

THE PICARO

WEDNESDAY, MARCH 27, 1991

MOUNT SAINT VINCENT UNIVERSITY

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Mount Needs To Cut 700K From Budget

By Simon Kennedy

The Mount's University Budget Committee last week solicited suggestions from the university community on how to raise funds and cut costs during the next fiscal year.

Three special sessions were held March 15th, 18th and 19th, in Seton Auditorium D, after the Committee's first draft of the 1991/92 university operating budget came up short by \$700,000. "In the first round we came to the conclusion there would be a \$700,000 deficit," said Lois Dyer Mann, Vice-President, Administration, and chair of the Budget Committee. "The Budget Finance

Committee, however, said we have to have a balanced budget."

In previous years the Mount budgeted for deficits, and borrowed funds to make up the difference. As a result, the university currently owes approximately \$400,000 in accumulated debt. The Finance Committee's decision this year to balance the budget, however, means the university can't borrow to make up the missing \$700,000. Costs will therefore have to be cut, or other sources of revenue found.

Despite the projected red ink, Mann stresses the budget's first draft is very preliminary. "At the moment it is just a discussion document," she said.

But while only a discussion document, the university is taking the projected deficit seriously. A memo from the Vice-President's office details some of the revenue-generating and cost-cutting suggestions under review. They include: user fees for micro-computers, introduction of a university lottery or raffles, increase in transcript fee, increase in library fines, discontinuing provision of bed linen for residence students, extending Christmas break, job-sharing, and 105 others.

"We're hoping to take a look at short-term revenue-generating and cost-cutting ideas," said Mann. "Over time we will exam-

ine long-term ideas."

Regardless of measures taken, however, students will feel the pinch. "We'll want to consider what students can bear. A 10 per cent (tuition) increase alone is a hike, but any increase will be consistent with what the other universities do," said Mann.

Part of the problem is universities receive most of their funding from government, which is allocating less to education. Mann said this year the university was expecting a minimal increase in government grants. "(Finance Minister) Michael Wilson's budget made it clear there will be reduced funds for post-secondary education," she said,

adding the Mount has traditionally been underfunded anyway.

Mann said the Budget Committee will consider carefully the impact cuts may have on the quality of education, but indicated few of the suggestions under review would, if implemented, erode the Mount's ability to properly teach students.

"Most of our students get advantages and breaks not available at other universities, such as smaller classes. We provide an atmosphere in terms of the classroom relationship that contributes enormously to a solid education," she said. "Some of the struggle (to provide this) you see on the bottom line."

Profs And Adm. May Move Into Assisi

by Jannine Shave

Something was missing from room draw for Assisi Hall which was held on Tuesday, Mar. 19. Third and fourth floors were not available to returning residents due to a decision made by the Housing Office.

"Nothing has been decided...yet," said the Head of Housing, Barbara Crocker, referring to a decision being made about the possibility of third and fourth floors being converted into business offices for professors.

"We didn't want to have to move anyone if the decision was made (to convert the floors)," said Crocker. "For now we have wait listed anyone who wanted to be on third and fourth floors."

Right now there are professors that do not have an office, and there is a need for space. At the moment Assisi has the space that is needed. "We've looked at all the options," said Crocker. "Assisi is compact and easy to convert. As far as looking at a spot that doesn't take a lot of time and money to convert, Assisi is that spot," she said.

"There have been a lot of suggestions made about where the academic offices should go

and right now everything is a question mark," said Paul Reyno, Director of the Physical Plant.

Right now in this economic recession it is impossible to build, so space that is easily convertible must be looked at.

Assisi would not be very expensive to convert to office space. "It won't be a hard thing to do," said Reyno. The closets and sinks will remain where they are so as to not gut out the entire room. The biggest change would be the re-wiring to allow for computers and personal telephones.

There are many factors that must be looked at in this decision process, such as the safety and security problems that may occur if the decision is made. "These problems will be looked at very carefully. This decision will not be taken lightly," said Crocker.

But along with these problems come advantages. Although two floors will be taken from Assisi residents, there is the possibility that phone jacks would be hooked up in each resident's room, because third and fourth will have to be rewired, and the possibility there is a possibility that the whole building could be wired in the process. "We cannot say that we

will definitely install telephones, but we can say that we will definitely look into it," said Crocker.

The telephone has always been a problem for residents at the Mount, and some even say that they would be willing to give up third and fourth floors to get telephones.

"The major expense is getting the wires to the building (for the telephones). It would only be a small step to run wires to the rooms. However, we haven't dealt with that directly, so I can't say," said Reyno.

Crocker maintains that Assisi Hall will not change. "They are not going to chop up the building--they are moving into what is there," she said.

Eventually, if they do not need the space any longer, they can change it back to resident's rooms. "The only change will be a desk for a bed," said Reyno. Crocker stresses that a final decision has not been made, but that they are ready to move either way.

"I feel that everyone is looking at the interests of the students, so it doesn't disrupt their life anymore than it has to," said Crocker.

Although there are many

advantages to converting third and fourth floors to business offices, some residents still see it as an invasion of their privacy. "I don't want males in the building," said Resident Assistant for third and fourth floors, Tammy Stewart. "My privacy will be invaded, I won't even be able to go down to the T.V. lounge in my robe," she said.

Assisi resident, Nova Dawn Brewer initiated a petition signed by over 75 residents against the business offices. She feels that it is unfair to lose residence space. "They don't ask us about things that affect us, the residents," she said. "No one realized what was going on. If we had known about

the advantages, maybe we wouldn't have gotten so upset...they should have known what they were doing before they took it out of room draw," said Brewer. The safety problem is another factor that is questioned. "The Mount has made such a big issue about safety and men. But now they would be allowing anyone to walk around a building which was previously off limits to men," said another resident.

The question of how the business offices will affect residents remains. While some feel it is the only solution for housing the professor's offices, others insist it will be infringing on the rights of residents.

Next week will be the joint

PICARO / SICARO

This will be the largest issue in our history. Please submit stories by Monday, April 1. If you are submitting a story for the Sicaro, please make sure it's warped.

CLASSIFIEDS

Have you been looking for a fab place to live? Move into my place on Liverpool Street. Comes equipped with two really swell roommates. Washer and dryer in building. Near the #1, 12, 80 bus routes. \$274/month + utilities. Available May 1-Aug.31. Phone Shawna: 453-6284

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APARTMENT TO SUBLET: Three bedroom with two baths. Furnished with an indoor pool, sauna, tennis courts. Security building within walking distance to the Mount. On major bus routes. May to August with the option to renew. \$800 per month. Room for four people. Call 443-5624.

Apartment to Share, with option to renew, located off Joseph Howe Drive. A two bedroom apartment on bus routes 2,4,12,80 and Dal-Mount. Rent only \$225/month, utilities included. Call 445-3837 any time.

THE NOVA SCOTIA MUSEUM: Is offering various programs during March and April. Included are exhibits on basketry, wicker, family and heirloom identification, flower shows, and botany displays. Various sessions on astronomy are also being offered. For further information call 429-4610.

TESL N.S. (Teaching English as a Second Language) will meet on Thursday, April 18 at 7 p.m. in the Loyola Building, St. Mary's University. The topic will be "An update on ESL Programmes in the Metro Area." For more information call Margaret Pate at 422-2207.

The Westcoast Women's Network is having a reunion October 30, 1991. For more information call Mary Nichols at (604) 986-4263 (work), (604) 985-1605.

This April, 10,000 Canadian Cancer Society volunteers will canvas Nova Scotia, telling residents about the progress being made in the fight against cancer and asking for their support. For more information call David Stewart at 423-6183.

The Halifax YWCA is offering, as part of its Brown Bag Series, a discussion on sports instructors and the law. Explore the legal

The National Film Board and The Centre for Art Tapes present the Company of Sirens' Shelter from Assault, a theatrical presentation about violence against women, on March 24, 8 p.m. at the Church Performance Hall, 5657 North St. Admission \$7 - \$5.

"Living with Cancer", an information and support group program for cancer patients, their families and friends, meet on the First Wednesday of each month from 7:00 p.m. to 8:30 p.m. at the Nova Scotia Cancer Treatment Foundation, Dixon Building, University Avenue, Halifax. The next meeting will be on Wednesday, April 3, 1991, at 7:00 p.m. For more information, please contact Rosemary Kuttner, 861-4785; Harvey Seasons, 455-1943; or the Nova Scotia Cancer Society lodge, 420-1849.

Celebrate Spring with Earthwitch, Halifax's premier women's dance band. Jezebel Productions presents a dance-party with Earthwitch on Saturday, April 6 at The Church, 5657 North St. Sliding scale admission from \$5 - \$7. The party starts at 8:30 p.m.

The second in the Series of Maritime Conservatory of Music Faculty concerts, which will feature winds and piano, will be held on Tuesday, April 9th at 7:30 p.m. in the Little Theatre Auditorium, Sacred Heart School, Spring Garden Road. Information regarding tickets call 423-6995.

The Halifax YWCA, 1239 Barrington Street, is once again offering its popular Parent/Child Resource Centre, now in its 12th year of operation. The program operates two mornings a week incorporating songs, stories, snack, arts & crafts, freeplay, and special outings. From time to time, pot luck dinners or guest speakers are planned.

The Halifax YWCA is offering an Introduction to the Keyboard and Basic Typing Course. This 30 hour course emphasizes keyboard accuracy, with instruction in centring, letter format, and forms. (Pre-registration required) responsibility and liability of teaching physical education, coaching amateur teams, or instructing fitness classes. What constitutes negligence, assumption of risk, safety procedures, liability protection, etc. Co-sponsored by the Legal Education Society of Nova Scotia. (Pre-registration required)

Student Workers Required for Convocation, May 9 - 10, 1991

Twenty-five students are needed to work as ushers for Baccalaureate Mass and Convocation on Thursday, May 9th and Friday, May 10th.

Hours of Work: 1:00 - 5:30pm Thursday
8:00 - 5:00pm Friday

Rate of Pay: \$5.00 an hour

Dress: Dark coloured shoes
Black skirt or pants (no jeans)
Academic gown and name tag (provided to each usher)

Lunch: Will be provided on Friday

Students must be Canadian citizens or have Landed Immigrant status in order to be eligible for hiring.

APPLY TO: Dean Rosemarie Sampson
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Office hours: 8:30 - 12:00 and 1:00 - 4:30

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Mount Saint Vincent Public Relations Society will hold a

PR Soirée

April 6, 1991, 9pm-1am
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Limited Tickets-\$12/Person (Available in Seton)

Hors d'oeuvres · Cash bar

Semi-formal dress



Editors-in-Chief
Erica, Paula, and John

News Editor
Janet "Lace" Allen and Simon

Entertainment Editor
Ian "Rhino" Cowan, and Paula

Sports Editor
couldn't stay

Classified Editor
Jannine Shave and Erica

CUP Editor
missing

Typist
Liz Tavares and Tanya

Production Manager
Jill Cooper and Todd

Advertising Manager
Todd Bechard

Distribution Manager
Jill Cooper and Rich

Photopool Director
Heather Lawrence and no one

Photopool Staff
in the dark

Contributors
Rob Hawgood
Nancy Fullerton
James Quinn
Nicole Paras
Melissa Alexander
Steve Quinn
Alice (she doesn't live here anymore)
George's spirit

Thanks to all of (most of) next years editorial staff for doing a lot of the work on the paper. If you see any mistakes in the paper blame Paula, Erica, Ian, Jannine, Jannet, Liz, and or the printer. ^o^

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NEWS

Citizen's Forum At MSVU

Rob Hawgood

It's just after 7 p.m. (Wednesday, March 20). In Seton room 531 one man stands staring at row upon row of empty seats. He's waiting for a crowd to materialize. "I can't believe it!" says John Curry, one of nine "moderators" working for the Citizens' Forum, in Nova Scotia.

A week earlier Curry, a recent Dalhousie political science graduate, put up posters all around the Mount Campus, notifying students of the Citizens' Forum. This night Curry has an audience of two. He's disappointed with the turnout—surprised that of the approximately 4000 students, only two would show up to talk about the future of our nation. He's worried that people "just don't care."

Curry goes on to say that the Forum has perception problems. Citing Reginald Bibby, a sociologist at the University of Lethbridge, Curry mentions three problems. First, the Forum is "a creation of Mulroney." This, says Curry, maybe the "kiss of death." Second, while Curry advertised the Mount's Forum, the Forum has not been well advertised nationally. The third "and most ironic problem," says Curry, is people asking "when's the Forum coming?" "You are the

Forum," he stresses.

The Forum has another set of problems. "They've wasted a lot of money on salaries in the national office," says Curry. These salaries feed egos. "It's confusing up there. The administration of this thing is a disaster." He has an example. A box of "Forum Flash" newsletters arrived at the Nova Scotia office on March 6, they were dated February 13.

But Curry also wants to point out the Forum's successes. "There have been thousands of good forums." Unfortunately, he says, "the driblets and drabs (about the Forum) in the media have been negative." This is a sticking point with Curry. "What you've heard in the press is not giving you a very accurate picture of it (the Forum). I've had it up to here (his chin) with the media. The bad press has focused on mostly superficial aspects. The media is so wrapped up in sensationalism."

Whatever its problems and in spite of media sensationalism, Curry believes in the Forum's mandate. Its documented purposes are "to collect and focus citizens' views about their vision of the future; and to improve the climate of dialogue, by lowering the level of distrust that slows progression on so many vital issues."

"I think this is very important," says Curry.

"NO MEANS DYKE"

by Karen Hill

TORONTO (CUP) -- Weary of court delays and legal fees, the student council at Queen's University has dropped proceedings against men who posted signs mocking a 1989 anti-date rape campaign.

Four women laid a complaint with the council's judicial committee in the fall of 1989 about signs which went up during an education campaign about date rape. Posters such as "no means more beer" and "no means dyke" were hung in the windows of Gordon House, a student residence.

But the nine men who were named in the complaint challenged in court the jurisdiction of the committee. A veritable ping-pong game of delays and new hearings followed. The latest ruling referred the case to Ontario Divisional court to determine the legality of the judicial committee.

However, student council president Emily Moore says that's it for the case, even though the courts have yet to rule. She said by the time the next court decision is heard, the time lapse will further reduce the chance of a win.

Moore said the council has already paid \$8,500 in legal fees and it would be "fiscally irresponsible" to pursue the case.

Andrea Calver, one of the

original complainants, said the case has been botched from the very beginning.

"It's been completely fucked up by everyone who has touched it," she said. When the women originally filed the complaint, "we weren't apprised of our rights. We weren't given the rules of procedure," she said. That led to delays, and made it difficult to prepare the case, she added.

Calver said she thinks the university administration should fund the court battle now that the council has decided to pull its financial support.

But Tom Williams, Queen's vice-president of operations, said the administration hasn't been asked for funding. However, a 1989 sexual harassment complaint that had been suspended in order to avoid "double jeopardy" will be resurrected.

But like the judicial committee complaint, the men challenged the sexual harassment charge on procedural grounds. Williams said a court will be hearing the case in May and deciding whether the complaint can be heard.

If the hearing gets the green light and the men are

eventually found guilty, they could face fines, suspension, expulsion or be ordered to per-

form community service, he said. The university senate would decide what punishment they would receive, although Williams prefers to avoid any punitive measures.

Williams said the case of the "Gordon House nine" has spotlighted the problems with the student council's judicial committee. In this instance, a peer-review committee was overwhelmed and unable to cope with the addition of lawyers to the procedure, he said.

"Students aren't equipped with the expertise to deal with a situation such as this," he said.

But Calver disagreed. She said the problem with the complaint to the judicial committee was that committee members didn't do their homework.

"I would point the biggest finger of blame at the students who were administering the program. When such a big case comes up they have a responsibility to make sure they know everything about the procedure," Calver said.

"If students take on their own discipline systems, they have to be prepared to do some work. It's a system that works. It was a great thing to have."

"I'm really sad to see it in troubled times right now because I know it has worked in the past."

Going Green

The Mount is going green! On Wednesday, April 3, 1991, the university will start a paper recycling program. The program is being implemented on the recommendation of the Advisory Committee to the President on Environmental Issues, whose mandate is to explore ways of making the Mount more environmentally responsible. The committee consists of representatives from faculty, students, physical plant, maintenance, grounds and computer services.

Offices will be equipped with boxes specially designated for recycling, and larger blue boxes will be placed in other strategic areas of the university. When the boxes are full they will be dumped

into blue barrels located in main loading areas of the buildings. The barrels will be emptied once a week by Hanna Paper Recycling Atlantic.

Paul Reyno, director of physical plant and an environmental committee member, notes that "most often paper products, including bound catalogues, stapled paper and glossy paper, can be recycled. Exceptions include telephone books, newspapers and sticky window envelopes."

"There's so much support for recycling within the university community," says committee Chair, Dr. Nick Hill, biology department. "Committee members have all been united from the start in our goal of finding more ecologically sound meth-

ods for dealing with waste. It was more important for us to get something going as soon as possible."

Dr. Hill notes that paper recycling is the first important step, and that the committee is looking into plans to tackle recycling of glass and cans in the future.

The Advisory Committee on Environmental Issues (a.k.a. The Green Team) is currently drafting an environmental policy statement for the university, which Dr. Hill says is aimed at establishing guidelines and goals for the sound ecological management of university affairs. recycled. Exceptions include telephone books, newspapers and sticky window envelopes."

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LETTERS

Picaro Stonewalls Women Studies Society

To the Editor:

It is a sad reflection of a women's university when the lack of understanding of the struggles of past and present feminist reformers and activists are ignored or actively suppressed. By stonewalling against efforts by the Women's Studies Society to plan for the cooperative publication of the Picaro, an edition of this paper celebrating the accomplishments of our foremothers and defining the issues still before us; the editorial staff of the Picaro denied Mount students a quality publi-

cation worthy of celebrating International Women's Day, March 8, at a university where 85 per cent of the students are women.

Mere insinuation of the F-Word at the Mount seems to send many students dashing for cover behind conservative platitudes. According to my Random House dictionary, the term feminism means the doctrine advocating social and political rights for women equal to those of men and an organized movement for the attainment of such rights for women. This is the same phi-

losophy which guided suffragists in the early decades of this century, who struggled long and hard to achieve their goal of the same right of franchise exercised by their male compatriots. Do the female students at the Mount ever stop to wonder why it is they are called nasty, unmentionable feminist reformers are our mothers, grandmothers and great-heres? It took persistent acts of courage by 19th century women to break down the barriers to higher education for women. In Nova Scotia some of those-

grandmothers. We should be proud of their dedication to improvement of women's condition and to advancement of opportunities. They created the heritage that made the presence of women on this campus possible.

Next year I hope that the Picaro staff sees fit to put sufficient thought and effort into the International Women's Day Picara to reflect the history of the majority of the Mount students. There is cause for celebration and need for encouragement for the work

that is still before all women. When we can walk at night without fear of being raped, when we can gather for study without worry of attack, when we can live in our own homes without threat of physical and psychological violence, when we earn fair wages to support our children; perhaps then the Picara can be retired. Sincerely,

Jennifer M. James
Member
Women Studies Society

.... and Now the Rest of the Story

As a member of the Picaro staff which took great deliberation in considering the matter of The Picara, and as Co-Editor-in-Chief for the 1991-92 academic year, I feel called to comment on the situation to which Ms. James refers as "ignoring, suppressing, and stonewalling."

The actions by those directing the Women's Studies Society represent the culmination of a year of individuals spending their time counting the number of men and women on the Picaro staff and the ratio of pictures of men to women in the yearbook. When these ratios do not equal the 8.5 to 1.5 ratio of which we are constantly reminded, certain individuals feel the need to attract attention and claim that an injustice has been served.

In the situation of the publication of a Women's Day issue of The Picaro, Ms. James has once again followed in the footsteps of those laying blame where blame doesn't exist. To say that "... The Picaro denied Mount students a quality publication worthy of celebrating Women's Day..." is a great insult to all staff members of The Picaro.

We try to make every publication of this University's paper of high quality and whoever wishes to contest this is more than welcome to assist us in writing, editing, advertising, layout, distribution, etc. To imply that our publication is not worthy of celebrating Women's Day is an even greater insult. The Picaro devotes a considerable amount of time each week to select articles and features which focus on women's issues. Rarely an edition goes by without some quality feature on a concern involving women. There is no other single issue on campus that receives as much attention in the paper than that of gender concerns. On this level alone, Mount

students are never denied a quality publication worthy of celebrating Women's Day.

To further develop this focus on women, however, the Women's Studies Society decided that the March 8 issue of The Picaro would be devoted in its entirety to Women's Day. The staff of The Picaro was not approached on this subject, instead the Women's Studies Society delivered an advertisement to be run in a February issue of the paper calling for submissions for The Picara. The Society decided, without consulting The Picaro staff, that an edition of The Picaro would not be published on March 8. Instead, its replacement, The Picara, would be created. This announcement came as a surprise to all members of The Picaro, but in a effort to add to the Mount's contribution to Women's Day, we called a staff meeting to discuss the manner.

After lengthy discussion and reasoning, a unanimous vote decided that The Picaro must maintain its identity and strive towards its goal of being a weekly publication and be processed as usual. However, as a compromise, we offered the Women's Studies Society the just alternative of having an eight page supplement called The Picara. The paper would be created as usual and the supplement would still be exactly what the Women's Studies Society wanted: a paper celebrating the accomplishments of our foremothers and defining the issues still before us. The staff of The Picaro could see no problems with this offer as it involved the "co-operative publication" which Ms. James so desired. When presented with this proposal, however, the Women's Studies Society rejected the deal.

This, in my opinion, is a sharp contrast to Ms. James' call for cooperation. The quest for equality among humankind will

never be achieved without cooperation and teamwork. The Women's Studies Society made a demand with which the staff of The Picaro felt uncomfortable. Instead of flatly refusing to cooperate or to ignore the situation, as could easily have been done, we took a mature attitude and tried to develop a compromise with which everyone would be satisfied. Instead of the intention upon the side of the Women's Studies Society to cooperate in this matter, the staff of The Picaro was met with the "stonewalling" mentioned in Ms. James' editorial. It appeared that negotiations were out of the question, as the Society assumed an "all or nothing" attitude.

As time progressed, however, and the Society still refused to take advantage of the eight page supplement, we tried to remain broad-minded and finally offered the Women's Studies Society the opportunity to have a full women's issue. This meant that we did not prepare our usual articles and reviews, in anticipation of the submissions of Women's Studies Society.

To our amazement, on Sunday evening, the deadline for articles, we received a message left by Ms. James late Friday afternoon, saying that the Women's Studies Society had changed their mind about producing The Picara, due to a lack of time. To say that we were surprised is an understatement. To our knowledge, and according to the ad which we ran on behalf of Women's Studies Society, a call for submissions had been in effect for quite some time.

Creating an issue of The Picaro takes a lot of hard work in a very short time frame. Each week the entire staff sacrifices a considerable amount of time in order to produce the paper. If the Women's Studies Society was not prepared to devote this en-

ergy to The Picara, than perhaps they weren't serious about actually conducting the issue. Regardless of their reasons, the staff was left with one day to produce a paper that normally takes an entire week to assemble. In my opinion, the actions of Women's Studies Society in this circumstance did not represent a group that is interested in furthering the development of humankind or the equality of woman. When their demands were not met from the beginning, they refused to compromise. When we gave in, they refused to follow through with their actions. What kind of example is this to set for the future leaders of our world?

The staff of The Picaro did not set out to be insensitive, ignorant, or unthoughtful, as implied by Ms. James. We have a job to do and we try to do it well. We have tried to highlight women's issues all year. We do not suppress the history of women or the struggles they have endured in the past. What type of journalists could we call ourselves if we were to present the biased view which representatives of Women's Studies Society seem to feel we possess?

I'm in total support of women's issues in the remaining issues of The Picaro for this school

year, and as Co-Editor-in-Chief for 1991-92 I will continue that support. I would even welcome an entire section devoted solely to gender concerns in each paper.

No intelligent human being could not feel saddened by the fact many people are unsafe when walking at night, that many are vulnerable to rape and other forms assault, that unfair pay scales do still exist, and that in general, equality is still a goal that is a long way off.

Why can't we, as human beings, try to come together on more issues. Why can't we reach for compromises when they are offered. Why can't we reach out to help each other, regardless of prejudices or stereotypes. Why can't we redirect some of our anger into something more useful such as accepting each other for what we are and trying to work from there. Ms. James looks to the day when The Picara will no longer have to be published. I think this is wrong. Just because a struggle has been won doesn't mean that we should forget about it. That's what history is all about.

Erica Colter
Co-Editor-in-Chief
Picaro, 1991-92

BUILDING ON A DECADE: 1981-1991

Friday, April 5
2:00 to 5:00 p.m.
Auditorium D
Seton Academic Centre

PANEL #1 '81 MEETS '91

Four representatives of the class of '91, Celia Sollows, Laura Cochrane, Simon Kennedy and Mark Scholtz, will go head to head with representatives of the class of '81, Karen MacDonald, Janet MacMillan and Pamela Veinotte. Chaired by PR Society Co-President, Nathalie Benoit, the panel will address "the expectations versus the reality". There'll be time for questions and comments from the floor.

PANEL #2 Life after the BPR

Chaired by Karen Stone BPR '81 and PR Society Co-President, Angela Trainor, alumnae from the corporate, non-profit, government and consulting sectors will discuss if and how the BPR prepared them for the working world. Advice for students on how to succeed in the '90's job market.

NEWS

Court Decision Disregards Natives

by Matthew Johnson

VANCOUVER (CUP) -- The recent BC Court of Appeals decision to reject the land claims of the Gitskan-Wet'suwet'en blatantly disregarded natives' rights as human beings, according to hereditary chief of the Wet'suwet'en, Herb George.

George made his comments at a recent panel discussion following "A day of mourning," a rally which attracted about 100 people to the University of British Columbia's law building to respond to the court decision.

The panel included mem-

bers of the native community, counsel for the Gitskan-Wet'suwet'en nations, and a representative from the provincial government.

George said, "(Judge Allan McEachern) also says in his decision that we didn't have any social organization, any institutions, that they are at best, primitive in nature. He completely ignores the rule of law and ignores justice, and instead characterizes us as little more than animals."

UBC law professor Michael Jackson, one of the panel members, asked why aboriginal peoples alone have their rights written in section 35 of the constitution of

Canada, and written out of the constitution of BC as a result of acts of colonial government a hundred years ago, a colonial government in which aboriginal peoples had no access, and no participation.

"The judgement in fact legitimates, and validates, the era of colonialism in which aboriginal people were seen as being subordinate, subservient, and something less than us. And that to me divorces law from justice, however you conceive it," according to Jackson, counsel for the Gitskan-Wet'suwet'en people.

Eric Denhoff, deputy minister for Native Affairs for BC, said a tri-partite task force is being set up between the federal and provincial governments, and the native bands of B.C.

He said after this agreement, the task force will negotiate with all the other native bands in B.C., discussing land claims, resources, economic, social, and other issues.

"If you look at the fundamental problems, they aren't that Indian people have somehow magically become dependent on welfare over the last 50 or 100

years, and therefore if you just changed the reserve and the welfare systems everything would be fine. The fundamental issues are that we have a group of people - ourselves, I speak for the non-Indians here -- who arrived and planted a flag and said 'There, it's ours,'" Denhoff said.

George said his people have strengthened themselves as a result of the decision. They will appeal to the Supreme Court of Canada, and he hopes non-native people will stand beside his people through the appeal process.

Child Study Society on the Move

by Janet Allen

A full load of classes plus part-time work experience, all packed into a five-day school week, makes for a pretty hectic schedule for students in the Mount's Child Study program.

However, the Child Study Society still finds time to be very active on campus. Over the year they have organized a number of student activities and donated generously to community organizations.

"As any other university society, we give to the members of our society through our events," said Suzanne Power, the Child Study Society's student representative. "Also, we try to put things back into the community with our donations," said Power, who is a fourth-year student in the Child Study program.

The society has certainly put a lot back into the Halifax community. Throughout the year, they have donated over \$250 to organizations related to childcare. One such organization was Adsum House, a shelter for women, which has a newly established childcare program. Also, the society donated books and pillows to the children's unit in the Nova Scotia Hospital. Christmas Daddies and the Bedford-Sackville Development Centre received donations as well.

The Child Study Society has also been very busy organizing activities on campus. In February, they held their first annual Ground Hog Day Hunt. "There were a large number of partici-

pants who checked out their favourite 'watering holes' around Halifax," said Power. Last week they held a volleyball tournament and are planning a draw on an Easter basket this week to raise some extra money for the society, Power said. In fact, they were even named Student Union's society of the month in January because of their active involvement on campus.

Considering the heavy workload for students in the Mount's Child Study program, the turnout for events has been great. "When we do our reports for the Student Union, they are quite surprised at the turnout," said Power. "With practicum and classes, it's a major accomplishment for us to get students involved."

The society had also been trying to get first and second year Child Study students involved. "I think it's important to make it a good year for everyone, so that memories of university are not just term papers and exams," said Kimberly Cooper, the president of the Child Study Society. "At the same time, it's nice to know that we've been an active force among all the university societies," said Cooper, who is in her fourth year of the Child Study program.

The society has planned Career Day, which will take place in the multi-purpose room on April 4, said Cooper. This will give Child Study students the opportunity to talk to professionals from the community who are involved in careers related to Child Study.

You've got a future. Don't take your student loan for granted.

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Your student loan isn't a grant or a gift from the Government. It is a debt you owe to a bank. You are legally obligated to repay that money when you stop going to school. It is also your responsibility to contact your bank when you start each school year, and if your address

or enrolment status changes. If you default on your loan, it will affect your eligibility for other student loans and you'll establish a poor credit history which can affect your future. So if you're having problems, contact the people at your bank - they can help.

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Programme canadien
de prêts aux étudiants

Canada

FEATURE

what d'ya wanna do with your life?

by Nicole Paras

Meredith Wood was lost. She had enrolled in the Mount's public relations program but wasn't sure if she wanted to pursue a career in that field. So she followed the path to career counselling.

"I was just so confused about what direction I was going to take," Meredith says enthusiastically. "I was at a cross-roads and I figured that was the first step."

Meredith decided to take advantage of the career counselling program offered by Student Affairs in Rosaria Centre. According to Ann Wetmore, assistant director of Student Affairs, career counselling involves more than choosing a profession.

"In career counselling, what we are trying to do is enhance the discovery process and be able to

synthesize and make connect the academic experience and how it fits and translates into a cluster of occupations that complement what the student is really trying to find," Wetmore explains.

At Student Affairs, this "discovery process" typically occurs in three stages. First, the student meets with a career intern to determine the student's primary concern. Second, the counsellors help the student identify a career goal and make consistent academic and personal decisions regarding this goal. Third, they help the student write a resume and prepare for job interviews. Throughout this process, the counsellors try to reduce the student's anxiety and reassure her that her decisions have been positive and worthwhile.

Meredith has now had three appointments with a career counsellor.

"The first time I went, it was an opportunity to talk to someone, let everything out and get some feedback from another person."

During her last appointment, she used the SIGI PLUS program, an eight part computerized test that evaluates the student's values, interests and activities. For Meredith, the experience has made a big difference.

"There are a lot of questions I've asked myself and just going through the [SIGI PLUS] program and seeing the choices I have, I've realized that maybe [the P.R program] isn't the course for me, that maybe there is a better choice for me. It made me question the decisions I'd made and why I made them."

Meredith is involved in what Ann Wetmore describes as a lifelong process of decision-making and reevaluating career goals.

"[Students] have to begin a process of self-assessment by looking at work values and lifestyle values and how they might fit into a profession," she says.

To help students get the most out of their search, Student Affairs opened a career room last fall. In addition to various computer programs, this room contains calendars from other universities and community colleges, practice books for graduate school admissions tests, information on programs for work-study abroad and descriptions of different occupations. Soon they hope to devote an entire section of the room to information on the women in science program. Three counsellors, a career assistant and a career intern are also available for reassurance, guidance or just as a sounding-board for any ideas the student may have.

Wetmore hopes that all these resources will help students

become better informed about the options they have and will encourage them to become more actively involved in career planning.

"When you make people aware of how to go about the process, where their interests are, you are empowering them to make lifelong career choices."

With several counselling sessions remaining, Meredith Wood has still not found the profession that is best suited to her. However, career counselling has made her feel like this goal is not far off in the future.

"After you come out of there, you feel like you are actually doing something and you are getting the answers you want. You feel like you've accomplished something."

For more information, contact Student Affairs, first floor Rosaria Centre, or call 443-4450 ext.357.

Tips to Beat Exam Stress

Melissa Alexander

As you enter your room after a long day of classes you look towards the calendar hanging on the wall. Only two more weeks of classes, then it's on to exams and finally summer! You've worked hard all year, managed to get your assignments in on time and now all that remains are a few more term papers and exams. But, at the thought of trying to fit everything into your schedule your heart suddenly begins to race, your palms start to sweat, and your head feels like your clothes might as they go through the spin cycle. How on earth are you going to make it through these next few weeks?

This time of year can be especially taxing on any student. The strain of trying to finish last minute assignments, applying for summer jobs, and attempting to prepare for final exams can really take its toll on even the best of students.

Ann Wetmore, a counsellor at Student Affairs at Mount Saint Vincent University, states that this is the time of year when students have to do a little planning in order to get everything completed and in on time.

Some students may not realize that end of the term stress is common among most university students, no matter how confident they may seem. However, students that appear more confident may have already taken the time to plan and anticipate problems.

"Give yourself some sense of control now," says Wetmore, "find out what is possible for you to accomplish and use your time efficiently." Students must learn to anticipate what has to be done, set priorities and then follow through on completing their set tasks.

Wetmore also believes that students often get so wrapped up in worrying about last minute assignments that they often forget to take care of themselves. "Try to do what helps you manage stress everyday. When we don't take care of ourselves we end up with all pressure and no release. We have to remember to burn off that tension."

Wetmore stresses that "There are always things you can't anticipate." But if we have already taken away some of our anxiety by preparing for what must be done, then we won't be as threatened by new things that come up.

As a student you have to remember to reward yourself when you get something done. This helps to emphasize the fact that you really are getting somewhere with your work. Don't forget to take breaks when you are studying. If you attempt to study all at once now and you haven't done much studying all year, then don't expect to be able to fully concentrate on what you are trying to do. Break your work up into smaller study periods.

However, if you do end up with assignments that must be completed at the last minute, you must then move on to what is known as disaster management. Cut your list of things to do in half, negotiate with yourself on what must be done, and determine a new set of priorities.

If all else fails there is help right around the corner. In fact, it is just around the corner from Vinnie's pub. Student affairs is located in Rosaria and employs two full-time counsellors that can help you overcome that end of the year tension.

The following are a few tips from Student Affairs on how to reduce your exam anxiety at this time of year.

* Remember that some

anxiety is good for you. Your strategy is not to eliminate anxiety, but rather to keep it at a level where it makes you alert, but does not interfere with your concentration.

* Maintain your regular sleep schedule if at all possible during exams. You will think more clearly and be less "jittery" after a good night's sleep. Include time to wind-down after studying before going to bed.

* Minimize your intake of caffeine and nicotine- remember there is caffeine in soft drinks as well as coffee.

* Eat breakfast! If you go to a morning exam with an empty stomach, your blood sugar will be at its lowest point of the day and you will feel fatigued, lethargic, and have difficulty concentrating. Try to include some protein in your breakfast, such as eggs or milk. At the very least have a glass of juice.

* Do not under any circumstances hang around "anxiety generators". These are people who are continually verbalizing their nervousness and predicting

disaster for themselves. Chances are they will probably make you uptight too, so try to avoid them.

* Prepare for the exam like an "academic athlete". Expect to give your best performance, NOT your worst. Do a visual rehearsal at home, picture yourself writing the exam calmly and confidently.

* When writing the exam do not compare yourself with others. Write at your own pace, saying coping statements to yourself like: "I studied hard, I'll do okay if I take my time."

* Finally, remember that if you start to feel overwhelmed by anxiety during the exam try this mind relaxation exercise. STOP WRITING, turn your paper over, take a deep breath, breathe in through your nose, wait three seconds, exhale slowly through your mouth and say the words "calm and relaxed" to yourself. As your tension lowers, visualize a balloon deflating. Repeating this exercise three or four times will help you feel more in control.

These tips should help you survive the tension you may feel during exams. Good Luck!

FEATURE

Patriotism -- Canadians and Americans

by James Quinn

With the first sounds of the familiar music, its catalytic nature and enticing notes echoing the glory of a nation, the people gallantly rise to their feet and assume the position. With heads held high, minds swelling with pride and eyes intensely focused upon the rising symbol of their homeland, they sing in unison with the moving melody, never missing a note or dying in spirit. This could be the scene at the beginning of any sports game in any stadium. However, this scene seems more American than Canadians could ever be.

The most obvious difference between Canadians and Americans seems to be our patriotic tendencies or how much we wave our flags. For Canada has often been looked upon as a nation that lacks in love for their homeland or at least a display of this love, while the Americans seem far too patriotic.

Sarah Brownlow, an officer cadet in the Canadian Naval Reserves, cites the United States' leadership role in the Persian Gulf War as evidence that there is indeed an obvious difference between Canadian and American patriotism. Yet, a difference, she says, that has to be expected.

"Canadian patriotism is not like American patriotism, which is not like British patriotism, which is not like Iraqi patriotism," says Brownlow. "Everybody's version of patriotism is different and that has to be remembered."

Pride, Brownlow stresses, is the key word in any definition of patriotism. But this alone is not enough. She says you must let all your inhibitions go and have the confidence to show this pride.

Recently, Brownlow had an opportunity to do just that, as she recalls: "A friend and I went to a big peace protest in January concerning the Persian Gulf conflict. It started down by Grand Parade and went to Victoria Park. We went out with a lot of signs and we were the only two people saying, 'Go Canada, yah Canada,' says Brownlow. "I supported the forces over there (Persian Gulf) and got a lot of dirty looks from peace activists. We had people coming over to us telling us off and arguing with us, but I stood my ground. I think that justifies that I am a proud Canadian."

Although Brownlow admits that Canadians, as a whole, do not display their pride in their nation as often as Americans, she also adds that Canadians do not have a need to overtly show this. She says that we, as Canadians, know we have it and knowing that we have it is good enough.

"I know my mom says to me all the time, 'As long as you know the truth, that's all that matters,' and I think as Canadians that is what we say. We know we are proud, we know we are Canadians and that's good enough for us," says Brownlow. "I don't think it is the celebration that matters. It is what the people think inside."

Tell this to the over 250 million people in the United States who seem to live to celebrate their love for their country on July 4 and you are sure to

come up against more than a few who disagree.

American Gary Floyd would be one such person. Waving flags and having parades, and a lot of them, he says, is very important to the average American citizen. He says that the level of patriotism between the two countries can be judged by the number of parades held and firecrackers launched.

"They have a lot more parades down in the States. I guess this would be a simple sign of a lot more involvement in your country. They spend a great deal of money just to throw a parade to wave their flags," says Floyd. "So I find the American Independence Day is celebrated much more zealously than Canadians celebrate their confederation day. Canadians throw off a few firecrackers and not too many parades. It's not quite the same at all."

Floyd says that if Canadians were a little more like Americans in this respect, the issue of Canadian unity might not exist to the degree that it does today. Some "binding faith", Floyd says, is what is needed in order for a country to stay intact, yet is something that Canadians seem to lack.

He says the interest in Canada is not there for the flag. It is there for food, drink, medicine and how to provide for one's self. Everybody "up here", Floyd says, wants to be independent, including the provinces.

"Most countries are just a country throughout the world. The United States, for example, consists of 50 states who do have their differences, yet they do unite. Whereas Canadians by province

do not unite," Floyd says. "They fight like cats and dogs. Everyone is more interested in their individual piece of the pie, instead of making sure that the pie is not devoured by someone else, like the Americans."

Nevertheless, Floyd, who has been living in Canada for the last nine years, cautions that he is by no means anti-Canadian. He realizes that while Canadians are not overly patriotic on a daily basis, they do show their love for and rally to the aid of their country when needed. Not only do they rally to their own nation's aid, he says, but also to the aid of other nation's needs in times of conflict and war.

After all, before the Second World War began in 1939 the Canadian Navy consisted of only 13 ships and yet by 1945 Canadians had managed to build the third largest navy in the world. Furthermore, Canada's forces increased from only 10,000 to over a million. Even today, the tradition continues. Recruiting for the Canadian Forces has been up since the beginning of the Persian Gulf conflict.

John MacDonald, a high school history teacher and a firm supporter of Canada's role in the Gulf War, says that although a little more patriotism would not hurt Canada, the way Canadians act is simply part of Canada's heritage. To be more patriotic, he says, would be more American and not Canadian.

"If Americans are the world gunslingers, maybe we are the world peacemakers," says MacDonald. "We are just not aggressive and much more low-key in everything compared to Americans."

Obviously, in the United States patriotism is almost a national institution, while in Canada it seems more like a national hobby - sometimes we do it and sometimes we don't. However, MacDonald says that when judging the patriotic fervour of each country it is not the quantity that matters.

"It is important to remember that when one compares the two countries in terms of patriotism, that one does so qualitatively rather than quantitatively," he says. "Because what we have here is the conflict of appearances versus reality and so in this conflict an excessive external display is just trappings. Internally, Canadians could probably be more patriotic than Americans."

Nonetheless, this excessive external display has to be expected, as does Canada's passive role. The origins of both Canada and the United States, MacDonald says, play a part in their differing displays of patriotism.

"The United States had to endure a war to obtain their country and their freedom. So maybe they are a little insecure and fearful of losing what they had to win. This would seem to explain their excessive patriotism," he says. "Whereas Canada became independent much more peacefully, as we were almost given what we have. This would also seem to explain the Canadian version of patriotism."

Regardless of the fact that the United States may be far too aggressive in its show of patriotism and especially because Canada may be far too passive, MacDonald says, "It never really hurts to say, 'I love you.'"

University of Victoria Trying To Educate Men

by Alisa Gordancer

VICTORIA (CUP) -- Male high school students, fraternity members, and other men on campus will be the target audience of a new pamphlet to be published by the University of Victoria's Men Against Rape group.

Created as a reaction to incidences of sexual assault on campus, the pamphlet will cover topics such as defining sexual

assault, how to listen to a woman's refusal, as well as how to deal with anger.

"We tried to keep the language as simple as possible," said Gary Hartford, speaking for the UVic Men Against Rape group.

Even though the information is written by men, with men as a specific audience, Hartford said, "it would be extremely hypocritical for a group of men to produce material on women with-

out women's input.

"One of the criticisms you often hear about men against rape groups is their failure to maintain communication with an organized women's group."

Men Against Rape plans to present the text of the pamphlet to UVic's Women's Centre for final approval. Members of the centre have already made suggestions about its content and wording.

Hartford hopes the pamphlet will draw more men to the group, with new ideas and perspectives.

He said, however, that antagonism from men on campus "wouldn't surprise me. Those people who react violently or antagonistically to what we do are the people we'd like to reach the most."

Last December, Men Against Rape and the Women's

Centre co-sponsored a well-attended panel discussion on violence against women. The men's group hopes to put on more such events in the future.

Speakers and high school outreach programs on the issue of violence against women are also on the group's agenda.

"It's just a matter of preparing resource materials for groups to organize around," said Hartford.

UNIVERSITY INFO

1991/92

Election Results

The total ballots cast for the referendum are: 498

The percentage of ballots in favour of vision care is: 7%
 The percentage of ballots in favour of having oral contraceptives in the health plan is: 13%
 The percentage of ballots in favour of both being included in the health plan is: 57%

 The total ballots cast for Full-time Senate rep, Stuart Hawker is: 512

The percentage of no votes is: 7%

The percentage of yes votes is: 80%

Your new full-time Senate representative is Stuart Hawker.

 The total number of votes cast for Board of Governors, Cynthia Sturk is: 538

The percentage of no votes for the Board of Governors position is: 5.5%

The percentage of yes votes is: 77%

Your new Board of Governors Rep is Cynthia Sturk.

 The total ballots cast for Academic Vice-President candidate Scott Amyoony: 540

The percentage of no votes is: 10%

The percentage of yes votes is: 74%

Your new Academic Vice-President is Scott Amyoony.

 The total number of ballots cast for External Vice-President candidate Ancel Langille is: 539

The percentage of no votes is: 10%

The percentage of yes votes is: 78%

Your new External Vice-President is Ancel Langille.

 The total number of ballots cast for Executive Vice-President candidate Tracy Tuttle was: 538

The percentage of no votes is: 8%

The percentage of yes votes is: 84%

Your new Executive Vice-President is Tracy Tuttle.

 The total number of ballots cast for the position of Internal Vice-President, between Cheyenne Montgomery and Rhonda Bursey is: 514

The percentage of votes for Cheyenne Montgomery is: 39%

The percentage of votes for Rhonda Bursey is: 44%

Your new Internal Vice-President is Rhonda Bursey.

 The total number of ballots for the position of President, between Jeff Dwyer and Karen Casey is: 540

The percentage of spoiled ballots is: 0.5%

The percentage of abstained votes is: 4.5%

The percentage of votes for Jeff Dwyer is: 29%

The percentage of votes for Karen Casey is: 66%

The President of Student Union '91/'92 is Karen Casey.

Thanks - And Thanks Again

I would like to thank all those who participated in the Student Union Elections with a special thanks to those who supported me throughout my campaign. Best of luck in exams and here's looking forward to an excellent year in 1991/92.

Sincerely

Karen Casey

I would like to take this opportunity to thank all the people that helped in the preparations for the elections and in the tedious task of counting ballots.

Special thanks to Dr. Blye Frank for his contributions as MC for the candidates debate and to Jean Knippers, "without you I would have gone insane."

Sincerely,

Sam Boehner

Grad Week '91

Monday, May 6

Punch Brunch

Vinnie's, Rosaria Centre
 11:00 a.m. - 1:00 p.m.

Golf Tournament

River Oaks, Meaghers Grant
 Lots of fun and prizes, even if you have never golfed before.
 Bus leaves Rosaria Centre
 1:00 p.m. - 6:00 p.m.

Last Chance Grad Event Packs

Buy your ticket to grad events
 Vinnie's
 6:00 p.m. - 7:30 p.m.

Tuesday, May 7

McNab's Island BBQ/Picnic
 Prizes for best designer bag/
 lunch box and sandwiches.
 Bus leaves Rosaria
 Centre. 12:00 p.m. - 5:00 p.m.

Society Night

Vinnie's
 8:00 p.m. - 1:00 a.m.

Wednesday May 8

Home Economics Yellow Rose
 and Professional Induction
 Ceremony for graduating
 Home Ec students.
 Seton rooms 404/405
 2:00 p.m. - 4:00 p.m.

Wine & Cheese Reception
 Chateau Halifax
 6:00 p.m. - 7:30 p.m.

Grad Ball Dinner & Dance
 Chateau Halifax
 Fine dining and dancing
 7:30 p.m. - 2:00 a.m.

MANUS Banquet for
 Graduating Students
 6:30 for 7:00 p.m.

Thursday, May 9

Convocation Rehearsals
 Aud D, Seton

9:30 a.m.

All Business Certs & Dips,
 BBA, BCS, BHeC, BScHeC,
 BEd, BA/BEd, BSC/BEd,
 BHeC/BEd, MEd, MAEd,
 MASP

11:00 a.m.

Gerontology, French Proficiency
 Office Admin, BA, BSC, BOA,
 BPR, BTHM

Family Walkabout

Guided tour of the campus for
 family and friends.
 2:00 p.m. - 4:00 p.m.

Baccalaureate Mass

Chapel, Motherhouse
 3:30 p.m. for 4:00 p.m.

Boat Cruise

The last hurrah!!
 Tony Quinn will entertain aboard
 the Harbour Queen.
 7:00 p.m. - 11:00 p.m.

Friday, May 10

Convocation
 Aud D, Seton

9:30 for 10:00 a.m.
 (see 9:30 rehearsal for degree's)

2:00 for 2:30 p.m.
 (see 11:00 rehearsal for degree's)

Reception

MPR, Rosaria Centre
 following each Convocation

Alumnae and Student Alumnae
 Associations' Family Dinner
 A lobster/steak dinner for grads
 and parents
 MPR, Rosaria Centre
 6:00 p.m. for 7:00 p.m.

RECREATION

Money and Dieting: Who's Profit? Who's Loss?

by Nancy Fullerton

Lucy Freeman's weight has been up and down more times than an elevator. In August, 1989, she walked down the aisle weighing a svelte 128 pounds, her stunning wedding gown fitting like a glove.

Lucy could easily have been featured in the latest Nutri/System advertisement. She had lost 30 pounds in three months and she looked and felt great. Six months later, she had regained not only the 30 pounds, but an additional 10 pounds as well. "It was extremely disappointing for me because I truly felt good about myself and believed the diet had worked for me," explains Freeman.

Freeman (not her real name) is only one of many men and women who have experienced the ups and downs of weight loss and the successes and frustrations of weight loss clinics. About 100 million North American adults are overweight and about half of those are dieting. With the baby-boom generation rapidly approaching middle-age, weight loss clinics are attracting dieter's dollars more than ever before. It has been estimated that North Americans will spend over \$40 billion on diets and diet-related products in 1991.

"We live in a weight conscious society, or should I say weight obsessed," says dietician consultant Pam Lynch, "You could say a lot of these companies have cashed in - it has become big business these days."

Dieting has definitely come a long way from the days of eating cottage cheese and grapefruit. It has turned into a multi-dimensional megabusiness. Some of the more common weight loss programs include Weigh Watchers, Diet Center, Nutri/System, and Opti-fast. Some provide all food at a fixed cost per week and some are liquid diets, while others consist of drop-in programs. Many also provide in-house counselling on everything from vitamins to stress.

For dieters such as Freeman, however, the dieting business has left her frustrated, overweight and broke. To her, it's just not worth it to be back where she started after spending a fortune.

After three months of religiously following the Nutri/System diet and buying their calorie-counted food, Lucy Freeman had carved about \$1,500 from her bank account.

A major concern that has arisen recently is the controversy surrounding the effects of rapid weight loss as promoted by some of these clinics. Anything more than 2 pounds per week is considered to be rapid weight loss.

Dr. Joan MacVicar, physician at Mount Saint Vincent University, cautions against the negative effects of rapid weight loss. "My basic feeling is that any diet where you lose weight faster than a pound a week is useless, you'll just put it right back on and probably more."

This opinion seems to be shared by most physicians and

nutritionists. Lynch is a firm believer in approaching weight loss from a psychological viewpoint first.

"It's no good to just lose the weight if you haven't also changed your whole attitude towards your dietary habits," she emphasizes. When people lose weight rapidly, she explains, they haven't psychologically retrained their eating habits, so eventually they will go back to those eating habits.

Lynch recommends three basic ingredients for effective and safe weight loss. She stresses the importance of eating regularly -- three meals a day and even a few snacks -- cutting down on the actual fat intake of the meals, and increasing physical activity.

MacVicar agrees with this recipe. "You must think about the health aspect first and the weight loss will occur as a result of healthy habits."

Stacey McClennan, director of the Bedford branch of Nutri/System, shares this view of weight loss and insists that the Nutri/System diet considers many aspects surrounding diet and health habits. Nutri/System offers personalized dietary profiles, behaviour counselling directed to change eating habits, an aerobic workout, and a year-long maintenance program.

"Our goal is for the client to lose weight successfully, but also permanently and to keep it off for a lifetime," explains McClennan. She states it is medically impossible for a person not to lose weight on the

diet, if it is followed properly.

However Nutri/System is one of many clinics that are making big bucks from trimming the fat off the population.

McClennan stated that the cost of losing 30 pounds at Nutri/System was not expensive and that part of the initial investment is, in fact, returned to the client upon the successful maintenance of weight loss. The cost is determined by the amount of weight the client wants to lose. Other centres have a standard price ranging from \$10-\$15 a week for Weight Watchers to \$2,600 for a 26-week liquid diet from Opti-fast.

Each program also varies in the way it approaches weight loss and the average loss encouraged per week. In recent years, the clinics have begun to encourage slower weight loss, realizing that this is conducive to effectively keeping the weight off.

A spokesperson from Diet Center admitted that the Diet Center system used to encourage rapid weight loss, sometimes seven to eight pounds per week, but have since changed their plan to slow it down. Opti-fast dieters, however, typically lose three to six pounds per week.

MacVicar believes the healthiest weight loss plan to use is Weight Watchers, if one must be used. Weight Watchers encourages dieting according to the Canada food guide and is relatively inexpensive when compared

to the others.

This is not to say that the other diet centres discourage healthy weight loss or that they are unsuccessful. This is not the case. However, there are more and more examples of clients who lose weight rapidly through various weight loss clinics and gain it back as soon as they begin to eat regular food again.

In the last year, there have been increasing complaints of physical problems such as gallstones and gall bladder disease thought to be associated with the rapid loss of weight.

"Of course you can't directly relate a medical condition to a diet," says MacVicar, "but it certainly is very coincidental when we see several similar cases occurring."

This likely won't affect the surge of business that weight loss clinics are experiencing. If the health and fitness craze that is sweeping North America continues to flourish, there is every indication that the diet industry will also remain fruitful.

As for Lucy Freeman, her appetite for dieting has not been squelched by her experiences with diet clinics. Though the glove may be a bit tight fitting these days, she's still willing to give the menu another shot.

"I know it sounds crazy, but I wouldn't think twice about doing it all over again," laughs Freeman, "After all, it worked once for me, and I've tried everything."

Keep Smiling



CANADIAN DENTAL ASSOCIATION

All-You-Can-Eat BBQ Blowout

Burgers, Dogs, Salads, free pop

Vinnie's

Monday, April 8th

12:30 - 2:30 p.m.

Happy Hour / Door Prizes

\$5 - (\$4 for THM society members)

Presented by the Tourism and Hospitality Management Society and the Public Relations Society

ATTENTION GRADUATES

During your years at MSVU you have experienced the value of medical coverage as a member of the Student Union health plan.

Now is the time to apply for your Personal Health and Dental Coverage from Blue Cross through

Wayne Pottle

Bus 454-3736

Res 443-6077

Agent for: **BLUE CROSS**

ENTERTAINMENT

Paula At The Oscars

by Paula Kendrick

Our intrepid Entertainment Editor gives her opinions of the Oscars. Like them or lump them.

Ceremony Highlights: A grand opening number choreographed by Debbie Allen, featuring Jasmine Guy; Live performances by Madonna ("Sooner or later I Always Get My Man"), Jon Bon Jovi ("Blaze of Glory"), Reba MacIntyre ("I'm Checking Out"), and Harry Connick Jr. ("Promise Me You'll Remember"); The night also featured the wonderful humour of classy host Billy Crystal and a guest appearance by Woody Woodpecker

As Predicted: "Dances With Wolves" carried away seven Oscars including Best Picture, Best Director (Kevin Costner), and best adapted screen play.

Pleasant Surprises: Whoopi Goldberg took home Best Supporting actress for "Ghost" and Kathy Bates (without her mallet) won Best Actress for "Misery".

The Rest of 'Em: Best Actor: Jeremy Irons (Reversal of Fortune); Best Supporting Actor: Joe Pesci (Goodfellas); Best Original Song: "Sooner or Later" (Dick Tracy); Best Make-up: Dick Tracy; Best Costume Design: Cyrano de Bregerac; Best Original Screen Play: Ghost.

Our Academy Awards:

Best Speech: Kevin Costner accepting the award for best picture. He was grateful, sincere and yummy to look at.

Best Acceptance Line: "I didn't drink any water before I came here. That was smart." --Costner's co-producer. (I was so busy looking at Kevin that I missed his name. Sorry.)

Best Repeat Performance: Kim Basinger was asked to present again and she showed up under the influence again, and she made a fool of herself again (however I didn't think that she'd wear the same dress again).

Best (Worst?) Display of Cleavage: After all the money that she's making with "Silence Of The Lambs", you'd think Jodie Foster could afford a blouse to go under her jacket.

Best Reading of a Cue Card: Robert DeNiro. On reading an introduction, he spoke slowly, squinted, tripped over his words and even said "oops". Bitter, are we?

Best Destruction of Beauty: Its a tie, between Geena Davis who wore dead cat on her head and her basement drapes around her body, and Pretty Woman Julia Roberts who looked Pretty Disgusting in her new blonde do.

Horoscope

Aries

(March 21 to April 19)

Your radish and Cheez Whiz fetish has finally caught up to you. I don't think that the photos that you'll get this week should go into the family album. I'd pay the money, damn you're ugly when you're naked.

Taurus

(April 20 to May 20)

Your horoscope ain't so hot this week. In fact, I'd suggest writing to Joe and Andy's sucky advice at The Journal for some sympathy.

Gemini

(May 21 to June 20)

Your Terrorist Express Card will arrive this week. Of course you know that CSIS will be giving you a visit before you get it, having read your mail, as usual.

Cancer

(June 21 to July 22)

That B.O. you've smelled all week is yours. Stop buying No Name deodorant.

Leo

(July 23 to August 22)

Since everyone knows how awesome and wonderful Leos are, we don't need to give them a horoscope.

Virgo

(August 23 to September 23)

Your love life will soon be suffering from that garlic salad that keeps on coming back at you. This calls for drastic measures: drink a bottle of scope and eat some toothpaste. At least it will smell nice when they pump your stomach.

Libra

(September 23 to October 22)

Remember when you were bragging about passing in an old high school essay to your prof. Well guess who heard you!

Scorpio

(October 23 to November 21)

Eat a live toad for breakfast and nothing worse can happen to you for the rest of the day.

Sagittarius

(November 22 to December 21)

If "Gross" was the first word out of your

mouth after reading the last horoscope then you enjoyed it far too much. Try working for The Journal to work out those evil desires.

Capricorn

(December 22 to January 19)

You take 500 hits of acid and start to flash while at McDonald's. After making love to a Big Mac, you feel really cheap so you become really small, crawl into a pop machine, and are purchased by an elderly gentleman waiting to have his car fixed at the muffler shop.

Aquarius

(January 20 to February 18)

Do something wild and crazy this week. Take a milk bath, then roll in flour. You might get lucky. Leaping into a large vat of boiling grease will improve your taste dramatically.

Pisces

(February 19 to March 20)

The Easter Bunny pays you a visit, but he's so high on Peyote, he thinks he's Jim Morrison. He goes to the room where your brother is, and then he, then he pays a visit to your sister and then he, he walks on down the hall. Father, yes Bunny? I want to kill you. Mother, yes Bunny? I want to.....Ohhh, yahh!

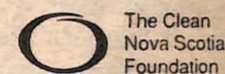
Best Prom Dates: Marilyn Monroe look-a-like Madonna rubbed her bum in front of her peers and sang "I Always Get My Man", yet she showed up at the Oscars with Michael Jackson. SCARY.

Best Decision By The Academy: Not inviting back Rob Lowe or any of his little Disney friends.

Best Entrance: Billy Crystal on horse back.

Reuse! Reuse!

Some things are worth doing twice.



The Clean
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The "What's That Supposed to Mean?" Corner of Creativity

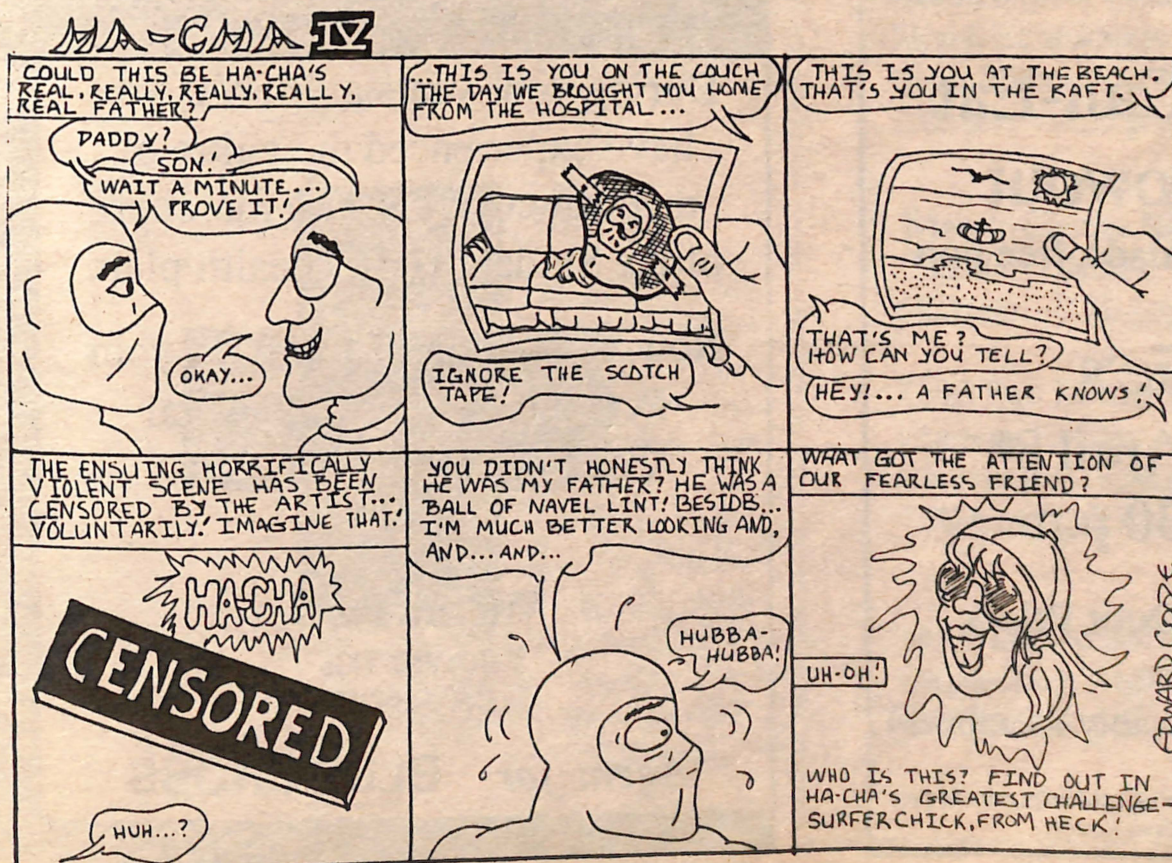
The Life and Times of George Gold

Alone in a bowl
Now flushed down a hole
Poor George is dead
Cuz he was overfed
Each time we saw him
We gave him some food
To make him feel happy
For he was such a dude
Now poor George has departed
For a fish bowl in heaven
Or maybe to become cat food
At the local Seven Eleven.

Alice

The "What's That Supposed to Mean?" Corner of Creativity accepts submissions of poetry or short prose (the worse, the better) from artists looking for a medium to express themselves (without the use of curse words, please).

Drop off submissions to:
The Picaro
Room 403, Rosaria Centre



ENTERTAINMENT

MUSIC: WHETHER YOU LIKE IT OR NOT

The Triplets and the Trashcan Sinatras



By Ian Cowan

THE TRIPLETS

The Triplets really are triplets; Diana, Sylvia and Vicky Villegas. They have combined their Latin roots, pop influences

and their own personal touch, to produce a distinctive sound that will go far.

The debut album "...thicker than water..." reflects their knowledge of the spanish language and the influence's of the EAGLES and FLEET-WOOD MAC. The combination truly shines through on the tracks "So Hard" and "The Sunrise". The song "Blood Is Thicker Than Water" is a clear signal to the music industry where the loyalties of this trio lie.

Mercury Records first signing group of the decade, the Triples got their first big break by winning an MTV contest with a self-financed and self-produced basement video. After a top exec with Mercury heard their demo they were in.

The harmonies in their

music are the point around which all of their music revolves. In the song "Spanish Surrender" you can't help but feel the Triplets as if they were in the room. That is what the whole album is like, and if they keep it up they might just be more than a flash in a pan.

TRASHCAN SINATRAS

This is definitely one for the books. I'm not quite sure if the Sinatras are really good or if they really stink. Their guitar work is curious if anything, and the Bass line is a Will-O-The-Whisp entity that continues to float back and forth. Go down to Track Records on Blowers St and see if they have it. If they do find out what they think, and then come tell me. But it at your own risk.

The "What's That Supposed to Mean?" Corner of Creativity 2

Just An Animal

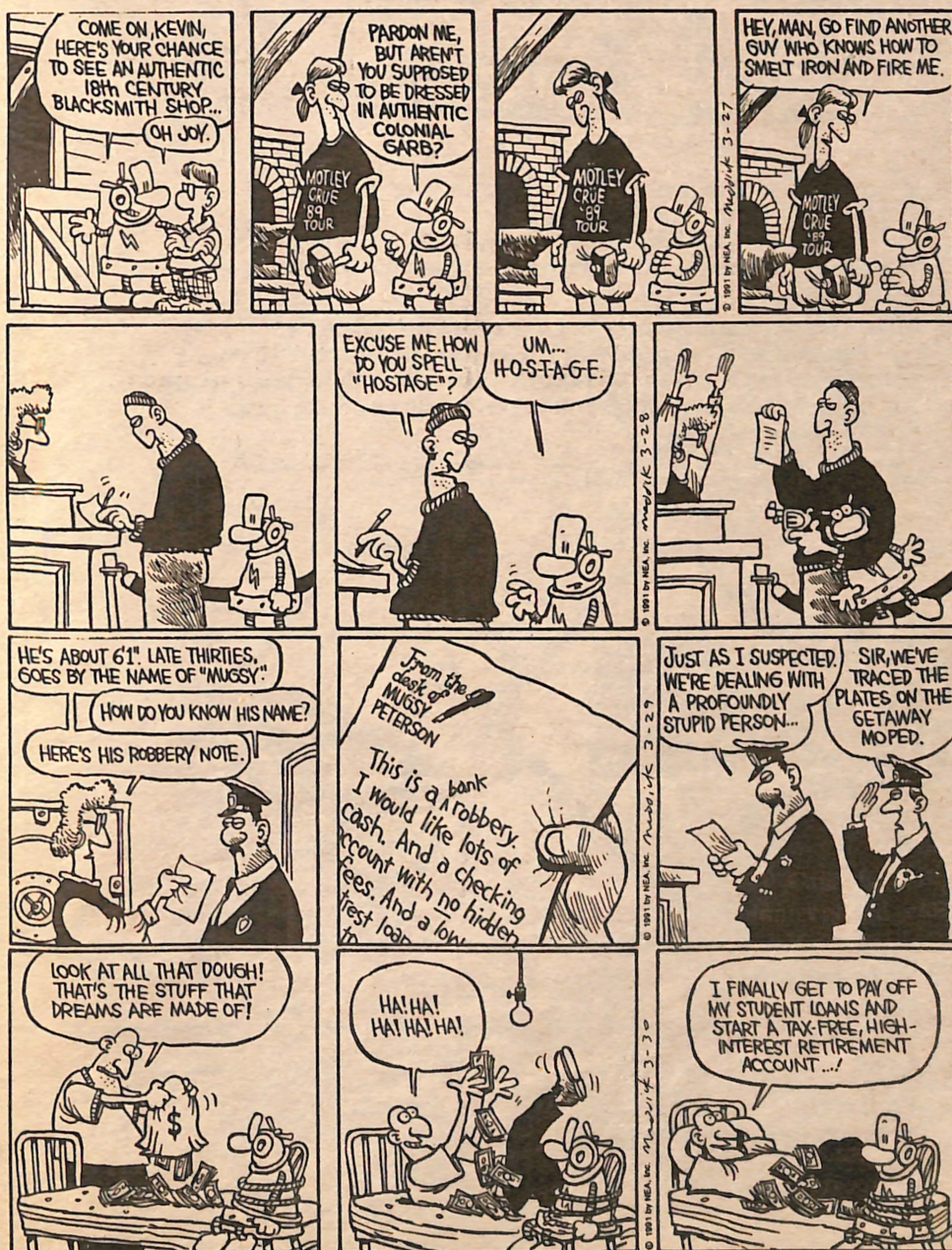
The distant trembling of time goes by
The unanswered turmoil of the unforgiving sky
Is matched with the thunder and showering of pain
Within lusts clutches innocence is slain.
With life lingers death, the earth has survived
Consumed with ignorance where hatreds derived
The political liars, the dealers of death,
Could kill us right now they control our next breath!
They seek total destruction and control of what's left.
Our lives are like diamonds in the hands of fools
They see them not for their beauty and use them as tools
To propagate wars and kill for peace
When it can't be accomplished until shooting is ceased
And they say that man is an intelligent animal,
When, in fact, he's not intelligent
...He's just an animal.

Steve Quinn

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ROBOTMAN® by Jim Meddick



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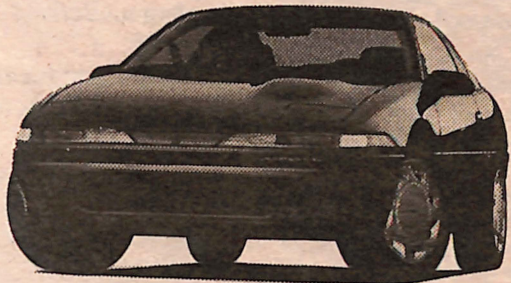
961 Bedford Highway, Bedford, N.S. 835-3336

1991 GRADS

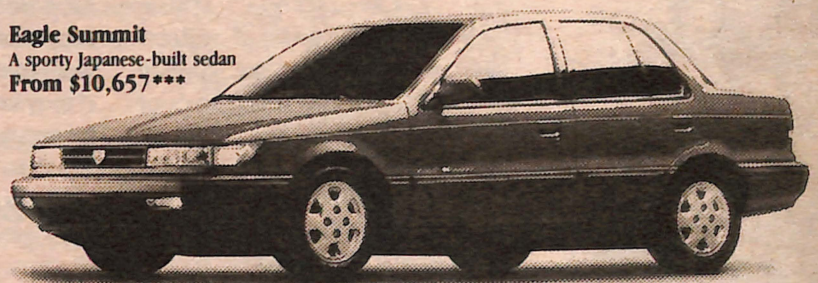
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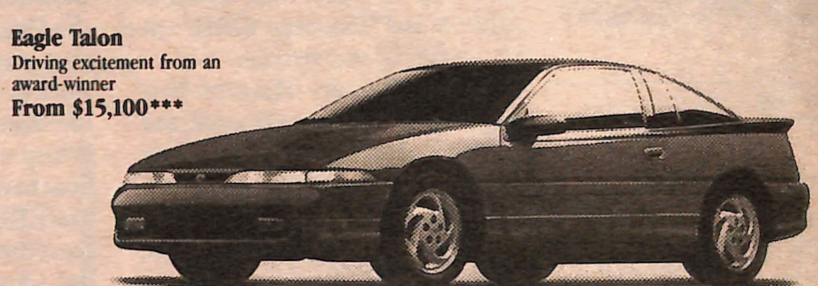
Plymouth Laser
Sizzling looks and hot performance
From \$13,000***



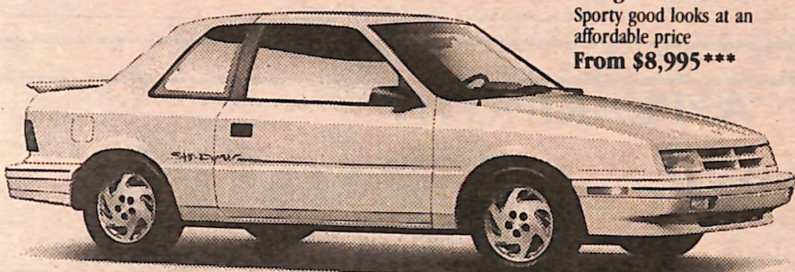
Eagle Summit
A sporty Japanese-built sedan
From \$10,657***



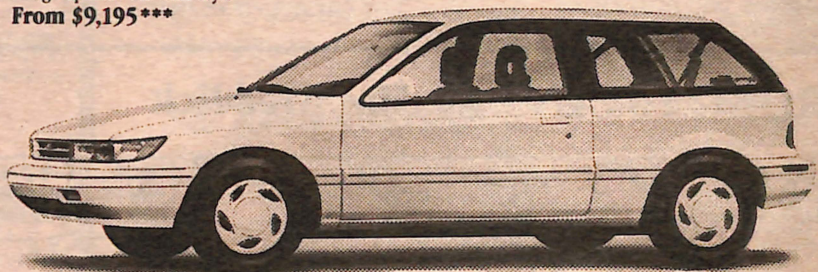
Jeep YJ
The fun-to-drive convertible
From \$11,825***



Eagle Talon
Driving excitement from an
award-winner
From \$15,100***



**Plymouth Sundance/
Dodge Shadow**
Sporty good looks at an
affordable price
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