let me help you out...CLEAN THAT UP FOOL! Oh...and hey...speak up more in class. You’re smarter than that.

Aquarius - Well look at you all caught up in the drama that is your life. Enough. Get it together. Mama did not raise no fool. Get back in control. You have let people take advantage of you for long enough. You are capable of more than you know. Stop setting for second best when you deserve soooooo much more. Do it up. Do it up now! And another thing...remember...less is more. I’m just saying.

Pisces - What a semester we’re having! Seriously. It’s one thing after another. Good thing you got one smart head on your shoulders. It’s more than I can say for “you know who.” Face it...they’re slowing you down and making things more complicated than necessary. Maybe it’s time to “trim the bangs of your social network” if you know what I mean. Careful though...once you make the cut...you gotta wait for it to grow back if you don’t like the result.

Aries - So there I was, having my lunch in creelman, minding my own business when this woman walks past me with a crazy waffle piled with ice cream, syrup, chocolate and fruit. And let me tell you...she was soooooo poorly dressed. Canon people. Have some pride. Look good, feel good. At least do something with that hair. Brush it...tie it back. Something. Who are you? Cousin IT?

Taurus - So I noticed that someone split a cup of coffee in the hallway outside of my office yesterday. It was great to watch people walking down the hall. Some ignored it. Some walked around it. Some didn’t even notice it. So my question to you is...how are you going to handle the spilled coffee in your life? Let me help you out...CLEAN THAT UP FOOL! Oh...and hey...speak up more in class. You’re smarter than that.

Gemini - Know what? Sometimes ya gotta just do what’s right for you. It don’t matter what other people expect or want. Sometimes it really is all about you. Now is one of those times. Don’t worry about “them.” Why you gotta care about what so-and-so thinks about you? They’ll either catch up or get out of your way. Stop waiting. Start doing. One thing you might want to consider...no one looks good in paisley. Seriously.

Cancer - Yesterday I was completely bogged down with a major decision. Do I tuck in my shirt or do I let it hang out? It was so difficult. I was wearing jeans and a nice white belt...but I wasn’t sure about the whole tuck in deal. Truth be known, I was worried about the whole “muffin top” look...cuz that’s just not ok. Do not pretend this has nothing to do with you. We all have these days. It’s ok. Be confident. You look fine. You look very fine. MMMmmm work that fineness that is YOU! More cowbell.

Leo - Well well well my little lions. Seems like “Hakuna Matata” might not really be the best motto these days huh? If only we could all just lounge around eating bugs with Timon and Pumbaa...but we got some work to do here. That essay isn’t gonna write itself. And if it did...dude...that would be weird. Now get out there and make Mufasa proud!

Virgo - I came out of my office the other day and nearly walked into someone who was totally lost in their own world, listening to their ipod and actually playing air guitar as they walked. They were having a good day. Perhaps it’s time for you to stop caring what other people think of you and pull out your own air guitar. Guitar Hero time baby...guitar hero.

Libra - So I may or may not be quietely stalking this guy that I recently met. I can’t help it. He’s kind of cute, funny AND smart. I know! Good times. More importantly...let’s talk about your wardrobe. What’s goin on with “you know who”? Ok...so let’s talk about me some more. What should I do? Seriously...I’ve been meaning to tell you. “you know what” with “you know who” isn’t going to take care of itself. You best be dealing with that business...and soon. I’m just saying.

Course Evals...

Students are asked to go to the following link:
http://courseeval.uoguelph.ca
You must use your central login id and password (the one used for your uoguelph.ca email account)

Once you are logged in, you will see a list of the courses that you are registered in and that you may evaluate online. Click on the course that you want to evaluate and answer the questions. You will have 24 hours/day from Saturday, November 17 to Saturday, December 1 at midnight to complete this course evaluation.

All of the evaluations are confidential and will not be seen by the instructor until AFTER grades have been submitted. Instructors are regularly evaluated on teaching performance by a Tenure and Promotion Committee. Since the University’s Committees cannot use UNSIGNED evaluations in their teaching assessments, it is important that you SIGN your evaluation. By choosing I AGREE at the end of the evaluation, you give your consent to signing and show that you understand how the evaluation procedure works. ONLY the instructor will see the evaluations that remain UNSIGNED.

Thank you very much for doing this.

Donna Palmateer Pennee
Associate Dean, Arts and Social Sciences
**Question of the Week**

What if I couldn’t get all of my classes picked during course selection? Or what if I need to change the classes that I registered for? Or what if the classes I wanted were full?

All very good questions. And to all of those questions I say...relax. Chill. It’s gonna be ok. On December 10th, the “Add Period” begins (at midnight!) and goes until the first week of classes in the winter semester. During this time, it’s exactly like course selection, except everyone gets to go at the same time (no windows). If your classes were full, starting December 10th, keep checking them regularly because people will be adding and dropping like it’s going out of style so there might be room for you in a class after all. Don’t believe me? Check out Webadvisor now...people have already started dropping some classes, opening up space for others. Have more questions. Send them my way!!! Cheers!

**Just so you know...**

This is random (but important) info that you WILL find useful!...

- Have you declared your minors yet? Come see me in my office and I can help you. If you're in 4th year and haven’t declared your minors yet...yeah...we’re fighting.

- The Hoover Dam was built to last 2,000 years. The concrete in it will not even be fully cured for another 500 years.

- When you drop a course, it may still show up on your blackboard. As long as it’s not on WebAdvisor, you’re good to go!

- I’ve sent out lots of messages about the new science core...if you still have questions...feel free to come see me!

- The left lung is smaller than the right lung to make room for the heart.

- BAS is on msn!!...add bas@uoguelph.ca Hooray for the interweb!

- I’m going to REVAMP the BAS website...tell me what the new website should have/look like please! (www.uoguelph.ca/bas)

- Armadillos, opossums, and sloth’s spend about 80% of their lives sleeping.

**KICK-ASCI SHOUT OUTS!**

* Special thanx to everyone that submitted newsletter name suggestions...props to Vanessa, Scott and Normand!

* Congrats to Trina for organizing an amazing “Holocaust Education Week”

* Great initiative with the Kilimanjaro Climb Lauren!

* Thank you to the volunteers for Fall Preview Day!

* Hey hey Paula! We’re SUPER HAPPY to have you join our team in the BAS office!!

So hey...do you know anyone that deserves a KICK-ASCI shout out?! Lemme know and I will include it in the next newsletter!
Like Apples & Oranges...

Can't remember friends’ cell phone numbers? Try a daily dose of apple juice. In apple juice, it's the antioxidants that do the trick. They boost the level of an all-important brain chemical, acetylcholine, that helps keep memory and learning skills in tip-top condition. What brings acetylcholine down? Three things appear likely: First, diet gaps (too little folate and vitamin E, too much iron). Second, aging. And third, unlucky genes. But when researchers fed apple juice concentrate to lab mice with one or more of these brain drains, their acetylcholine levels climbed and the critters did better in memory tests. Finally, don't forget that good ol' breakfast staple: orange juice. There's something in OJ that relieves joint inflammation, and it appears to be more than just vitamin C. Although vitamin C is an anti-inflammatory, researchers recently found that middle-aged and older adults whose diets were highest in yet another antioxidant that oranges are rich in -- beta-cryptoxanthin (it's found in bell peppers, too) -- were much less likely to develop joint inflammation than those who got less of the nutrient.

Punchline: Consider what you pour as carefully as what you put on your plate.

“Wishing to be friends is quick work, but friendship is a slow-ripening fruit.”
~Aristotle