

THE PICARO

Mount Saint Vincent University

Halifax, Nova Scotia Vol.24, No.16

Thursday, February 9, 1989

by Joanne Kerrigan

The Mount's faculty association voted in favour of strike action to support contract demands this week. Association members feel that negotiations are at a standstill, and have been waiting for over six weeks for the labour board to appoint a conciliator.

Negotiation of the association's first contract with the university has resulted in agreement on most of the issues involved, but several issues remain unresolved. Dr. Katy Bindon, chief negotiator for the university team, feels the negotiations have been going well and can continue to do so.

"Our progress has been tremendous," said Bindon. "Of course, when you get down to a small number of issues the bargaining becomes more difficult, but we feel confident in being able to see it ending in a fair deal for the faculty."

Bindon explained that the university team feels conciliation should be reserved for a deadlock situation, and that they do not believe progress in the negotiations has stopped. The faculty association applied for a conciliator December 23. The university opposed the applica-

tion, and the Labour board put the application in abeyance with instructions for talks to continue during the wait. The union executive again called for appointment of a conciliator February 2, and expect the appointment soon. No further talks are

The main areas of discussion remaining are salaries and pensions. The salaries dispute involves not only an increase in amounts of money, but also how faculty will be placed on a salary scale. Most universities have scales as a system of determin-

There is no agreement on the size of the salary settlement. The association seeks salary parity, scheduled, and the university remains opposed to conciliation at this point.

Faculty Association president Dr. Margie O'Brien said conciliation is needed. "They continue to say they're willing to talk. We've been talking for close to 180 hours now. There comes a point when you begin making the same points and asking the same questions. How long do you do that before you ask for help?" The university's chief negotiator maintains that talks are not at an impasse. "I can assure you that's not what's happening at the table," said Bindon. "There are about ten issues outstanding -- we are waiting to hear from them on certain issues, and they saying members are (on average) more than \$6200 behind faculty of similar age and experience at other universities in the province. Pensions are another problem in negotiations. According to the faculty association, the university is unwilling to negotiate pension improvements at the table, instead suggesting that faculty representatives discuss the issue in an advisory committee situation."

O'Brien commented in an association news release: "All they're offering us is a letter of understanding outlining a framework for discussing pensions some time in the future. We need something definite, now."

University negotiators did not wish to discuss their position on pensions. However, the faculty association has been told that the university's reasons for not negotiating pension improvements are related to their own coverage under the same broad plan (a sort of conflict of interest situation).

The number of association members authorizing strike action, 83 per cent, is high compared to the majorities in Dalhousie and Acadia universities' past strike votes. "Obviously it's not our wish to go on strike," said O'Brien. "The Mount has a tradition of personalized education, and it was a difficult decision, but you have to realize the strike vote is an indication of the seriousness of the situation."

Bindon says the vote does not mean a faculty strike is only a matter of time. "The last thing wanted is a work stoppage. The strike vote is a way of expressing confidence in their negotiating team," she said. Bindon explained that this was a non-issue strike vote, meaning association members voted in favour of strike action not because of a specific issue of dispute, but because of the general situation. An issue strike vote may precede a strike by faculty.

MOUNT PROF STRIKE VOTE

YES ☒ 83%

are waiting to hear from us on issues." She did not name the issues that are waited on, saying the university's negotiators prefer to keep discussion of positions at the bargaining table.

According to labour law, the appointed conciliator will have 14 days to meet with both parties and file a report. Two weeks after the report is filed the faculty association will be in a legal strike position.

ing how set criteria (such as previous work in the field) affect a faculty member's salary. The bargaining parties are close to an agreement on the criteria for placing faculty on the scale, but have not agreed on the floor and ceiling salaries for the scale and its increments, nor the time period needed by the university to properly place all faculty on the scale.

DEMONSTRATION PLANNED FOR LAMBERT & JAMES

On Friday, February 10th at 3:00 pm, the Women's Studies Society, along with other supporting students, staff, and faculty, will be staging a demonstration outside Vinnie's Pub.

They are protesting the entertainment being presented that day, namely "Lambert and James". This comedy team appeared at Vinnie's in 1988 and several members of the student body and faculty complained that the jokes were derogatory to the race, gender, and sexual orientation of people on the society and others at the university.

Lambert and James sang several versions of the "Rodeo Song" including one special version which they called the "gay version" and which includes exaggerated accents and motions.

Lines and songs such as "You're sixteen, you're pregnant, and it's not mine" were flying freely. Student Council was asked to not hire this comedy team to play at Mount Saint Vincent again. Council voted on the issue and decided to allow them to appear this Friday at 3:30 pm.

"Lambert and James have been banned by a number of university campuses because

students at those campuses find their music racist, sexist, and homophobic" says Deborah Poff, a professor in the women's studies department.

"With all of the problems of racism in our educational institutions that have been recently exposed with the incident at Cole Harbour High School, we find it incredulous that our student council would actually invite a so-called 'comedy' team on our campus to perpetuate and make light of racism, misogyny, and homophobia," says Roberta McGinn, a student in the women's studies program.

"We have a great variety of student who are gays and lesbians, who are from different countries and cultures, who are black, Indian, Chinese, and many other ethnic groups," said Michelle Case, a Mount student. "Why is the Student Council inviting 'Lambert and James' to our campus to insult our student body? Who does our Student Council think they represent if they are inviting this 'comedy' team to spew out hatred for non-white, non-male people?"

The protest will be held at 3:00 pm in the hall outside Vinnie's Pub in the Rosaria Building on the MSVU campus.

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"Just when you thought it was safe to read the Picaro..."

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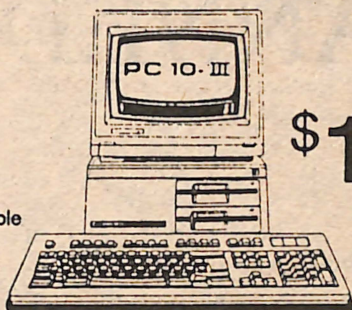


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PMS affects 40% of North American women

by Catherine Doucette

Premenstrual syndrome or PMS affects 40 per cent of all North American women. It does not discriminate on the basis of weight, race, or social class.

PMS is a combination of symptoms which usually occur four to 10 days before menstruation. These symptoms may be physical, such as headaches, bloating, increased thirst or appetite, or cravings for sugar or salt. They may be emotional, such as irritability, fatigue, or depression. For each woman, symptoms vary in combination and intensity.

The symptoms usually become more severe as menstruation approaches. These premenstrual changes can take place from the time of menarche (first period) to menopause. Researchers have found that the symptoms may occur for the first time following a time without menstruation, such as pregnancy, menarche, hysterectomy, or after stopping birth control pills.

Currently there are no specific tests for PMS. The diagnosis of PMS is done subjectively by a woman with a medical professional familiar with the patterns and symptoms of PMS.

Finding the right treatment may take many months. There is no one drug that can help all women although the drug Anaprox is helping many women. There are also some general rules for reducing the symptoms.

Sugar contributes to many symptoms and has been pinpointed as a substance to avoid. Sugar can be addictive and many women crave it before their period. Some foods to avoid include cake, ice cream, pop, diet pop, alcohol, and chocolate. It usually takes four months of reduced sugar intake to stop the craving for sugar.

Daily exercise for at least 30 minutes is advised. Exercise can help to create a sense of well-being and relieve stress at a time when bloating makes women prone to feeling bad about themselves.

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MORE \$ FROM STUDENTS

by Melanie Parker

Mount Saint Vincent University is embarking on a new fundraising campaign aimed at supporting programs that would improve the quality of education at the Mount.

The new capital campaign called "Learning and Leading" is appealing to corporations, foundations, government, faculty, students, alumnae and friends to help meet the minimum goal of eight million dollars.

On January 29, 1989, Dr. Naomi Hersom made a proposition to the Student Union regarding possible donations by the students to the campaign. If the students agree there will be an increase in Student Union fees.

Money raised during the capital campaign will fund five different areas: The Madame Jeanne Sauve chair for women in science; the completion of the Margaret Fulton Communications Centre, renovations to existing buildings, library acquisitions and computerization, and academic development. The "Learning and Leading" campaign will span five years. The challenge goal is 10 million dollars.

Dr. Hersom requested a variable total amount from students, based on \$5 dollars per unit studied by each student. For full-time students, this would mean twenty-five (\$25) dollars per year. Dr. Hersom broke this amount down to about one (\$1)

dollar a week. She said, "We are trying not to ask for a sizable contribution but one which is fairly manageable." In her presentation, Dr. Hersom stressed the importance of being fair and dealing with the needs of both part-time and full-time students. When making her proposal, Dr. Hersom took these considerations into account: What is a reasonable contribution for students to make? How can there be a sense of representation and ownership on the part of the students? How can administration ensure that an account is given on how the money is being spent?

Dr. Hersom said the money that students put into the capital campaign should be used to fund programs that the students feel are appropriate.

The "Learning and Leading" campaign will replace Project One which started in 1981-82 and is now coming to an end. Project One required each full time student to donate \$10.00.

Students have already been paying \$10 per year, so the projected fee increase would be \$15 instead of \$25.

There were problems with Project One, thus the new campaign. It lasted for too long and the Student Union did not have control over where the money went. Student Union President Paul Card said, "The students bit off more than they could chew," when they committed themselves to Project One. Both Paul Card and Dr. Hersom hope that the mistakes made in Project One will not be repeated.

Dr. Hersom's proposal is a counter proposal to one made earlier by Paul Card. Card's proposal had no increase in the amount of money students would contribute. The commitment, which was originally \$300,000 in Project One, would be reduced to a minimum of \$100,000, over the five year duration of the program. A \$100,000 commitment and a separate scholarship gift of \$20,000 was also included in Card's proposal.

As for the new "Learning and Leading" campaign, Card said that he thought it was a great idea but he personally does not agree with the students paying \$25.00 unless certain concessions are made. Card wants certain

conditions to be met: a) the tuition increase should be limited to no more than the rate of inflation over the entire life of the campaign, b) money from students should be designated in areas where the students feel their money should go, c) the university should eliminate rent for the student union space.

Is \$25.00 too much to contribute to a fundraising campaign? Ultimately it will be up to the students to decide in an upcoming referendum.

With increased enrolment, the need for more research and

community involvement, and the decrease in government funding, a successful fundraising campaign seems to be just what the Mount needs. Dr. Naomi Hersom said, "I think it is an investment in the future, so I don't apologize for asking for money."

As students at the Mount tackle the last stretch of the school year, they are faced with a decision. On one hand, donations could allow funding for many beneficial projects. On the other hand, don't students already pay enough tuition?

HOME ECONOMICS Changing With the Times

by Chris Gallant

The Home Economics department of Mount Saint Vincent University has proposed to change its name to the Department of Human Ecology. After years of discussions by faculty and students, the department has decided to follow the trend set by universities across Canada and the United States. The proposal is still in the negotiation stage, however, and will not effect students graduating in the spring of 1989.

The reason for the name change, both at the Mount and across North America, is to overcome the negative stereotypes associated with the Home Economics title.

"Surveys have determined that the public base their image of a Home Economist on their grade seven experiences," says Alleyne Murphy, chair for the Home Economics faculty at the Mount. "They miss the whole point of the profession if they think solely of cooking and sewing."

Murphy believes that the new name will project a positive image of the interdisciplinary nature of the program with emphasis on the interrelationship between humans and their environment. The degree is primarily concerned with the near environment of food, shelter, clothing, family, and community.

Home Economic students were polled at a recent Career

Day as to their position on the name change. Out of 54 responses, 32 were in favour of renaming the degree Human Ecology and 17 were not. Five students indicated they didn't care either way. Those in favour of Human Ecology agreed that Home Economics created a negative stereotype and that the old name did not reflect the changing scope of the degree. Graduates continue to pursue careers in teaching and dietetics, but an increasing number are finding careers in social service, industry, and entrepreneurial endeavours.

Students who were not in favour of the name change believed that public awareness would quash any negative connotations associated with Home Economics. Some felt the name change was an "unprofessional" move.

The Mount's Home Economics department is one of the last to change its name. Not all universities have changed to Human Ecology, however, Acadia decided the Department of Nutrition and Family Science, although their degree does not include all of the specializations available at the Mount. The University of Manitoba, with the largest department in Canada, did change to Human Ecology. All changes across Canada have resulted in positive feedback from students entering the program and graduates seeking employment.

*The women who made a difference
Les femmes qui ont tout changé*

by Marla Cranston

"Hold on, sister, hold on" echoed through the Rebecca Cohn Auditorium on Friday night as about 800 spectators celebrated womanhood at the LEAF National Roadshow '89, a tribute to "the women who made a difference".

LEAF is the Woman's Legal Education and Action Fund. Founded in 1985, LEAF exists to ensure that the Charter of Rights and Freedoms will be

interpreted in ways that benefit women.

The Mount's Dr. Susan Clark is the chair of the LEAF National Board, which hopes to make the event an annual one. The tour also appears in Toronto, Calgary and Vancouver.

Halifax's rising stars, Four the Moment, started the show. Other entertainers, mostly female, included the hilarious Clichettes, Manitoba's bilingual family band Hart Rouge, Vancouver's talking drums (Katari Taiko), reggae-backed dub poet Lillian

Allen and the heart stopping Buffy Sainte-Marie.

Brilliant comedienne and musician Connie Kaldor introduced the acts and speeches, including one by Maureen McTeer, whose wry sense of humour kept the crowd in stitches. Another highlight of the evening was Marie Clarke, who signed the show, often in time to the music, for the hearing impaired. More details will follow in our Women's Issue, appearing on March 2.

Child Study Centre Offers Adventures

by Jana Kenney

Kissing her mother good-bye, the sandy-haired girl joined her friends in the playroom. With his dad's help, a new boy taped a picture of his dog on the family bulletin board. Jennifer turned to rest her eyes questioning on the paper on the wall.

"You say you love your children - And are concerned they learn today?

So am I - that's why I'm pro-

viding - A variety of kinds of play."

Leila Fagg - Young Children

She was too little yet to read the words but when she got bigger she'd know how. Jennifer laughed at the dog picture and hurried over to an easel.

So begins an adventure-filled day for a child at Mount Saint Vincent University's Child Study Centre - a place where child development is of utmost importance. Ginny O'Connell, supervisor of the Child Study

Centre, says it must be handled carefully.

"Every child has their own time clock allowing development at their own speed," she said, "Rushing one or going too slow for another can affect the child's self-esteem."

O'Connell explained that because of this, teachers are hired with proper early childhood training and the belief in self-discovery learning.

The centre's obligation is to provide opportunities for children to learn in a variety of ways on their own. This is done through children's interaction with teachers and other kids, role-playing, solitary activities, field trips, and guests.

In the playroom, children are exposed to a number of toys, paints, and art materials. A corner of the room is set up as a veterinary clinic one month, a

Florida beach the next. It is changed monthly according to their imaginations. A small library encourages the children's interest in reading. A half-hour "in circle" helps their concentration. Indoor and outdoor climbers improve their physical abilities.

Children gradually develop physically, socially, emotionally, linguistically, and intellectually. As well, they are encouraged to integrate beyond traditional boundaries. Mentally and physically handicapped children play together; cross-cultural holidays are celebrated.

Children's parents notice improved development in their children, says O'Connell. She told how one mother commented on her son's settled behaviour after one week at the centre. Another mother said her daughter looked forward to pre-school

during the week-ends. "She we must be doing something right," joked O'Connell.

The Child Study Centre acts as a source to on-campus researchers in other academic departments. Child Study, psychology, and sociology students have worked with children observed their development. No pressure was put on the children that would hurt their image and parental consent was always given.

O'Connell says that she learned a lot from children. "Above all, the importance of happiness to a child should be recognized. People should be sensitive to their needs and treat them as individuals."

A happy Jennifer would probably agree. Dipping her brush in a container of blue paint she begins to paint a dog on the window.



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MOUNT STUDENTS IN LEVI'S SHOW

by Moira McDermott

Bold, brash, sophisticated, carefree ... whatever the occasion wear denim. That's the attitude expressed recently at the Levi's 501 Fashion Benefit. The hour-long show featured three styles: the carefree "Preppie/Academic", the suave "Sophisticate", and the avant garde "Rebel Look." Mount students volunteered their time as models for the fashions, donated by the Levi Strauss Company, "C'est la vie... Esprit", and City Streets.

"Individual U" was the show's theme, "U" symbolizing both "you" and "university". "You don't always have to wear jeans with a sweatshirt", proclaims Christine

McKinnon, one of the organizers. "You create an identity for them."

Held last Thursday night in Vinnie's Pub, the benefit raised money for the Halifax County Literacy Council. "Literacy creates individuality", says Bill Eisenhower, explaining the relationship between the charity organization and the event's theme. Natalie MacLean joined Eisenhower and McKinnon in organizing the fashion show.

Although held during Winter Carnival Week, it was not planned as a Carnival event. Rather, it is part of a year-long competitive management project for the senior public relations students. Entitled the "Levi's 501 Challenge", the aim

of the national university contest is to market Levi's 501 jeans with the most original and successful methods. The students were approached in September about the project by Christine Reddin, a public relations management professor.

The next promotional project for Eisenhower, MacLean and McKinnon is an essay contest, currently open to high school and university students. Contestants are invited to write a 300-500 word essay based on the or fiction on the theme "The Most Original Thing I've Ever Done In My Levi's 501 Jeans." The deadline is February 1. Entries may be sent to Bill Eisenhower, 1943 Cambridge Street, Halifax, NS. B3H 4B1.

Progress Choking the Rainforests

by Emma Davies-Webb

Dr. Arthur John Hanson challenged the group of Halifax Field Naturalists with a lot of questions last Thursday night as he explained the urgency of the increasing environmental problems in developing countries.

As the small group in the Nova Scotia Museum heard the grim statistics and watched the breathtaking slides, Dr. Hanson asked them to keep one compelling question in mind:

...two thirds of their tropical habitat have been lost already...

"How can we, sitting here in comfortable Halifax surrounded by all the beauty of Nova Scotia, in some way think about the ways that we could be helping people in other parts of the world deal with their environmental issues?"

Dr. Hanson has spent the last 20 years working on environmental concerns, particularly the issue of the increasing environmental destruction in the tropical regions of the world.

He first worked in Asia in 1972 in his scholastic specialty of fisheries management as well as the development of environmental centres at Indonesian universities. He is presently on sabbatical from Dalhousie's School of Resource and Environmental Studies. Having served as its director and set up the Master of Environmental Studies program, he now teaches as a professor.

"Why should we be concerned about environmental issues in the south?" asked Hanson rhetorically. His answer echoed throughout the presentation:

"We want to ensure entire global survival as a whole. We are all linked into this biosphere."

Yet the give and take are far from equal. We demand tropical hardwood for our home's doors but, "probably only one to two per cent of the scientific knowledge funding in the world ends up in developing countries. Most of the knowledge generated nowadays from a scientist's point of view deals with northern countries."

This is not to mention all the wrong things we DO give developing countries. Acid rain is an example of an environmental security issue that no one is in a position to ignore. Hanson gave the example of migratory birds that escape to Central America every year. Costa Rica is losing habitat that has traditionally supported these birds.

"It affects what we will all see through our binoculars 20 years from now," said Hanson. The answer, he proposed, is sustainability. "Development that can be self-supporting, ongoing, and ecologically conserving."

International development investment failures are another huge problem. Environmental concerns are simply not being factored in. And so crippling debts mount helplessly. Hanson explained the bankers must be educated or past failures will inevitably be repeated.

"Foreign assistance plays a very important role," Hanson urged. Future investments need to be evaluated in order to bring productivity up to sustainable levels capable of supporting population.

Brazil, Columbia, and Indonesia are respectively the three richest countries in biodiversity but two thirds of their tropical habitat have been lost already, most of it post second world war. "The 1970's have seen tremendous acceleration of loss throughout Asia," Dr. Hanson said and told the group that the land, up until the post-colonial period, had been protected through tight laws.

But these countries suffered as new nations trying to sort out their regulations, with ever raging guerilla warfare, increasing pressure as sources of timber for Japan and the United States, and shifting cultivation due to growing populations.

Indonesia alone has grown by 50 million in the last 16 years and by the year 2000 is expected to hold 210 million people.

"With the declining price of oil and large debts, Indonesia now gets 15 per cent of its foreign export earnings from timber, so it's willing to cut down the forest at a very rapid rate," explained Dr. Hanson.

Indonesia's government, in an attempt to protect some of its country's unique biodiversity, has set aside 20 per cent of the land as natural reserves and plan to increase its 14 national parks to 40 in the next five years. However, the answer is not so simple. The natives are becoming squatters on traditional land and in their efforts to survive are totally destroying habitat that is clearly posted as park land.

Dr. Hanson showed slides of tropical grasses destroyed for shrimp cultivation ponds and entire slopes that had been burned for the young grass that spurts afterwards. This is needed to feed their goats and cattle, as well as the horses hired to carry tourists.

"Is this the sort of thing that should be allowed to go on in a park?" he asked. "How do you develop a system that allows people to co-exist with the natural resource base that you would expect of a protected area?"

Images of dazzling scenery, tropical plants, colourful birds and marine life flickered on the wall as Hanson explained the problems. The sudden stark

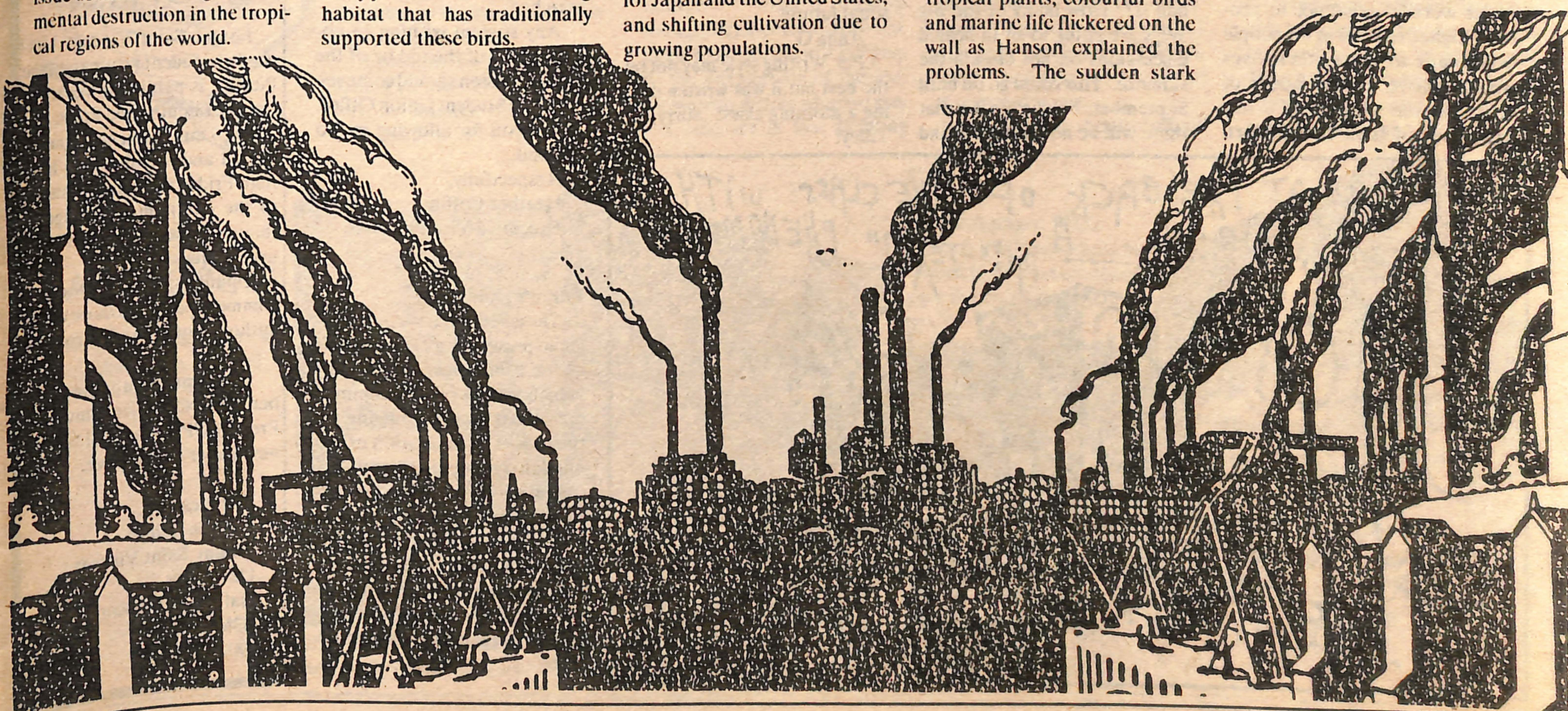
contrast of a natural gas industrial plant amidst all this was arresting. Surrounded by its North American urbanization it defiantly straddles a national park boundary in South East Asia.

"Everything has been built with the intent of long term investment and this is why I say industry has to be viewed as not only part of the problem, but also as part of the solution," explained Dr. Hanson.

...think about the ways we could be helping people...

The solutions seem as complex and interconnected as the problems themselves. Funding is mandatory. But so is environmental education, not only between institutions but more of a local sort of linkage. He suggested concerned citizens span the gulf and on exchange programs share knowledge of park management.

What's in it for us? We help ourselves while we help them. The understanding alone is invaluable. Hanson smiled: "For anyone who hasn't seen a tropical eco-system, you truly haven't seen the world."



"Mission"

To the Editors:

After reading your editorial February 3rd, I respond by stating that I am disappointed. The article written was, (I quote Ms. Gardin from an editorial response in the same issue) "not researched and invalid." The article leads readers to believe the "Student Union's new and revised constitution" did not include the Mount's mission statement. Correct me if I am wrong, but since the Union's conception, there has never been a constitution with the mission statement of the university included.

As the chairperson of the Constitution Committee allow me to define and clarify. In de-

fining the Mount's mission statement, I quote our calendar page 11: "Mount Saint Vincent University is concerned primarily with the education of women. It provides a strong liberal arts and science core and selected professional disciplines. It is dedicated to promoting academic excellence and an environment characterized by a Catholic tradition and a high degree of personalized education." For clarification, the Student Union constitution states, "The objectives of the Union shall be: a) to promote educational, literary, artistic, religious, social, recreational, and sporting activities for its members and others. b) to act as the official organization of the students at Mount Saint Vincent University, and c) to co-ordinate, promote, and direct the activities and services of the Union subject to the rules and regulations of the Univer-

sity." Also stated in the preamble, "The Union shall work in joint effort with the University to ensure that the freedom and policies of both groups are mutually respected."

The "new and revised" constitution is not finalized. It did go through committee, it has yet to be passed through Council and it has yet to go to a referendum where the student body will vote on it. The revised constitution does have changes made to it. For example, the last statement I quoted is removed. The committee is proposing to make revisions to the aims. Such as: "The Union and any organization under the jurisdiction of the Union shall not discriminate on the grounds of race, colour, sex, religion, sexual orientation, political orientation, or ethnic origin, and the Union shall foster an understanding and respect for the philosophy of

Mount Saint Vincent University." Other major changes include adding a Speaker (a chairperson) and an Internal Vice-President. the Constitution Committee is also proposing to change the Union fee structure. As it stands now, all full-time students pay \$100 and all part-time students pay \$1.00 per half unit. The committee proposes that the fees be set on a per credit basis. Here, all students will pay \$10.00 per half credit to the limit of five credits. Watch for the changes in the next issue of the Picaro, your understanding of the constitution is important. As quoted in Ms. Gallant's editorial from February 3rd, "I was under the impression that these student leaders were supposed to represent the students." Your impressions are correct. These students, being the members of Council and myself as an executive member of Council... if I am not representing the students as you feel I should, please tell me and I will step down from my position so that people will be represented through another person. However, I have the confidence in myself to say that I am all students to the best of my ability.

I am not sure who informed you about the revised constitution, if you went through the proper channels to receive your information, I probably would not be explaining myself as I am today.

As I began my letter I will end by saying I am disappointed. I am disappointed that your editorial was not properly researched.

Any student wishing to obtain a copy of the old or of the revised version should come see me in the Student Union Office. Thank you for allowing me to respond.

Respectfully,
Heather Coffin
Executive Vice President

Editor's Note:

The co-editorial was not written to personally attack the chair of the committee, or any individuals sitting on the committee. It was merely bringing up the lack of consideration of the mission statement in the revised constitution. Whether the mission statement was in past constitutions is of no relevance. The fact that it is now being considered, due to its unexpected publicity, supports the entire purpose of suggesting it in the first place.

Strike

To the Editors:

Hey students!! Time for action, because our future is on the line.

Did you hear about the strike vote? (Do you know anything about the talk of a strike?) Well, 83 per cent voted yes to throwing the students' future in the toilet and have their hands on the button that can flush it. How does that make feel? It makes me sick!

I always thought that universities were in existence to provide higher education for people who want to better their lives and to move up the ladder of life. People who spend a few years out of their life to learn

and use the knowledge for progress. These people are generally referred to as students. Why are the people (students) who are the reason for universities existence, the ones who are the most affected by a strike? That doesn't seem right to me.

Let's all stand together and tell these fuckers to make sure their priorities are straight in their negotiations. Don't let them use the threat of affecting the people who plan to graduate in May being held up until December. Face it, if the strike goes through and doesn't end before April 7th, do you think they will be under as much pressure to end it? How many of the Big Wigs are going to sit in heated discussions on hot days in the summer. This could go on until September. Maybe the fact that there will be no enrolment and

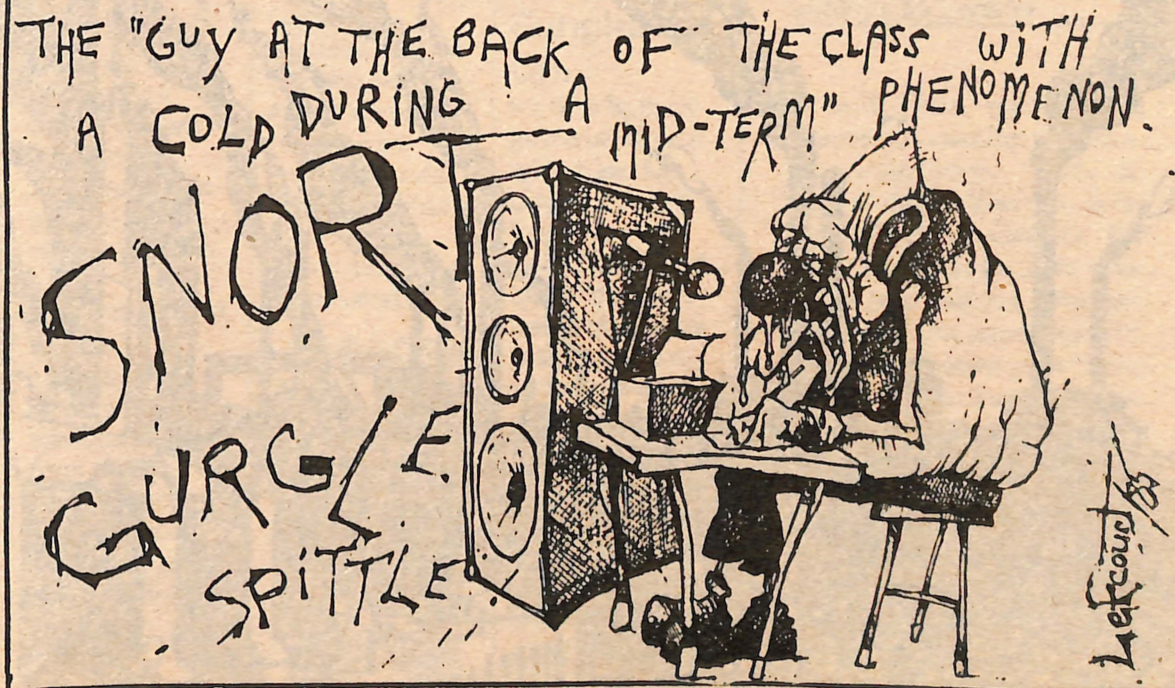
no reason for them to work here will put the fire under them to reach a settlement. But this will only come about if they are inconvenienced and affected by the outcome.

The fact is they don't give a damn about the students. Don't sit around and wait for it to happen. Let's learn off of DAL's mistake. They reacted after the strike started, let us prevent the strike!! Let's start knocking on Student Council's door and see what they are doing and give them ideas to help prevent all this.

Wake up to what is happening. Don't let it affect your personal future!

Anna G.

P.S. Writing style may not be the best but it was written during a morning class! Sorry, R. Tilley!



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Student Reaction

As expected, Student Union President Paul Card has a lot to say about the impending strike. We'll let him tell you himself:

"From the student union vantage point, it seems that the administration is doing its damndest to hold a strike off as long as possible and the faculty association is doing its damndest to have a strike as soon as possible - I think that both groups should get their acts together and work on preventing a strike by reaching a mutual agreement.

"Over the next several weeks, if negotiations look like they're not improving, the student union will begin mailing out 'request for transcript' forms to all the students on co-op work terms. If a strike is going to occur during the summer, this will mean summer students have the opportunity to attend university elsewhere, thus not endangering their courses.

"I'm sure I'll think of a couple of other things as time goes on...like maybe binding arbitration!!!"

Lambert & James

To the Editors:

I was greatly saddened to hear that the student council had voted to allow Lambert and James to play at Vinnie's again this year. Ever since Plato banished the poets from his Republic, human beings have reflected on the impact of the songs we sing and the words that inspire us.

When I was a student, my friends and I spent many nights going to concerts and pubs to listen to Parachute Club and some of the many terrific reggae groups working in Toronto. We danced and sang and sometimes drank too much. But we also were doing something else. We were participating in a celebration of the soul because the groups we chose to listen to sang about the end of apartheid and about a world without war. They sang feminist songs about a world where women aren't afraid to walk down the streets, where they also aren't afraid that they will be beaten in their homes. The hundreds of people who celebrated at the LEAF road show last week know that this tradition in Canadian music is strong and alive.

Lambert and James have been banned by a number of university campuses because the students at those campuses find their music racist, sexist and homophobic. I've always found that the song you're singing says a lot about who you are and what you do. Lambert and James are mean-spirited low-life. They sing a sad song about a morally bereft world. Other bands sing about human liberation and how the spirit can really take flight. Now that's what I call a good time.

Deborah Poff,
Women's Studies Dept.



Conference Congratulations

To the Editors:

I would like to take this opportunity to commend those in the Business and Marketing Societies who worked very hard to produce such an outstanding conference on February 1st.

For those who did not attend, allow me to tell you that you missed something BIG, perhaps the event of the year. I learned, as I am sure did many others, from the high-calibre speakers in attendance.

Rear-Admiral Porter, Alexander Aird, Ron Oberlander, Stephen Lewis, and Jean Chretien all provided us with thought provoking comments, amusing experiences, and their views on what a leader must have in order to succeed in the 1990's.

We learned it is important to accept failures, and try again; that there are several types of creativity; that women tend to be better leaders; and that if all else failed, there was a future for us in politics.

Problems (if there were any?) were obviously handled with ease, for they were certainly not apparent from the audience's point of view.

The theme of Leadership in the 1990's is even more appropriate, now that I look back. It is evident that we have leaders (the organizers of the event) right here at the Mount. My Congratulations!

Steven L. Harroun
1st year BBA

Cayley's Advice

"Most of what I really need to know about how to live and what to do, and how to be I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sand-box.

"These are things I learned. Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Live a balanced life. Learn some and think some, and draw and sing and dance and play and work every day some.

Think of what a better world it would be if we all had cookies and milk about three o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations always to put things back where we found them and cleaned up our own messes. And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together."

Freedom to Read

by Paul Paquet

The books you read may be disappearing. Every year books and magazines are carefully scrutinized by groups determined to shield the public from works they consider offensive.

"Freedom To Read" Week, from February 17-24, is an effort to counter this growing censorship.

According to a spokesperson for the Book and Periodical Development Council, "The suppression of reading materials is suppression of creative thought. Without creative thought democracy will become extinct and people will fall prey to the dictatorship of the few. Those who dictate what we may not read are in fact dictating

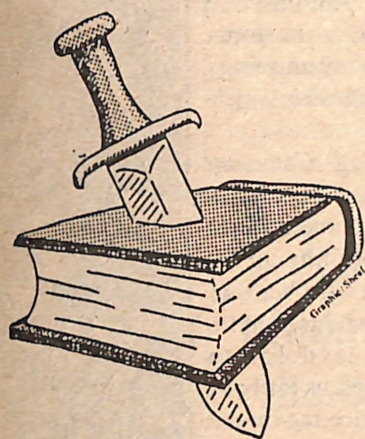
what we shall read."

Among the books frequently under attack are William Golding's "Lord of the Flies," for an alleged bias against tribal people and the use of the word "nigger" once. Canadian works such as Margaret Lawrence's "The Diviners" are also in the list of threatened books.

While some books offend

through explicit sexuality and profanity, others do because they offend someone's politics. Many "right wing" books have been lobbied against.

"Freedom to Read" Week is also peripherally concerned with censorship issues in other media, such as the labelling of rock records and the attempts to ban controversial movies.



VOX POPULI

Do you think Lambert and James should be allowed to perform at the Mount?

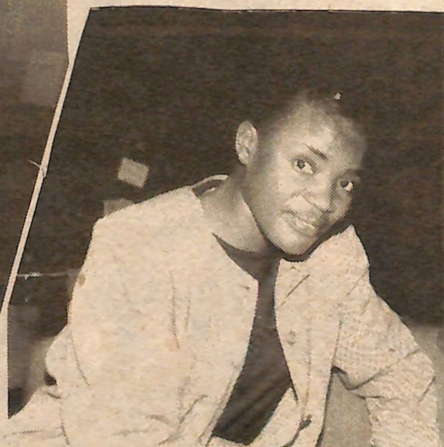


Alf Blanchard, BPR
"Sure. They're funny as hell."



Angela Trainor, BPR
"Yea! They're a riot. Sure they're a little crude, but I didn't find them offensive. Plus, they play some really good music."

Nellie Aginger, BHEc
"I don't think we should be a promotion base even though people are entitled to their own views."



Bill Giffin, BBA
"Yea, sure. If you find them offensive then don't go."

Diplomacy vs. directness: Stephen Lewis

Stephen Lewis, former Canadian ambassador to the United Nations, illustrated why forthrightness is an essential leadership quality. He admits that diplomacy and directness can mesh, but claims that often a direct confrontation is the only way to make progress. "Diplomacy strangles and obscures meaning," said Lewis. "Be direct."

While working at the UN, an organization standing for freedom and equality, Lewis, a self-proclaimed feminist, was astounded at the microscopic proportions of female appointments. Instead of being diplomatic and not making waves at the UN, Lewis insisted that more women be advanced in the UN ranks. Before he left, there were three female undersecretary generals where there had been none before.

Lewis feels that leaders of all nations should be more forthright concerning world issues. He commended Norway's Madame Gro Harlem Brundtland for deciding consciously to jettison diplomacy on the global issue of the environment. She wrote a book and travelled from country to country, telling other lead-

ers, "You are responsible for despoiling the environment and putting the world at risk."

Offering some different advice to students, Lewis said, "Take a chunk of your life. Volunteer for some of the great causes of the world. One need not be so bloody self centred."

Lewis wishes that more world

leaders would show a social conscience and a willingness to get involved in "the indelicate intrusion in the internal affairs of other sovereign states."

The world united takes a stand on very few issues. While condemning the Soviet occupation of Afghanistan, said Lewis, "the world watched for eight years

while the carnage went on between Iran and Iraq."

More candour should be used in regard to international trade as well, said Lewis. He said that large trading blocks are satisfying the multinational corporations, yet excluding developing countries which depend on trade for their economic recovery.

Currently employed as a guest lecturer at the University of Toronto, Lewis' immediate plans are to fly to Japan shortly to encourage trade with and aid to third world countries. There's a good chance he'll be direct.

"It's terribly important to treat people decently and humanely...it's equally important to speak directly."



by Marina Geronazzo

Everything from the ing leadership style with Canadian Forces to global decision making was addressed at this year's MSVU Business Society Conference held Wednesday in Rosaria C. Leadership - Skills and for the 1990's offered a

Forces of change: Admiral H.T. Porter

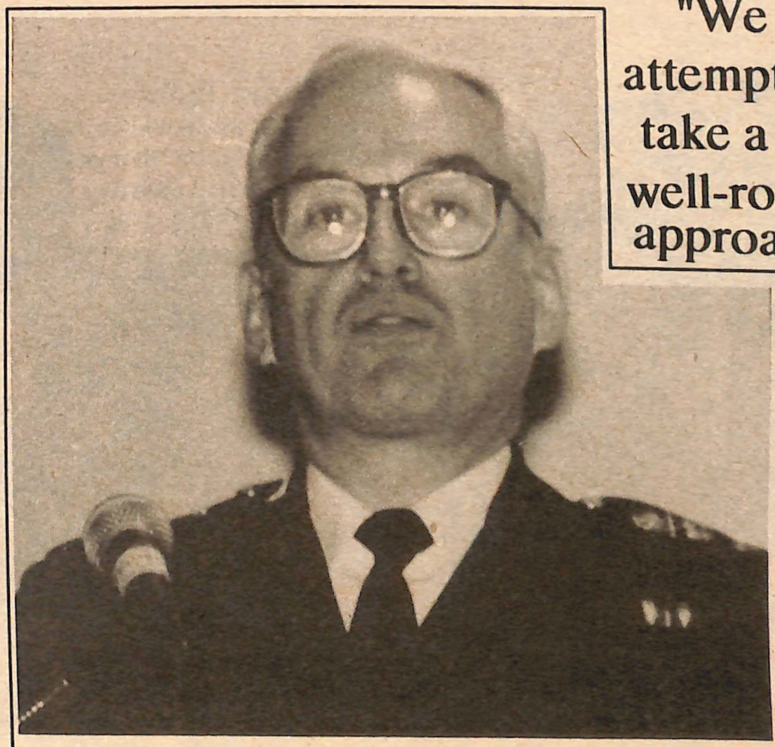
Admiral H.T. Porter, of the Maritime Command explained how the Canadian Forces has drawn from the experience of business in order to keep pace with changing times. "Business has discovered that when the only thing that counts is the bottom line, and whatever means are used for the sole purpose of that end, a lot of costly mistakes are made. Bottom line thinking doesn't account for moral and ethical considerations. It's a cancer to the profession. With the Canadian Forces we are attempting to take a more well-rounded approach to decision making and understand that there is no 'one way' to do anything," he said.

Admiral Porter stressed the need for leaders to develop a relationship with those they work with. "It's imperative that leaders treat their subordinates with respect and that two-way communications is encouraged at every level. The relationship must be based on trust, loyalty and commitment. Leadership is

a learned skill and something that can always be improved upon."

With increasing numbers of women entering the Forces, he noted the change in leadership style that the Forces has had to adopt. "Female officers offer a less aggressive approach to lead-

ership. They think and react differently to different situations than the men. It's true that women are often more emotional than men, but their emotions cannot be looked upon as a weakness. It's simply a difference and something we have to convince the men of."



"We are attempting to take a more well-rounded approach..."

Creativity - a key to the future

Ron Oberlander, executive vice president of Abitibi-Price Inc., believes that, "...the doom and gloom that many university grads believe lies ahead is largely unfounded."

With an aging Canadian population Oberlander foresees a changing market and a world of opportunity opening up for graduates. "It's a sure bet that the government will grab more and more of your tax dollars to support pension plans for baby boomers. The price tag on the health care system will skyrocket and baby boomers will also have the political clout to make you pay. However, baby boomers will also make up the largest portion of the consumer market. So it pays to get to know your parents, their friends, your professors... They're the ones who are going to be buying if you've got the right thing to sell. Creative thinking and an entrepreneurial approach will be the hallmark of leaders of tomorrow," he said.

Oberlander also discussed the need for graduating students to select their first jobs carefully. "You should approach the interview as if you are interviewing the company - not the other way around. Be visionary. Look



and Traits for the 1990's



line up of speakers throughout the day.

With some 350 people in attendance, organizers were pleased with the turnout. "We made a mark in the business community, proving that MSVU can deliver a high calibre conference, with the business community in attendance. It offered something for everyone," said Paul Carroll, MSVU Business Society President.

Honorable Jean Chretien, former Liberal MP and keynote speaker for the conference, delivered a light hearted and well received speech. Chretien stressed that leaders in all areas must consider the long term implications of their decisions.

"Too many people think of short term solutions to problems. And I don't like it," he said.

Chretien addressed the issue of the French/English dispute over language rights. He views the dispute as a threat to Canadian unity. "A devolution of

"Too many people think of short term solutions to problems."

power will lead to some provinces being English and a Quebec that's French," he said. "You no longer have a Canada. You have two separate nations and I'm against that.

"We're losing sight of where we're going in Canada as a country. We haven't reflected enough on the consequences of decisions being made. If we really want to remain Canadian, we have to preserve the progress we've made

and continue with the progress," he said.

Chretien stressed how Canada is viewed internationally and how we must continue to build on this positive reputation. "We live in a very blessed country. We are the envy of the world. When we look at the quality of our life and our country - you can't beat Canada. And that's why we have to take the long view."

Chretien sees a change in many areas of Canadian life as a result of women becoming much more a part of business, politics and other areas. "We will be confronted by issues because women will bring them to the table - and that's important." He sighted environmental issues and social service programs as examples.

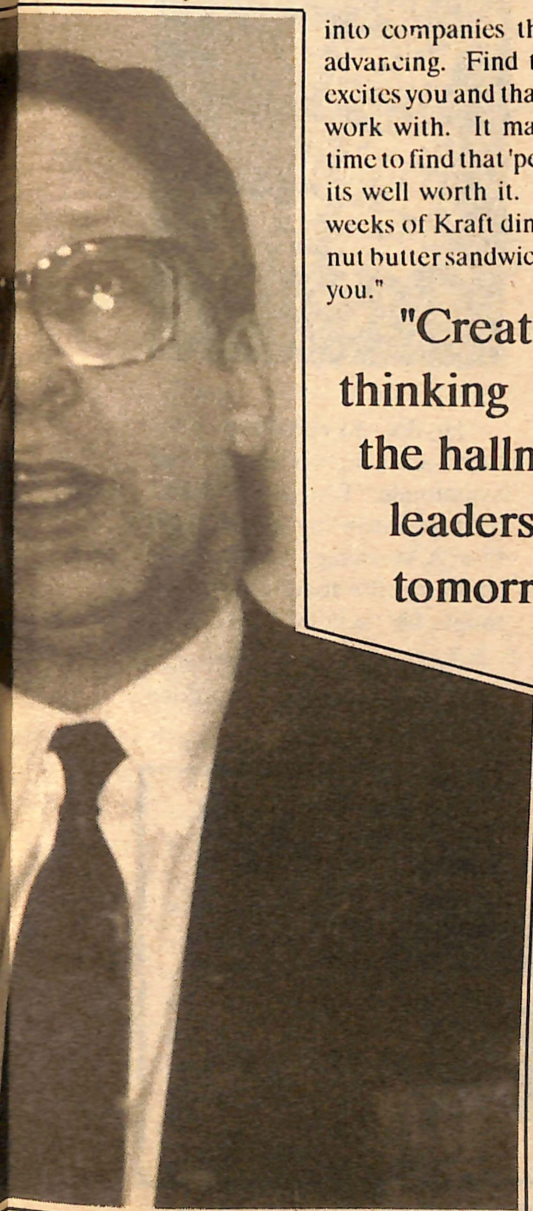
Although Chretien has seen an increase in the number of women involved in the political decision making process in Canada, he pointed out that we are far from a male/female balance. "The problem with women is that they don't try hard enough in politics. Politics is a rough field and you've got to stick it out if you want to get anywhere. Don't try to get in just because you are a woman, try to get in because you are the best."

As far as future leaders for Canada, Chretien said, "You need more people to speak out about Canada. People seem to be shy to speak up. There are still a lot of people who need to understand what a great country we have and that we need to keep it that way.

We can't keep what we have unless everyone believes that it's important."



future: Ron Oberlander



into companies that might be advancing. Find the boss that excites you and that you want to work with. It may take some time to find that 'perfect job' but it's well worth it. A few more weeks of Kraft dinner and peanut butter sandwiches won't kill you."

"Creative thinking will be the hallmark of leaders of tomorrow."

"Leaders must recognize not only the fundamentals of business but also understand the external world..."

Identifying leaders: Alexander Aird

Alexander Aird, senior partner of Touche Ross & Co. Management Consultants, identified the explosive technological change, increasing recognition of women in Canadian business and global economic interdependence as controlling forces for future leaders.

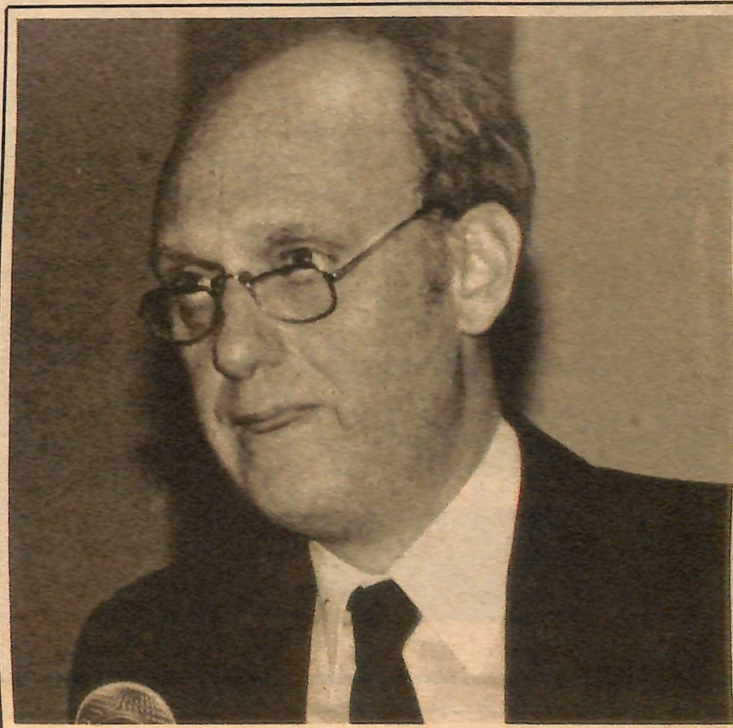
"Knowledge and capital will grow to be the centre of business. We will see a massive restructuring of industry in order to accommodate these changes. In many areas, knowledge and capital will replace labour as organizations become more information based rather than

managerial based," Aird explained.

"Research has it that women are more sensitive, analytical, thorough and able to get on with the job at hand," said Aird. "Those are the qualities that are necessary for future leaders and businesses are realizing this."

He explained that global economic interdependence is an increasingly important issue for future leaders to consider. "In order for Canadian companies to survive they will have to compete globally. Unfortunately, Canada is not prepared for cultural differences that exist between countries. Time must now be spent on international affairs and language skills in order to ensure companies will be competitive."

Aird stated the need for a complete approach to decision making. "Leaders must recognize not only the fundamentals of business but also understand the external world out there and how all of the drivers of change influence business."



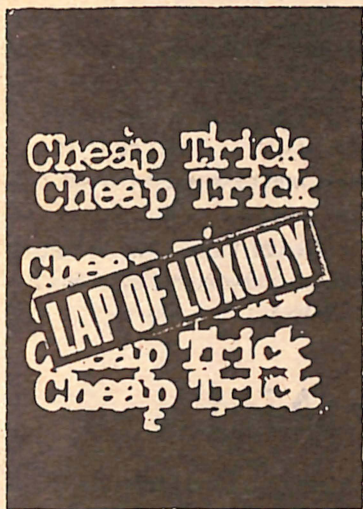
IN THE LAP OF LUXURY WITH BONA FIDE MONEY

Cheap Trick/Eddie Money rock Metro Centre

by Karen Seaboyer

If last night's concert was any indication, you don't have to be a rock 'n roll legend to endure over a decade of ups and downs -- and still come off as significantly successful. (That is, as long as you're not Canadian.)

Both Cheap Trick and Eddie Money -- artists from "over the line" -- have gone through some pretty dark stages, but made powerful comebacks with their current album releases and present cross Canada concert tour.



In their second performance of the westward trek, Cheap Trick produced a lively, ear-pleasing (splitting?) representation of albums to date, focusing on the recent *Lap of Luxury*. Without dating as far back as *Speak Now Or Forever Hold Your Peace* and *Elo Kiddies*, the set covered a wide spectrum of songs from *All Shook Up*, *Dream Police*, *Heaven Tonight* and the live album that put them on the map, *At Budokan*.

On Cheap Trick's self titled debut of 1977 the sleeve copy indicated, "If Lon Chaney is the man of 1000 faces, Robin Zander is the man of 1000 voices." Although the soulful *Voices* was neglected in Tuesday night's repertoire, Zander's vocal abilities cannot be denied, especially those

**"Robin Zander
is the man
of
1000 voices."**

high notes in *Ghost Town* and *The Flame*. With as much ease, he belted out *Clock Strikes Ten* and *Auf Wiedersehen* -- rather unexpected of the ethereal blond's delicate stature that drifted across the stage all evening. As well, bassist Tom Petersson must be credited for the very "bassy" *I Know What I Want* -- a major contribution on the *Dream Police* LP.

Petersson recently returned to the Cheap Trick scene after an unfruitful solo attempt. Lacking an original cornerstone, the band also appeared to slide in his absence.

As a live act, Rick Nielsen's zany stage antics, extravagant collection of bizarre guitars -- including one with five necks -- and his constant flicking of guitar picks into the audience stand for trademark Cheap Trick concert fare.

It was exactly how I expected, with cuts like *Surrender*, *I Want You To Want Me*, and *California Man*, bringing back some very fond memories. (You're getting this from someone who dressed up as a Dream Police-woman for a high school costume bash. My father's RCMP cap -- enveloped in white cloth -- hasn't been the same since.)

**Rick Nielsen's
zany antics --
trademark
Cheap Trick
concert fare.**

On the other side of the coin was "very special guest" hard rocker Eddie Money. With four gold albums and three platinum to his name, Money hardly cashes

in as just "an opening act". Instead he contributed double feature quality to the show.

Giving an enthusiastic performance of *Two Tickets To Paradise* -- which lifted the crowd to its feet instantaneously -- he followed with *Walk On Water*, my favourite *Take Me Home*

Tonight and Love In Your Eyes from recent album *Nothing To Lose*. The only disappointment in the set was the distinct absence of *Baby, Hold On*. Last night was the first time in 12 years the song was omitted.

**Eddie Money
hardly cashes in
as just
'an opening act.'**

"Actually, we were trying to make an adjustment from last night in Moncton," explained drummer Glenn Symmonds, "where they just didn't respond to it. We thought maybe it wasn't a big hit up here."

Before the 1976 release of *Life For The Taking*, which included *Baby, Hold On* and *Two Tickets to Paradise*, Money

signed with promoter Bill Graham; well known for his work with several popular artists. Until then he was Eddie Mahoney, the New York Police Department employee by day -- small time rock 'n roller by night.



Today, fatherhood of eight months has altered Money's lifestyle significantly. With a serious history of drug use including an overdose, the responsibilities of being a daddy influenced a change.

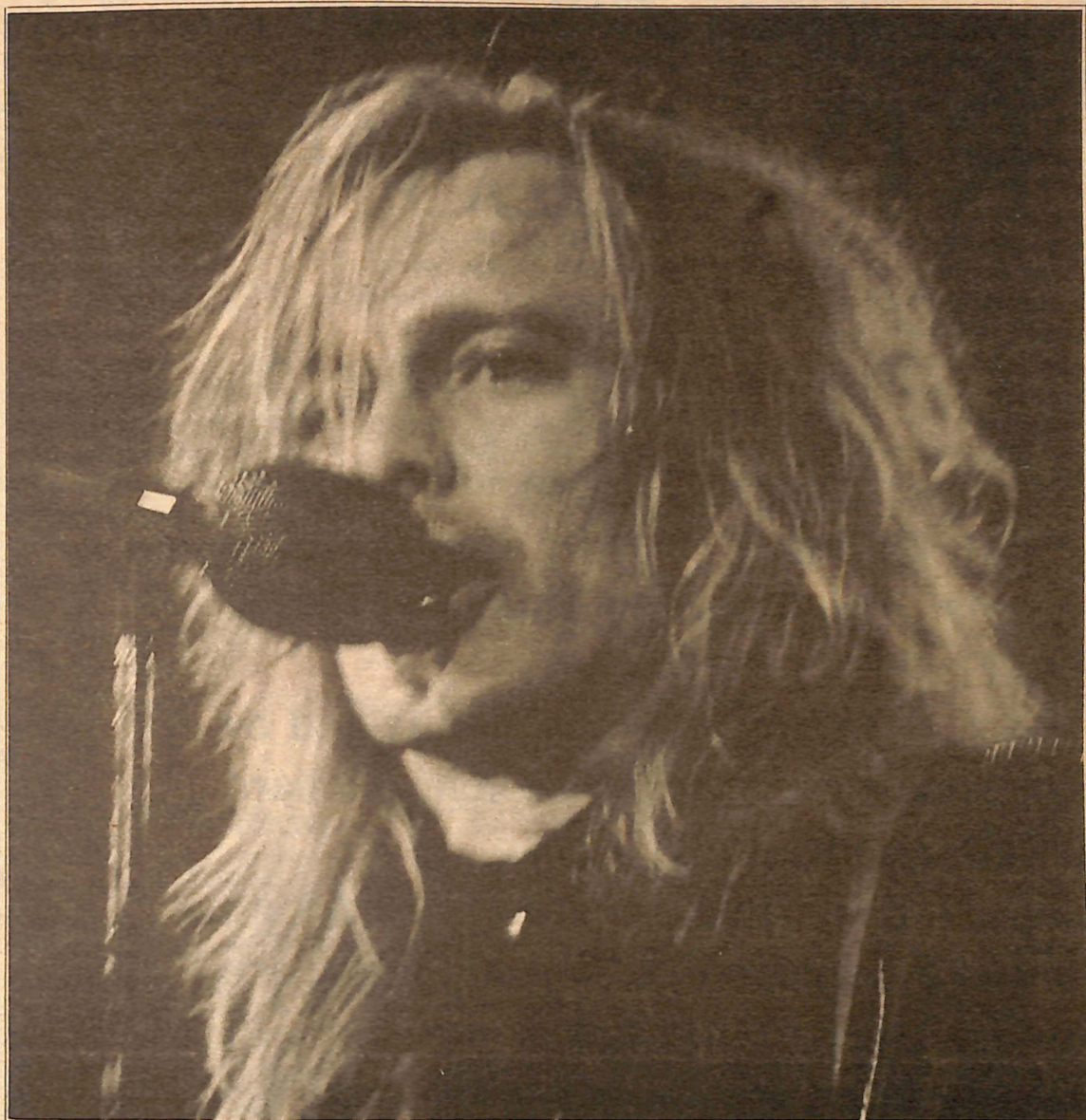


"He doesn't want to be a father fucked up on drugs," said Symmonds. "Tonight he walked offstage, into a limo and straight to an AA meeting. A high school friend on the road with us arranges for them in every city."

How's that for real Money? No impostures here: both shows were great.



arts & entertainment



Cheap Trick's Robin Zander croons to an extremely receptive audience while kicking off the band's cross Canada tour with Eddie Money. The video for Cheap Trick's recent release *Ghost Town* was filmed in Vancouver last summer.

Art Show to display hidden talents

by Lisa Dower
and Gina Combden

The Mount's Art Gallery is holding its 15th Annual Community Art Show, which allows students and members of the community an opportunity to display their hidden talents. This year gallery staff, with the help of public relations students, are making a special effort to attract more student talent to the community show.

Janice Anthony, gallery office manager says, "This isn't a show where their works are being judged. We want to eliminate any uncomfortable feelings students have towards the gallery."

Approximately 50 works have been entered in the show. These works have all been designed by members of the Mount community. Throughout the exhibition there will also be lunchtime talent shows, where students who have entered will display their hidden abilities.

Anthony hopes to see a large number of student spectators, as well as student participants. She says, "everyone is welcome at the Gallery." She continued

to say that a main goal of this show is to generate further student interest in the university gallery.

To be specially featured this year are memorabilia from the class of 1939. Included in the display will be portraits of the grads, archival photographs of the Mount campus and Halifax, music from the era, along with a full-page newspaper display and examples of fashions of the day. Videotapes of conversations with alumnae and film footage of news events of 1939 will also be available for viewing.

The opening reception will feature the Mount drama society, which will present a preview scene from "The Rivals." The play, an 18th century Restoration comedy by Richard Sheridan, is one of the classics of the English stage.

The Community Art Show is opening February 9th and will run to February 19th. Any questions about the show and scheduled events can be directed to the Art Gallery. Check next week's Picaro for details on the exhibitions.

Jah, Rastafari!

by Marla Cranston

While walking down the steps to the Flamingo Cafe and Lounge on Tuesday night, anyone could guess that Burning Spear was not about to put on an ordinary show. It was to be a celebration of the Rastafarian spirit.

The concrete grey hallway came alive with long strips of green, yellow and red computer messages, proclaiming "Jah Rastafari", "Chant down Babylon" and "One Love - One Heart". Inside, anticipation was thick in the air, along with the smoke.

Burning Spear, decked out in his wool Rasta cap, closed his eyes throughout the performance and his body never missed a beat. "Do you remember the days of slavery?" he wailed. The provocative lyrics wouldn't allow listeners to get completely swept away by the earth-shattering bass and manipulative rhythm. The words intruded upon the dancing ritual, enriching the whole experience.

Completely at ease, Burning Spear looked as though the

crowded lounge was as natural to him as a jam session at his favourite Jamaican watering hole. All that was missing was smooth island rum, sunshine, palm trees and a warm breeze. Some people swore they could almost hear the Caribbean splashing against a sandy shore. Burning Spear conjured up images of a culture and spirit that, unfortunately, most Canadians will never truly know or understand.

Winston Rodney, the man called Burning Spear, was suddenly onstage with his nine piece Burning Band. It was quickly obvious why the band is regarded as the top reggae act performing today and why it was nominated for two Grammy awards.

For over 20 years, the band has continually produced albums that represent the best of Jamaica's heritage. Born in the same town as Bob Marley, Burning Spear has influenced and toured with bands such as the Police, the Talking Heads and the Clash.

Within minutes, the dance floor was packed as tight as

possible. The crowd was soon mesmerized by the island rhythms. Each dancer bobbed and swayed, oblivious to any-

thing but the music. Even the musicians were completely wrapped up in their own instruments yet somehow came across

as a unit, completely in tune with each other. The brass section added a jazzy sophistication to the traditional reggae roots.

Get amused by LAMBERT & JAMES



Vinnie's Pub, 3:30 - 6:00
Friday, February 10 wet/dry

THE RIVALS

Cloaked in the elaborate costumes of 18th century England, players from the Mount Saint Vincent University drama society present Richard Sheridan's play **The Rivals** on Thursday, Friday and Saturday, February 9 to 11.

The production, with a cast of Mount students, is directed by Caitlyn Colquhoun. Costumes were designed by Rachelle Richard and constructed by Marie Kelly and Rachelle Richard.

Performances are scheduled for 8 pm in the multipurpose room, Rosaria Centre. Tickets are \$4 for students or \$5 general and are available at the Mount Art Gallery or at the door.

The Restoration comedy is one of the classics of the English stage. The play's witty dialogue paints a vivid picture of fashionable English society in the late 1700s.

"It's a delightful look at one man's Machiavellian schemes to win the lady he loves," said Colquhoun, "complete with hidden identities and feminine wiles."

Mr. and Mrs. Smith of Halesham, and Aunt Everard, Francis Torond, 1777

Baroque music marathon an experience

by Dean Bradshaw

My Aunt Mary is no music lover. She described the only symphony concert she'd ever attended like this: "They played, we clapped, they played, we clapped, they played and we clapped, then it ended. It was all the same thing, over and over."

During a recent concert given by Symphony Nova Scotia, at St. Paul's Church, I suddenly remembered Aunt Mary's experience. I don't know what music she heard,

but we listened to a near-marathon of baroque music, almost all of which was played by a small string orchestra.

The problem lay not so much with guest conductor Ermanno Florio, but with the lack of variety in the repertoire chosen. Given his reputation for older music, resident conductor Georg Tintner would likely have offered performances demonstrating the contrasting styles of the five composers represented. Under Florio's direction, the

works by Purcell, Telemann, Handel, Corelli and J.S. Bach gradually assumed a disheartening sameness.

One of the afternoon's highlights was Chantale Boivin's spirited performances of the Telemann **Viola Concerto**. Under Florio's direction, the orchestra provided secure accompaniment which neither drew attention to itself nor from the soloist. Had the central slow movement started with less intensity (and volume from the

orchestra), there might have been greater contrast between this introspective andante and the faster movements which surround it.

Lack of contrast was clearly the problem with the entire concert, which consisted almost entirely of concerti grossi or concertos for one or more soloist. Florio's faster movements all seemed to move along at the same clip -- even the ritards at the ends of movements became all too predictable. The slow

movements were never lethargically paced, yet no movement made any lasting impression, be it of grandeur or sobriety.

After the intermission I started thinking about other string orchestra repertoire I'd prefer to hear and my happy thoughts of music by Elgar, Dvorak, and Stravinsky really prevented me from listening to the program's subsequent concerti.

I'm just glad I didn't invite Aunt Mary to this concert.

Mount Volleyball Team Getting Even Better

by Marcel d'Eon

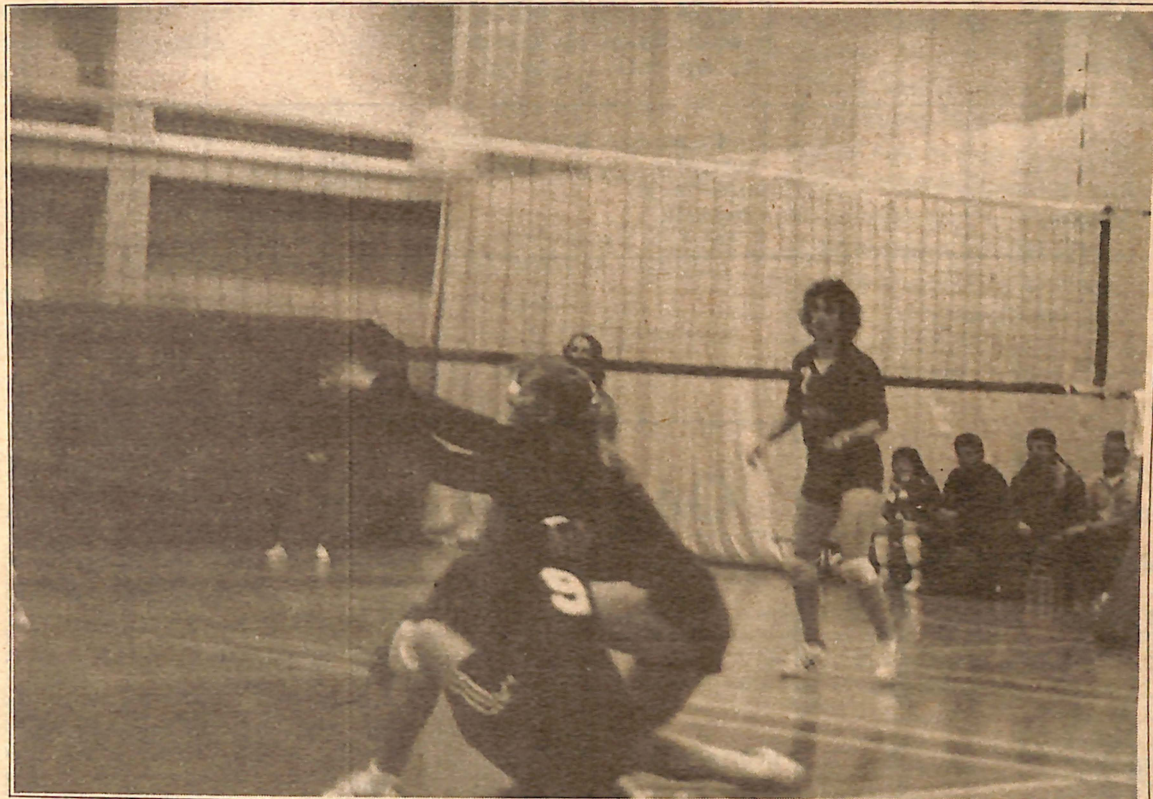
This past Sunday the Mount volleyball team won yet another NSCC Tournament, winning three straight matches in the process. The Mystics defeated TUNS 15-0, 15-4; UCCB 15-9, 15-12; and CCGC 15-1, 15-1. This gives the Mount a spotless 11-0 record over its intercollegiate league rivals.

So far this year, the Mount volleyball team has made a practice of rolling over its opponents. The team has few, if any, weaknesses and shows no signs of stumbling. "The team played very well," said Mount coach June Lumsden, who added, "They are improving each time out."

Mystics team captain Kathy Lamey pointed out that the Mount went into the tournament full of confidence. However, she adds that her team was aware of the dangers of being

too confident. This was certainly not the case the next day as the Mystics took part in a Senior A Invitational Tournament. The Mount team managed to get to the semi-finals before losing to the Atlantic Aces.

Lamey does not think the loss (which does not count in NSCC standings) will hurt the Mystics. "We played against a number of excellent Senior teams from the Halifax/Dartmouth area, so it was a good chance for our team to gain experience," she says.



Mount Women's Volleyball coach June Lumsden sees her team improving as the season progresses.

Be Your Own Valentine for Heart Month

February is Heart Month - a time when Heart Fund volunteers canvass to help improve odds against Canada's number one killer -- heart disease and stroke.

According to the Heart Foundation, there is a 44 per cent chance that each Canadian will die from cardiovascular disease.

At the same time, there is hope. Because of progress made by medical researchers in the last 25 years, 20,000 deaths are prevented each year in Canada. In that time, the incidence of heart disease and stroke has declined sharply - by 36 and 50 percent since 1955.

Much of this progress is due to Canadian advances, including pacemakers and open heart surgery. Improved cardiac care, better stroke prevention methods and more widespread public knowledge of healthy living habits have also helped improve the odds.

Much remains to be done, however. Research funds are urgently needed. Medical researchers must determine the causes and prevention of heart attack and stroke to improve the care and rehabilitation of victims.

The Nova Scotia Heart Fund has set this year's provincial

campaign goal at \$1,075,000, earmarking 69 per cent of that money for research and another 19 per cent for comprehensive public and professional education programs.



Cross-Court

by John Doody



Well, I'm back. Call it a cop-out if you want but I missed last week because I was sick. Most of you will probably understand because the dreaded flu bug seems to be nipping at everybody's nose lately. For those who don't have it, beware! Believe me, it's no fun at all. And as my mother would say ... Wear a hat!

For those following the inquiry concerning Canadian weightlifters and the use of steroids, I couldn't help but question the judgement of one of the coaches when asked why he submitted his own urine for an emotionally upset weightlifter. His reason for doing so was that he thought the weightlifter would commit suicide if the test proved positive. So the guy switches his urine for the athlete and in the end they both get caught. Real smart, huh?

I did some research on these steroids and found out some things you may or may not know. An important observation I noted is that nobody seems to be able to predict who will be more severely affected by the side effects. Just a few of these are male pattern baldness, loss of sexual desire, promotion of acne, sleeping disturbances and nightmares, explosive hostility and loss of inhibitions about further drug use. Some of these occur during the use of steroids and some will occur after the drug is discontinued. Prolonged use induces tolerance - the dosage or the number of kinds of steroids used must be increased.

Another concern is the damage it can do to the liver. I remember when the Ben Johnson thing had broke, medical experts were saying how prolonged use could have harmful effects on the liver. What happens is that the liver tries to deactivate the steroids and therefore overworking the organ can impair its function. Waste accumulates which results in jaundice. Fifty per cent of steroid users experience liver problems.

With all of the terminology put aside, it seems that steroids have invaded many of the competitive sports that we enjoy. Athletes are willing to trade any future concerns for immediate gains. Dealers prey on an athlete's weakness in his/her own confidence. And now there will always be the uncertainty in sports. If somebody wins, the question will arise whether he/she won fairly. Just recently former heavyweight boxer Larry Holmes all but accused now champion Mike Tyson of using steroids.

So the dilemma goes on. I look forward to the day when everybody who wants to participate in sports undergoes fool-proof random testing whereby they get one chance and one chance only. If they get caught, they're banned from the sport. I include professional sports when I say this.

What has to be remembered here is that cheating through steroids and other drugs only reduces the value of competitive sporting events. Athletes can attain maximum potential fairly through hard work, proper training, balanced nutrition and good coaching.

Athlete of the Week

Kathy Lamey, captain of the Mount women's volleyball team is this week's Pepsi Athlete Of The Week. Kathy, currently in her second year of the science program at the Mount, is her

team's power hitter. The Dartmouth native lead the Mount to yet another successful NSCC Tournament this past weekend. Kathy brings her enthusiasm as well experience to the Mystics. Congratulations, Kathy!

Fit Tips

Shin Splints- Too Much, Too Soon

by Lisa Boudreau, Athletics/
Recreation Assistant

Shin splints are a very common injury that plague the novice runner or aerobic exerciser. The term shin splint is used to describe a panacea of pain or discomfort in the front or inside of the lower leg. Very often, the novice pushes too hard, too soon; they overtrain. Women seem to be particularly susceptible to this injury because they are built with wider hips, which generally forces them to pronate more (roll inward on impact).

The best way to deal with shin splints is to prevent them. If you are just getting started in a regular fitness program, do not overtrain. Three times a week is a sufficient amount of workout time.

Aerobic activity involves repeated contraction of the calf muscles. Make sure you stretch

your shin muscles and especially your calf muscles.

Check your technique. In aerobic classes, you should absorb your landing toe to heel; in running, absorb the impact heel to toe. Do not run or do aerobics up on your toes. This causes excessive stress on the shin muscles. Shoes with good support, cushioning and flexibility are an essential piece of workout gear. Check your shoes, maybe it is time to look into purchasing a new pair.

If you have already developed shin splints, do not ignore them. Ice them three to four times a day for 10-12 minutes. Most importantly, rest them. If you continue to exercise you will only exacerbate the problem. Try an activity that does not stress your shins, i.e. swimming, stationary rowing or bicycling.

Now that you know the cause, prevention and treatment of shin splints, take the necessary steps to keep yourself on track to the road to fitness.

Intramural Schedule

January 9 - February 17, 1989

The Campus Intramural Program has been designed with the emphasis placed on fun and recreation. All students, faculty and staff are encouraged to take part. There are no tryouts and all the programs are run on a drop-in basis. No sign-up is required and all equipment is provided.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Men's Ball-Hockey 5:00-7:00 Rosaria	Women's Indoor-Soccer 4:30-5:30 Rosaria		Co-ed Badminton 1:00-2:00 Rosaria	Women's Badminton 3:30-4:30 Vincent Hall	Co-ed Basketball 2:00-4:00 Rosaria
Men's Volleyball 7:00-8:00 Rosaria		Special Events Night 6:00-7:00p.m. Vincent Hall	Co-ed Soccer 3:30-4:30 Rosaria		
Co-ed Volleyball 8:00-10:00 Rosaria		Co-ed Badminton 7:30-10:30 Rosaria		Co-ed Volleyball 8:00-10:00 Rosaria	

Ongoing

Events

February 11
Beginner Cross Country
Skiing Clinic
10:00 am - 1:00 pm

February 12
Intermediate Cross Country
Skiing Clinic
10:00 am - 1:00 pm
MSVU Volleyball
Invitational Tourney
1:00 pm

February 14
Heart Health
Awareness Clinics
9:00-11:00 am
1:00-3:00 pm
Get your blood pressure
checked. Take a step test
to check your cardiovascular
fitness level.

February 15
MSVU Women's Basketball
Kings at MSVU, 6:30 pm
MSVU Men's Basketball
Kings at MSVU, 8:30 pm

February 23
Beat the Blues
Employee B.B.Q.
12:00-1:00 pm, 1:00-2:00 pm
at Vinnie's Pub. Tickets
available at the Athletics/
Recreation Office.

February 27
Half Price Fitness Membership

March 1
MSVU Women's Basketball
NSAC at MSVU, 6:30 pm
MSVU Men's Basketball
NSAC at MSVU, 8:30 pm
Door prizes at half time,
1/2 price admittance to
vinnie's with a stamp from
the games.

March 4
Nova Scotia College
Conference
Women's Basketball Cham-
pionships
6:30 pm and 8:30 pm at MSVU
Nova Scotia College Conference
Men's Basketball Championships
6:30 pm and 8:30 pm at TUNS

March 5
NSCC Women's Basketball
Championship Final
1:00 pm at MSVU
NSCC Men's Basketball
Championship Final
3:00 pm at TUNS

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PEPPERS-ANCHOVIES-SALAMI-HAM-SPINACH-PEPPERONI-BACON

PR students "do the conference thing"

by Marla Cranston

On January 25, the Public Relations society demonstrated why it was named society of the month for October, November and December. Liseanne Gillham and her professional development committee pulled together a successful communications conference, attended by over 120 PR students and faculty.

"The turnout was 120 per cent over what we expected," said Gillham. "The only complaint on the evaluations we received was the size of the conference room. We didn't expect to sell more than 50 tickets and we got 120."

One highlight of the day was a stimulating workshop on thinking creatively, led by Georgina Cannon, vice-president and creative director of Burston-Marsteller. The energetic Cannon shared her tactics for brainstorming and creative thinking.

To prove that each person is capable of creative thought, Cannon immediately got everyone involved by asking them to write down everything a pencil can be used for besides writing.

"I want to show you how to be children again," she said. "Creativity is hidden behind layers of social and personal intimidation. People fear ridicule, so they suppress new ideas. Creative individuals resist the objections set forth by others."

Cannon stressed that there are no rules to creativity and there is always more than one answer to a problem. The guidelines she provided were meant to open minds to creativity and get the ball rolling.

A FRESH APPROACH

Cannon's fresh approach to creativity included many suggestions:

- Creativity should be a life attitude; observe and ask questions constantly.

- If it's a great idea, make it

work; there's always a way.

- Make sure you're solving the real problem, not the perceived one.

- Wear a creative hat, not a judgement hat; switch consciously from the left brain to the right.

- Break your routine habits; try doing things in a new way.

- Mix with creative people; see what others are creating.

- Share the wealth; give away your ideas because there are more where they came from.

- Start an idea bank.

PORTFOLIOS

Later on, students participated in a useful portfolio workshop. Along with Georgina Cannon, Mount PR professor Chittra Reddin and PR graduate Kelliann Dean offered advice on how to turn a portfolio into a flexible working tool that can be rearranged, depending on the job interview. The women described a portfolio as a sales tool that can be an effective way to advertise one's talents.

Reddin said there are basically three ways to organize a portfolio: by type of organization, by type of item or by putting the best and most complex work first for immediate impact.

Dean, after working for several years at Corporate Communications, is currently employed by the Federal Business Development Bank. She brought along her own portfolio for perusal by others. Her personal experiences helped students understand the importance a portfolio plays in the hiring process.

DISAPPOINTMENTS

The day included a few disappointments. Texaco's director of public affairs and corporate communications, D. Brian Hay, cancelled at the last possible minute and did not send a substitute. Texaco's PR department is keeping quite busy with the recent takeover by Imperial.

Ian Thompson from McArthur Thompson Advertis-

ing and Public Affairs came to speak about the role of PR in politics. Although Thompson offered sound advice on planning an election campaign, he also tried to turn the event into a rally for John Buchanan's "new" Progressive Conservatives.

KEYNOTE SPEAKER

Though he was in the middle of following up a hot story, MITV's news director Bruce Graham took time out to speak at the conference during lunch in Vinnie's Pub. "Getting a new TV station off the ground is somewhat equivalent to getting an elephant to fly," said Graham. "It's been an exciting six months getting this elephant in the air." He said it's been a challenge to deal with critical people who feel that MITV is not objective because of the association with Irving.

After entertaining the crowd with anecdotes from the launching of MITV and from his own career (did you know that Graham got his big break as Mr. Mike on Romper Room?), Graham turned serious and brought up some of his concerns.

"As news director of Canada's newest TV station, I am increasingly concerned about the drying up of news," he said. "It concerns me that members of our judicial system are seeing fit to say that some news stories are off limits. This could lead to far more dangerous things."

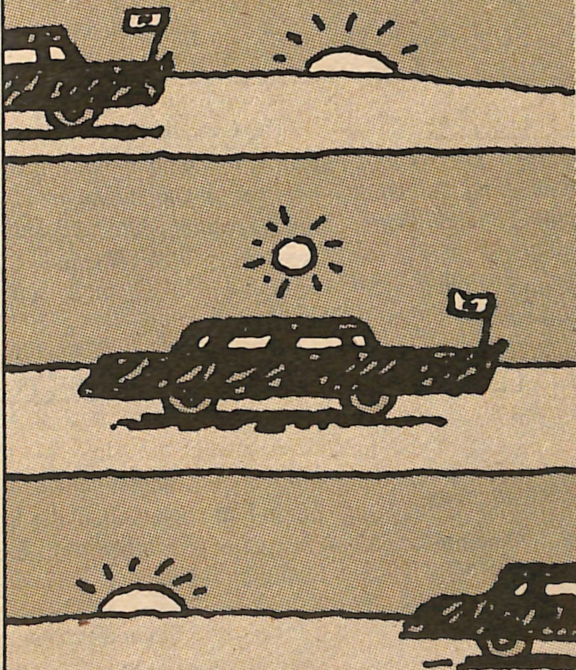

Graham went on to explain that most people wouldn't have seen the impact of the situation at Cole Harbour High if his crew hadn't jumped on it despite the assurances from school administration that there were no racial problems.

Graham offered some confusing advice for PR students. "There was time when the news release was the main tool of the PR director," he said. "We get them by the 10's and 20's every day. We've got more than we can cover, so you have to establish rapport with the news media. The news release has been replaced by personal contact."

Many enthused faces lined up for a yearbook picture later. PR Society president Bill Eisenhower said he was happy with the way things turned out. "When you have great speakers and topics relevant to what we're going to do," he said, "people will come out. It was enlightening and provocative."

CHAIRMAN

OF THE BOARD FOR A DAY CONTEST

NATIONAL BANK OF CANADA

THE NATIONAL BANK OF CANADA is launching its third "Chairman of the Board for a day" contest. The contest is open to all Canadian residents between the ages of 15 and 19. The grand prize winner will have the privilege of becoming Chairman of the Board of the National Bank of Canada for a day.

CONDITIONS OF ENTRY

IN THE FIRST STAGE of the contest, participants send a typed essay of a maximum of three (3) pages to their nearest National Bank of Canada branch, on the topic: "If I started a company, it would be..." The essays with the 10 highest scores will be retained and their authors will be invited to meet with the jury for the second stage of the contest: the regional semi-finals of the public speaking competitions. The regional semi-final winners will then be invited to Montreal on June 28 (all expenses paid) to meet with the jury for the final of the public speaking competitions.

ENTRY FORM

NAME: _____

ADDRESS: _____

POSTAL CODE: _____ TELEPHONE: _____

AGE (BIRTH CERTIFICATE REQUIRED): _____ LANGUAGE OF ENTRY: _____

ADDRESS OF BRANCH TO WHICH YOU ARE SENDING YOUR ESSAY: _____

DESCRIPTION OF PRIZES

IN ADDITION TO becoming Chairman of the Board of the National Bank of Canada for a day, the grand prize winner of the final in Montreal will receive shares of the National Bank of Canada (worth \$3,000). Prizes of \$2,000 and \$1,000 will also be awarded to the contestants ranking second and third in the final. Winners in the regional semi-finals of the oral competitions will receive \$300.

A copy of the contest regulations may be obtained at any National Bank of Canada branch.

CONTEST DATES

THE CONTEST opens October 4, 1988 and essays must be received by the Bank before midnight, February 26, 1989. An entry form and birth certificate must be enclosed with the essay for the first (written) stage of the contest.

Saturday Nov. 26, 1988 at the Cultural Centre. Corner of Provencher and Des Meurons. Win a free ski trip!!! Tickets at Answers or call 222-8249.

The 22nd annual Business Parquet at the Holiday Inn Downtown Nov. 10th Tickets \$25.00 on sale now in Commerce lounge

Classifieds

Royalty is coming to visit St. John's College. On Nov. 4, at 7:30pm in the St. John's College Chapel. YOU can receive

Foxy girls in negligees... Hot studs in the jockey... experience... feel it... Palam Social... 209 Ames... the lounge to be renovated. November 10.

REGISTRAR'S REMINDERS

February 20-26 - Study Break Week

February 27 - Last withdrawal date for "B" unit without academic penalty.

March 24 - Easter Holiday Weekend

April 7 - Last day of classes.

April 10-19 - Final exams.

Is your local mailing address up-to-date? If not, contact the Registrar's Office to make any necessary changes.

VOLUNTEER

Help welcome a government sponsored refugee to Halifax/Dartmouth. Join the Metropolitan Immigrant Settlement Association Host or Tutor Programs. For more info contact Nancy O'Donnell or Gary MacDonald at M.I.S.A. 423-3607.

Volunteers wanted for a "Walk on Campus" service. For one hour per month between 9:15 and 10:15 pm, Monday to Thursday, you would walk a lady to her car, bus, or on campus residence. Sign up at the Student Union Office.

Volunteer tutors are needed to help adults learn to read and write. For more info. call Janet Doyle at the Halifax North Branch Library at 421-6987.

If you love children, volunteer to be a child's reading partner. Call Terry Symonds at the Halifax Library at 421-6987 or 421-8766.

JOBS

Canada's Wonderland in Ontario will have representatives on campus at MSVU from Wednesday, March 1 to Friday, March 3. For more info. contact the Canada Employment Centre.

Career Oriented Summer Employment - Summer jobs related to your field of study with Federal Government Departments available now - application deadline is February 28, 1989. For more info. contact the Canada Employment Office on Campus.

Nova Scotia Lifeguard Service requires people to fill various summer employment positions. For more information contact the Canada Employment Centre. Application deadline is February 28, 1989.

Paddling Coaches required for the 1989 season. Salary Negotiable. Send resume to Mic Mac A.A.C. P.O. Box 841, Dartmouth, NS. B2Y 3Z5. Attn. Paddling Committee by February 28, 1989.

Potential teaching positions in various school boards in Atlantic Canada. All interested 1989 grads. in B.Ed., BCS, M.Ed., and M.A. contact the Employment Centre on Campus.

Summer employment opportunities with the Canadian Coast Guard - Search and Rescue/Emergency Operations branch. Positions available for Coxswain and Seaman. For more information contact the Employment Centre on Campus.

Editor positions with the IMP Group at the Halifax International Airport. If you are a 1989 graduate with a BA or BPR, contact the Canada Employment Centre on Campus. Application deadline is February 28, 1989.

Sales Representatives- National Life Insurance. Application deadline February 13, 1989. For more info contact the Employment Center on campus.

Motorcoach Tour Escort/ Guide. If you are a serious, responsible individual and have an outgoing personality contact the Employment Center on campus. Application deadline March 3, 1989.

Check Inns Limited- Technical Services Operator. For more info contact the Employment Center on campus.

Teaching Positions- Labrador West Integrated School Board has positions open from kindergarten to grade 12. Applications deadline February 20, 1989. See Employment Centre on campus.

STUFF FOR SALE

Two round-trip airline tickets to Toronto, February 18-26. Best offer accepted. Call Lisa at 454-9555.

Books to sell: Writing Well, Bedford Reader, Fundamental Accounting Principles, Introduction to Canadian Business. Call Lynn at 865-4244.

ETC...

Bookstore will begin returning unsold textbooks to the publishers beginning February 13, 1989. Get your course books before then.

Lost - A large black shoulder bag with a notebook and several other items - lost in the Pub on Monday, January 30. Would the finder please call 443-9922.

Metro Group Homes Association is looking for live in support staff in their apartment program. For more info. contact Cindy Atkinson at 420-1515.

Researcher interested in talking to students with eating disorders. Anonymity guaranteed. Please call Catherine at 443-9986, 443-9964 or 443-9954.

Spaces are available at the new nursery school at Dalhousie University. The facility is open for children aged 3-5 years. For more info. call Eve Wright at 424-7001 or 423-6902.

Word Processing Services - term papers, resumes, or any other word processing. Call 466-5954 between 8am - 9pm.

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Personals

'Jane' You were a great help. Thanx, Catherine

K.S. Media Relating? Hmm? It could get messy but but I dare say it's better than a boot to the head. R.B.

To my little creep- Will you be my Valentine? If so, I promise you a juicy steak at Duffy's plus lots of dessert. Love and farts, Oka

What's it gonna be boy? Are you gonna be my Valentine, yes or no?

CALENDAR OF EVENTS

Thursday, February 9

"The Rivals" - presented by the Mount Drama Society. Performances begin at 8:00 pm in the M.P.R. Tickets available at the door or at the Art Gallery. The presentations continue until February 11, 1989.

The 15th Annual University Community Art, Craft, Baking, Hobby, and Talent Show continues until February 19. For more info. contact the Art Gallery at 443-4450.

Friday, February 10

The Graduate Students Association has organized a guest speaker from 10:00 am to 12:00 noon in Room 406 Seton. The topic is CHILD ABUSE and all are welcome to attend.

Saturday, February 11

The Mount-Tuns International Students Association's Multicultural Night at TUNS Gymnasium from 7:00 pm to 1:00 am. Admission is \$8 advance and \$10 at the door. For ticket info. call Juliette Lashley at 443-9918.

Sunday, February 13

The Mount will be hosting a Blood Donor Clinic in the M.P.R. from 2:00-4:30 pm and 6:30-8:30 pm.

Tuesday, February 14

Blood Pressure Check Day - hosted by the Health Office from 10:00 am to 4:00 pm. You can also have your fitness checked at this time.

The Canadian Foundation for Ileitis and Colitis will meet at 8:00 pm in the Room 16/3C of the Veterans Memorial Building, Camp Hill Hospital. For more info. call 422-8131 or 434-1950.

Wednesday, February 15

General Meeting of the Friends of Schizophrenics at 8:00 pm in Hancock Hall, Dalhousie University. For more info. please call 464-3456.

Revenue Canada income tax specialists will explain some of the changes to the 1988 tax returns at 7:30 pm in the Halifax Public Library on Spring Garden Road.