

Canada's Only
Women's University
Newspaper

Picaro

Mount Saint Vincent University
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JAN 1989



WELCOME BACK PLEBES!
INSIDE:
LIARS p.6 ALCOHOL: the truth p.2
TERRORISM p.7 STRIKE? p.3

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The Truth About Alcohol

by Sandra Cook, Health Office

Everyone knows how to sober up a drunk - black coffee and a cold shower or breathing pure oxygen, and if all else fails, take them out for a walk. Right? Wrong? The only thing that will sober up a drunk is TIME. It takes your liver one hour to process one ounce of alcohol.

Drinking coffee will not sober up a drunk. Caffeine, the drug in coffee, is a stimulant that acts on the part of the brain not affected by alcohol. A drunk who drinks coffee may be wide awake but judgement and coordination are still impaired.

Cold showers and fresh air also may wake them up, but this won't sober them up. Only time will allow the body to rid itself of the effects of alcohol.

Do you believe the following statements?

- Eating a large meal before drinking will stop you from getting drunk. FALSE A big meal can slow down the body's ability to digest alcohol, but it cannot stop alcohol from affecting a person. If you drink enough even after eating you will get drunk.

- Alcohol is a stimulant. FALSE. Alcohol is a central nervous system depressant. The first couple of drinks results in feelings of euphoria, flushing, release of inhibitions and tensions. Larger doses produce slurred speech, staggering, double vision, and impaired judgement. Excessive drinking produces headache, blackouts, nausea, vomiting, shakiness. Very large doses can cause death by blocking the brain's control over respiration.

- All alcoholics are on skid-row. FALSE. They may be more obvious, but only 3-5 per cent of alcoholics are on skid-row. Alcoholics come from all walks of life.

- Women hardly ever become alcoholics. FALSE. One in five alcoholics is female. Women are less noticed than men, because they often drink at home, alone.

- People who drink too much only hurt themselves. FALSE. People who drink too much hurt themselves, their families, their friends, their employers, and strangers on the highway.

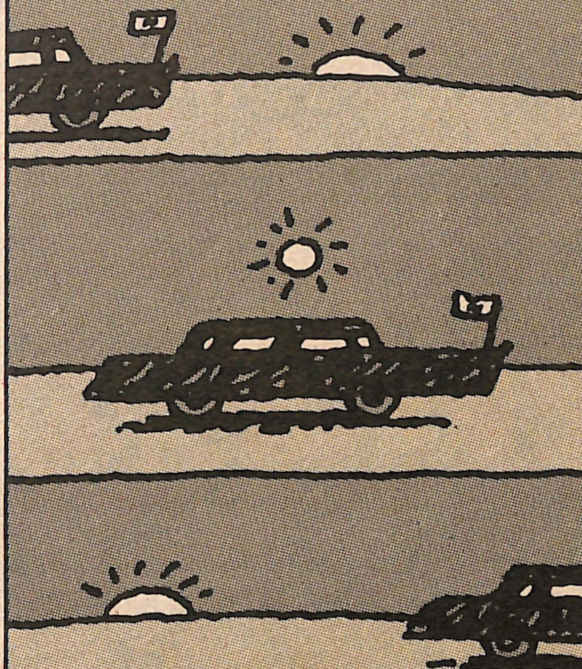
THE TRUTH IS

Alcohol is a drug that can cause physical and psychological dependence. It affects the brain by producing a wide range of changes from mild relaxation to unconsciousness depending on the rate and amount consumed. A healthy liver can only handle one ounce of alcohol per hour.

- A person cannot become an alcoholic if they drink only beer. FALSE Beer, wine, or hard liquor all contain ethanol, the substance that makes a person drunk. They can all make you drunk; they can all make you an alcoholic.

cont'd on pg. 3

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.

New Office Administration Degree

by Cheryl Waterman

Last November the Senate voted unanimously in favour of renaming the Bachelor of Secretarial Arts degree to Bachelor of Office Administration. Also receiving new titles are the diploma programs offered by the Department of Office Administration which have changed to Diploma in Office Administration (Executive, Legal, and Medical).

Department Chairperson Jean Mills says that the change was made in order to accurately reflect the program content. Students receive intensive hands-on instruction in the use of computers and modern equip-

ment so that they are ready to meet the challenges of today's automated workplace.

Other reasons for the change came from employers as well as the students themselves. Firms seeking to hire graduates of the program felt that the name of the degree (Bachelor of Secretarial Arts) was inconsistent with that of the department (Office Administration). Those enrolled in the program believed that Bachelor of Secretarial Arts did not properly portray the broad education they were receiving.

How do the students view the change? With a smile, Mills describes their reaction as, "extremely positive, particularly the spring graduates who are leaving with a new title."

In its 61 year history, the Office Administration Department has gone through several name changes and curriculum alterations in order to keep pace with the swiftly changing workplace. Just last year room 426 of Seton was transformed into a cluster of high-tech workstations which

utilize the Meridian DV-1 mini-computer, Quadratron software, and state-of-the-art voice and data technology. The nearly one million dollar cost of this project was shared by ACOA (Federal), the Department of Industry and Trade, and Technology (Provincial), Maritime Tel & Tel,

and Mount Saint Vincent University. Furnishings were donated by All Steel and layout was the work of last year's Office Layout and Design class. An official opening for this office is planned for January 26, but the impressive system is already in use by students and faculty.

Will Mount Profs Strike?

by Chris Gallant

Negotiations for the Mount Faculty Association's first collective agreement reached an impasse and resulted in the application for a conciliator on December 23, 1988. Talks between administration and the faculty had been proceeding slowly since the summer but the call for conciliation is no reason to panic said Student Union President Paul Card.

"I feel fairly optimistic. I don't think the two groups are far apart," said Card. He said that

Student Union has been keeping with on the situation by meeting with chief negotiators, to voice the concerns of the students.

He described the worst possible scenario as one which would result in the faculty striking at the end of March, at which time exams could probably go ahead as scheduled. The first summer semester, and returning Co-op students, could be affected. However, continued negotiations by the parties as they await conciliation shows a willingness on both sides to reach a decision. If the 1988 Dalhousie strike set any precedent, Card felt that it is

only the students who get hurt when negotiations break down.

Card's only big concern was the negative feedback he received from students regarding negative comments made by a few professors. He felt that some off-the-cuff remarks made concerning a possible strike had no place in the classroom, putting further fear and frustration in the minds of students intending to graduate this spring.

"The negotiations are progressing in a normal fashion," assured Card, "and Student Union will keep the students informed on any changes."

Lifesize: Women and Film

In the spring of 1989, *Lifesize* plans to host a three week series of films by women plus two six-day scriptwriting and directing workshops for women in the Atlantic region.

Over the past nine years, the film series *Lifesize* has been organized through the Nova Scotia College of Art and Design. Marking its tenth year, the Student Union women's committee decided to expand the scope of the series with screenings at Wormwoods Cinema as well as residential workshops for women film producers.

The theme of this curated series emerged through discussions about feminism's critique of male-made representations of

women. The committee asked themselves, "What do we and other women want to look at and how do we want to be seen?" Exploring this question led to a variety of films that should create an exciting series and generate lively debate. For those interested, discussions will follow screenings. Several of the filmmakers whose films are screened will be invited.

For women in the region who have a keen interest in film production, the scriptwriting and directing workshops will provide an excellent professional development opportunity. With on-site accommodations provided, participants will be able to focus solely on their work.

Lifesize is currently being funded for the research and planning of the project by Canadian Job Strategies through mid-December. Presentation funding is partially confirmed.

Cathy Busby is working as the film series coordinator. Linda Babin is the workshop coordinator and Kim Graves is researcher/publicist. They are currently previewing films and welcome the input of other women. If you are interested in any aspect of this project, give them a call at 423-4486. Their office is located on the fourth floor of the National Film Board, 1571 Argyle St. in Halifax.

ALCOHOL - from pg.2

Prolonged heavy use of alcohol can cause damage to the liver, brain, heart and stomach. Excess use of alcohol can contribute to difficulties with family, friends, school work, employment, and the law.

Heavy alcohol intake by preg-

nant women has been shown to result in birth defects in her infant.

IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOUR OWN OR SOMEONE ELSE'S DRINK-

ING, INVESTIGATE THEM NOW. YOU CAN START BY CALLING STUDENT SERVICES HEALTH OFFICE AT EXT. 354 OR BY DROPPING BY THE OFFICE LOCATED IN ROSARIA CENTRE.

1989 MSVU Business Conference

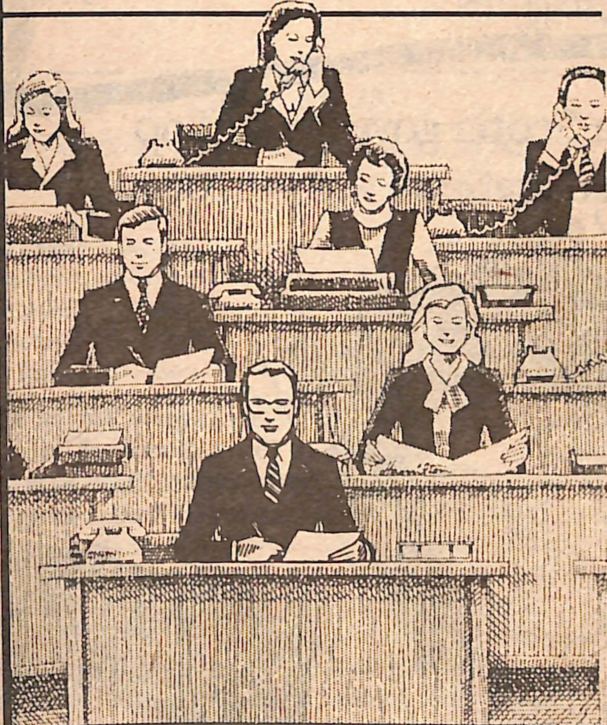
February 1, 1989

presented by

Mount Saint Vincent University Business Society

Leadership

Skills and Traits for the 1990's



featuring
the always captivating
Hon. Jean Chretien
and the forthright
Stephen Lewis

Lettin' Off Steam

As I blow the dust off my computer in this windowless office, I'm struggling with my return to reality. I'm sure many of you can relate to that emotion. I spent my blissfully relaxed holidays in the sleepy winter wonderland of North Bay, Northern Ontario. Nothing to do all day but shovel snow, read by the fire, walk my canine soul-mate Bogart, eat and sleep. Sheer heaven.

Though I promised myself I wouldn't even glance at a newspaper or newscast during my escape, reality at its worst hit me square between the eyes despite my attempts to avoid it.

Two unrelated events crashed in on what had been a pleasant sojourn. More specifically, the Lockerbie airline disaster and the Canadian constitutional disaster.

I know I can't really compare these two events. I mean, Quebec language laws don't seem all that important compared to 258 people being killed by a terrorist bomb. However, Bourassa wrapped up 1988 by making Canada's future uncertain, and no one seems too concerned now that we've entered a new year.

You may think that Bourassa's Bill 178 fiasco is a dead topic. It's only dead until another province pulls the same stunt. After the Supreme Court struck down Bill 101, Quebec's language law, for violating the Charter of Rights, Bourassa retaliated by creating 178, invoking an override section of the charter to preserve its ban on languages other than French on outdoor signs. The Constitution's Section 33 notwithstanding clause, which allows a province to exempt itself from provisions of the Charter of Rights, was intended for emergencies only. If Quebec can use it to deny the rights of its sizable English minority, who's next? Will "collective rights" overshadow individual rights across the whole country one day? One of the greatest things about Canada is its multiculturalism.

While living in Sudbury, I got used to reading bilingual signs. They didn't cost any more to produce and the franco-ontarien culture wasn't in jeopardy because signs were in both languages. Bourassa may have a vision of a distinct Quebec, but he doesn't have to shun the anglophones in that province.

More importantly, Bourassa shouldn't abuse the Constitution because it sets a dangerous precedent. It will be interesting to see who does it next. People shouldn't have to worry about stuff like this when they're on vacation. Did I mention that I read a stack of National Geographics over the holidays and got even more uptight about our choking environment? But that's another story and I'll really get bummed out if I write about it now. I need to preserve my humour for layout night at the Pic. Uh oh, what about all the paper we're going to waste? I guess you can't win. Anyway, welcome back and all that jazz.

Marla Cranston

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Distribution Manager.

Business/Ad Manager.

Photo Director.

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Typist.

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Write (lots) to us at:
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We publish weekly at the Dartmouth Free Press

COPY → sign it

→ double space it

→ submit it before Friday at 5 p.m.

Letters to the Co-Eds MUST BE SIGNED!

(we'll withhold names on request.)

Opinions expressed on the comment pages are those of the authors, not of the Pic staffers.

VOX POPULI

Question: What should the Nova Scotia government do about the rising cost of education?

Mark Conran, 2nd Year BBA
Increase amount of student loans available.



Lori Whelan, 3rd Year BPR
Decrease the cost of books!



Billy Graham, 1st Year BA
Subsidize universities more to bring tuitions down.



Joanne Murphy, 4th Year BSc HEC
The government has a responsibility to subsidize universities more to bring tuition costs down.



Gary Guymer, 3rd BSc HEC
Take a chance and invest in the future. That's what successful businesses do.

LETTERS

I HAVE A HOPE

To: The Creators of the Picaro
From: C.N., N.S.
The university opened its enter-

It seems to be institution to of our r The

Great letter. Too bad you didn't sign it!

our air condition to circulate the smoke into the non-smoking section to blow the haze at the previously tasty food. This smoke has made the non-smokers immune to the savory tastes of once enjoyable calorie laden food. We try to enjoy the creations of the cooks, but the strong tobacco tastes make us buy less and less food until the only product remaining in the cafeteria worth purchasing is nerve destroying coffee.

we make the cafeteria non-smoking will increase the quality of their pay to name just a few: washing costs of clothes and of hair, aspirin to remove smoke caused headaches, and the costs of eye drops to help their watery eyes.

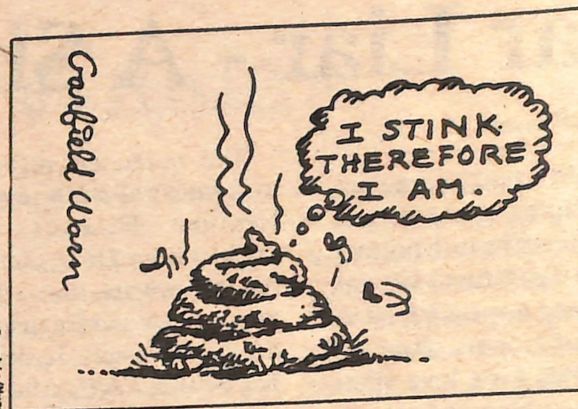
Let us non-smokers exercise our right to maintain our health and money. Let the smokers have the right to spend all their

Ask non-smoking smoker

sometime one will or these have

we till the enjoy all

neges that come with a part of Mount Saint Vincent University.



Dear Editors:

Public tribute is in order for Vicki Oickle, editor of the new public relations newsletter. I am impressed and overjoyed at the production of a society newsletter. It took an ambitious, hardworking, and perhaps foolhardy individual like Vicki to tackle this immense project. The incorporation of a newslet-

ter is a major advancement in society communications both internally and externally -- an achievement unequalled by any other student society on campus. Congratulations to Vicki and her committee on their success!

Moir McDermott,
PR Representative
Student Union 88-89

A CAREER IN ORTHOPTICS/OPHTHALMIC MEDICAL TECHNOLOGY

Orthoptics is the clinical science of ocular motility and binocular vision, and related disorders of the eyes. An Orthoptist is an eye muscle specialist who works under the supervision of an ophthalmologist (eye physician and surgeon). An Ophthalmic Medical Technologist assists the ophthalmologist with a wide range of diagnostic tests and procedures — some requiring a great deal of technical expertise.

In July 1989, the Izaak Walton Killam Children's Hospital will commence a twenty-four (24) month training program leading to a Certificate of Orthoptics and Ophthalmic Medical Technology. Applications are now being accepted from individuals at least 18 years of age, who have completed a minimum of two years of post-secondary education, with some emphasis in the sciences. Preference will be given to candidates holding a baccalaureate degree in the Sciences. Work/volunteer experience in the health care field will be considered an asset. Candidates should possess sound judgment, emotional maturity and a demonstrated ability to relate well to small children and to adults.

Financial assistance may be available to qualified students. Deadline for application is February 15, 1989.

For further information please write:

Orthoptic Clinic
I.W.K. Children's Hospital
P.O. Box 3070
Halifax, Nova Scotia
B3J 3G9



Memramcook's "savory lady", Ida Boudreau, on display at the Mount Gallery. Photo by Dolores Breaux.

Dear Liar - A Show of Wit

by Karen Scaboyer

How would it feel if someone said your singing could be improved by "steeping it in boiling water for 10 days" first? It's not how you would hope a friend to describe your talents. And it's hardly grounds for a love affair to flourish -- unless, of course, it's with George Bernard Shaw.

The animated playwright's Irish wit is brilliantly revealed in Neptune Theatre's current presentation *Dear Liar*. Based on the private love affair between Shaw and English actress Stella Campbell, Jerome Kilty has written a delightful production from a 40-year collection of letters.

Both married, these cultural greats of the early twentieth century continued a romantic, yet for the most part platonic, relationship simply by mail. They seldom visited, but expressed the most colourful conversations with pen in hand.

The stage production appears a little slow moving sometimes,

although two hours of dialogue with virtually no set changes can have its limitations. Joan Gregson as Mrs. Patrick Campbell and Sean Mulcahy as Shaw endure well, despite the length of the play.

Shaw's evident humour carries the story although Campbell's personality quirks add a definite twist. Expressing sheer exasperation with the destruction of war, Shaw blurts out, "And you women should rise up and say, 'We went through the trouble of making these men and if you don't stop

killing them, we'll refuse to make any more!'"

Such was he in sarcastic standing that the role of Eliza Doolittle in *Pygmalion* was created with the intent of Campbell to star. Campbell was a cultured, debonair London lady. Doolittle was an obnoxious street urchin from the East End with a very pronounced Cockney dialect. With hesitation, Campbell portrayed a wonderful Eliza.

Dear Liar, celebrating the return of director Tom Kerr, will continue through January 29.

"Les Acadiens" at Mount Gallery

by Marla Cranston

Two new exhibitions from Saskatchewan and New Brunswick are featured at the Mount Art Gallery until February 5. Eighty people attended the opening of the show last Sunday, including one of the artists, Dolores Breaux.

The upstairs gallery comes alive with a black-and-white photo exhibit, organized by the Mount Gallery, called *Les Acadiens de Memramcook: Photographies par Dolores Breaux*.

Breaux, professional photographer, teacher and an Acadian herself, has deep roots in the town and fertile river valley Memramcook, near Moncton. She and other occupants of the area are descendants of the first settlers from France in the early 17th century, so the valley is steeped in historical and emotional significance. Despite their deportation by the British in 1755, Acadians regrouped and resettled Memramcook in 1881.

The 19th century rural values and traditions have remained in this scattered farming community, which is for the most part untouched by industrialization, urbanization and assimilation into the English culture.

Breaux felt a need to capture on film the generation of Memramcook residents born around the turn of the century. Some of the age old traditions will die with this generation, so Breaux takes a celebratory look at this unique culture before it fades too much. Breaux did not intend this to be a nostalgic

examination, yet some visitors to the gallery felt that way after recognizing aunts and grandfathers in the photos.

Many fascinating characters were recorded, including "the savory lady" Ida Boudreau and grave-digger Guesner Boudreau, but only after Breaux spent several visits with them, getting to know them well.

This project began in 1985 and its second series is almost complete. Breaux plans to widen her audience by publishing *Les Acadiens de Memramcook* in book form with accompanying text by Acadian writer Donatien Gaudet.

A video produced by DUET is available for viewing at the gallery throughout the exhibition. Breaux's narration offers more insight into the lives of other subjects, giving the pictures even more meaning. The whole show is a tribute to the tenacity of Acadian culture and expresses a hope that this culture will endure throughout the generations. It has obviously been a huge influence in the shaping of Breaux's own personality and character.

Students living in Marillac are offering guided tours in French to many of the Mount's French classes. The tours were organized by bilingual Mount student Janice Kleiner, who wanted to show other students that French is more than just a language and it extends far beyond the scope of the classroom. She feels that Breaux's collection of photographs provide an ideal opportunity to learn more appreciation for the Acadian culture.



Joan Gregson and Sean Mulcahy get cosy as Mrs. Patrick Campbell and George Bernard Shaw in Neptune Theatre's current production of *Dear Liar*. Photo by Georgakakos.



ASSISI HALL Presents Their Annual HAWAIIAN BASH

"FIRST 250 GET LEI'D AT THE DOOR!!"

Friday, Jan. 13/89
9:00 p.m. - 1:00 a.m.
Music: Sights & Sounds
Tickets: \$4.00 adv. / \$5.00 door
T-Shirts Only \$8.00
WET/DRY
University + Liquor I.D Required.
M.S.V.U Multi-Purpose Room; Rosaria

Maniacal Swell Guys Terrorize Vinnie's

by Jackie Andrusyk

"Elvis is alive. He's been paying my rent for three months," believes Ken McKay of the Swell Guys, "He bought Pat Riley (bass player) a mobile home!"

Last Friday, lunacy prevailed at Vinnie's with the help of the notorious Swell Guys. Where

were you? This group draws packed audiences at Peddler's Pub every Saturday afternoon. Nevertheless, the band members -- Ken McKay, saxophone and vocals; Alex Vaughan, guitar and vocals; Pat Riley, bass guitar, and Tom Roach, drums -- showed Vinnie's how to party.

The masters of humour,

mayhem, disguises, and ribald songs delivered many favourites from their vast repertoire. The first and second sets served to warm up the audience with such classics as **Get Ready**, **Temptations**; **Jailhouse Rock**, **Elvis Presley**; **Great Balls of Fire**, **Jerry Lee Lewis**; **Down at the Corner**, **Creedance Clearwater Revival**;

and **Twist and Shout**, **Beatles**. The band interspersed vintage rock and roll numbers with wild renditions of familiar television theme songs including **Hawaii 5-0**, **Bonanza**, **Rawhide**, **Gilligan's Island**, **Green Acres**, and **Love Boat**.

The last set was the kicker. The band held nothing back.

They unleashed a raunchy improvisation of **Tie Me Kangaroo Down**, concluding with **Frank Sinatra's New York, New York**. The finale encouraged partiers in the audience to join in a chorus line with the band.

"Remember: Elvis is alive." A notable quotable from the zany Swell Guys.



Now that's EntertainMount!

by Karen Seaboyer

PICTURE THIS: There's a new band in town. They're fun. You can dance if you want to. And they're in Vinnie's this Friday. **Picture This**, led by **Now Voyager** veteran Charles Pilcher, is composed of vocalist Debbie Cozen, guitarist Arthur Evans, and Pilcher on drums. Instrumenting modern technology as a complement, they combine programmed bass and keyboard sequences with live performance to create favourite rock and top 40 hits of the '70s and '80s. Covering popular songs from Rod Stewart to Cher to Def Leppard, **Picture This** tends to incorpo-

rate the odd original selection into regular playlists. Confident in their self-written material (mostly by Evans), they hope to gain recognition in the upcoming CBC Atlantic Song Contest, recently claimed by 1988 winners **The Treas**, of Halifax, and Charlottetown's **Rob Deutscher**. Keep your eyes open for **Picture This** in the regular club circuit this winter. Meanwhile, picture them tomorrow in Vinnie's. (ADMISSION: \$2.00 wet/dry SHOWTIME: 3:30 - 6:00 Vinnie's Pub, Rosaria)

Coming up soon for Winter Carnival festivities will be **Rick Pinette** in the MPR on January 31. That's a Tuesday night, but don't worry -- the next day's a holiday. The following Friday, February 3, is **Mike Woods** for a



return engagement.

How was New Year's Eve in Halifax? A mite chilly perhaps? Those of us on the balmy west coast were preoccupied by ringing in the midnight hour with musical style. Billed as the country's largest indoor New Year's bash, the Vancouver Trade and Convention Centre played host to 10,000 party goers. Locals **Colin James**, **Barney Bentall** and the **Legendary Hearts**, **Bld.**, **Doug and the Slugs**, **Prism**, **Grapes of Wrath**, **Powder Blues**, plus a few others warmed up the champagne-guzzling crowd to the tune of fifty bucks a head. With three action-packed stages going simultaneously, there was never a dull moment.

Did you know that Elvis Presley's hit **Can't Help Falling**

in Love, recently re-recorded by Corey Hart, was originally titled **Only Fools Rush in**? Taken from the opening line, "Wise men say that only fools rush in", it probably didn't offer much potential as a love song with such a sarcastic title, so was renamed.

Still on the trivia trail, remember "Hey, hey, we're the Monkees. People say we monkey around?" The mother of Monkee Michael Nesmith invented Liquid Paper.

Brady Bunch's Barry Williams has recently been starring on-stage somewhere in New York. At a press conference promoting the production Williams told the audience, "This just goes to answer the question, 'Whatever happened to Greg Brady?'" What I want to know is whoever asked that question?



What Beer's All About.

SPORTS

Mystics Win Big in Double Overtime

by Athletics/Recreation Office

On Wednesday, November 30, the MSVU women's basketball team hosted the Kings women's team. The fans who came to support the team were treated to an exciting exhibition of basketball.

After playing good solid basketball in the first half of the game, the Mount went to the locker room at half time with a comfortable lead over the Kings team. The Kings team came out strong in the second half to take control and tie the game 47-47

at the end of regulation time. The teams then traded basket for basket and at the end of the five minute overtime period, were tied again at 56-56.

Again, the teams went back onto the floor for another five minute period of overtime. The Mount capitalized on a couple of bad passes by the Kings team, pulling ahead and going on to win the game 65-57.

Scorers for the Mount were Wanda Skinner, 22; Paula Sweeney, 12; Leora Pye, 8; Andrea Drake, 7; Kim Little, 6; Julie Gidney, 6; and Heather Nicholson, 4.



Basketball action between the Mount Mystics and the Kings

Blue Devils at MSVU. The Mystics won by a 65-57 score

in double overtime. Photo by Marcel d'Eon.

Mouldings Plus

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Sale price \$ 41.65

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Were located at 109 Ilsley Ave.

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Watch for next weeks sale on student desks!



Athlete of the Week



Pepsi player of the week for the week of November 28 is Wanda Skinner. Wanda, a member of the women's basketball team, is a first year student. From Riverport, Lunenburg County, NS, she attended Parkview High School in Bridgewater and was captain of her basketball team. She was chosen Pepsi Player of the Game after the Kings game on November 30 for her 22 point effort.

Congratulations, Wanda, on being chosen PEPSI PLAYER OF THE WEEK!

How About Those New Year's Resolutions?

by Lisa Boudreau

We have all made them before; every January 1st seems to bring a new list or a repeat of last year's resolutions that were not kept. A very familiar one is "I

am going to become more fit by getting involved in regular physical activity." This statement falls easily out of one's mouth, but following through and making it a reality is often a difficult task.

First of all, you must make the decision to really commit yourself to becoming more fit. Once that is done you should choose an activity or activities you will enjoy. Next, you have to set realistic goals. One of the main reasons people drop out of fitness programs is because they set unreal expectations of what the program will do for them. If you have not been physically active, it will take time to become comfortable with your

workouts, and it will take time to see solid results. Do not expect overnight weight loss or automatic muscle toning. These benefits of exercise take time. The first three weeks are the most difficult, so give yourself the time to allow your body to

adjust to your new, active lifestyle.

Make the commitment, stick with it, be patient, and soon you will be rewarded with the physical and emotional benefits of regular exercise. Make your move to a healthier lifestyle today!

Skiing Clinics at the Mount

by Athletics/Recreation Office

Cross country skiing is a super aerobic activity; great for toning arms, legs, buttocks, and abdominals. It's a fairly simple sport to master and easy on your wallet as compared to downhill skiing. You can cross country ski almost anywhere, even here at the Mount.

The Athletics and Recreation Dept. is offering clinics for Beginner and Intermediate skiers. Saturday, February 11, we offer a beginners clinic from

10:00 am to 1:00 pm. Cost for the clinic is \$2 per person which includes instruction and hot chocolate after the clinic.

Sunday, February 12, we are offering a clinic for the Intermediate skier. This clinic is for the skier who wants to improve their technique, learn how to climb hills and navigate various types of terrain. Cost for this clinic is also \$2 and includes instruction and hot chocolate.

Register at the Athletics Office. Bring your own gear or inquire about rentals.

GET INTO THE SKI OF THINGS!

by Athletics/Recreation Office

Winter is coming and unfortunately in Canada, that means we move indoors for the next three months. Even though bad weather and darkness may limit your outdoor fitness pursuits, we can keep you in shape indoors. Let us set up a Circuit Training Program for you. Circuit Training combines strength and aerobic stations to help you build muscular strength and cardiovascular endurance.

Circuit Training begins with a short aerobic warm-up followed

Indoor Possibilities for the Winter Months

by a series of strength building exercises and aerobic stations. Alternating aerobic stations with strength exercises will produce a cardiovascular training effect.

The beauty of this type of training program is that it can be tailored to fit anyone from a beginner to a seasoned athlete. This is just one of the new programs we have to offer this year. All you have to do is decide what your goals are and we have a program which will help you attain them.

We are offering Weight Training Clinics starting Monday,

January 23 from 7:30 - 9:00 pm. You tell us what you want and we will set-up a program designed specifically for you. Once you have taken a clinic, join the Weight Training Club, Tuesdays from 7:00-8:30 pm and Fridays from 12:00-1:00 pm, starting Tuesday, January 24.

The Club offers you supervised sessions, up-to-date tips on health and fitness and "what's new" in getting into shape. Check out these new programs and sign up at the Athletics/Recreation Office.

Ongoing Events

January 13-14 NSCC Women's Volleyball Tournament 1:00 pm

January 23 Weight Training Clinic 7:30-9:00 pm Weight Room, Rosaria

January 26 MSVU Women's Volleyball TUNS at MSVU 6:30 pm Rosaria Gym

January 27-28 MSVU "AA" Girls High School Basketball Tournament. Teams from Digby, Pugwash, Pictou, New Glasgow, Glace Bay, Oxford, Ste. Anne du Ruisseau, Springhill.

January 29 MSVU Men's Basketball UCCB at MSVU 1:00 pm, Rosaria Gym

February 1 MSVU Women's Volleyball SMU at MSVU 5:30 pm, Rosaria Gym

MSVU Men's Basketball

TUNS at MSVU 7:30 pm, Rosaria Gym

February 5 NSCC Co-Ed Badminton Tournament 9:00 am, Rosaria Gym UCCB, CCGC, NSAC, NSTC, TUNS

February 7 MSVU Men's Basketball NSTC at MSVU 6:00 pm, Rosaria Gym

February 11 Cross Country Skiing Beginner Clinic 10:00 am - 1:00 pm Meet at Rosaria Gym

February 12 Cross Country Skiing Intermediate Clinic 10:00 am - 1:00 pm Meet at Rosaria Gym

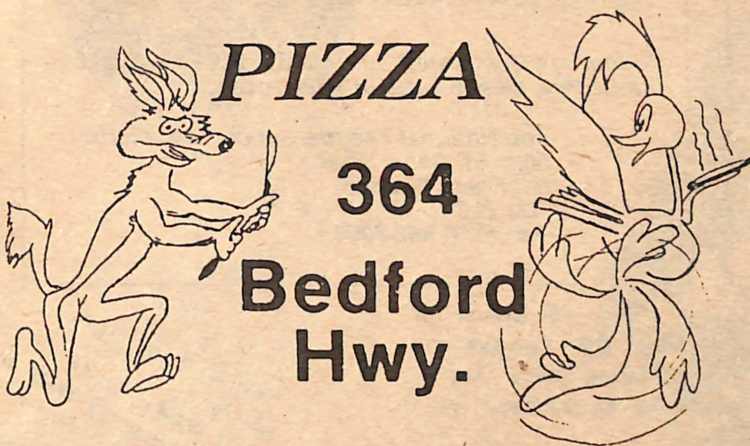
MSVU Women's Volleyball Invitational Tournament 1:00 pm

February 15 MSVU Women's Basketball Kings at MSVU 6:30 pm, Rosaria Gym

MSVU Men's Basketball 8:30 pm, Rosaria Gym

ROADRUNNER

PIZZA



364

Bedford Hwy.

445-2100

Hello Mount Saint Vincent

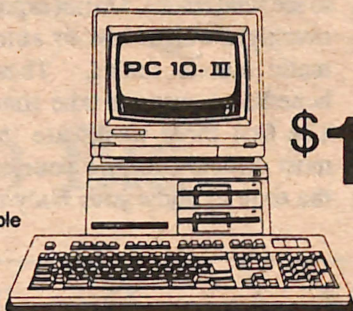
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(*)Amber monitor w/ tilt & swivel
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425-1541

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678-1541

Three for the Road!

Travel CUTS has the vacation packages
for the Winter Break!

Beauty & The Beach

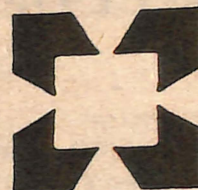
Travel CUTS takes you to Cuba February 16-23 for a relaxing week in the sun! Including seven nights accommodation (double occupancy), direct air transportation from Halifax, breakfast and dinner daily, it's the hot spot to be for this winter.

Only **\$709!**

Ski Week!

Come to beautiful Quebec City and Mt. Ste. Anne February 19-25 for an exciting week of skiing! Includes round trip by coach, hotel, ski passes and more!

From **\$329!**

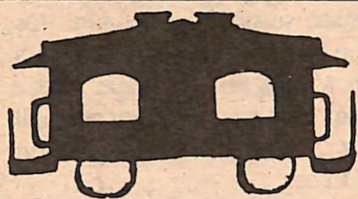


Got My Sunglasses On...

It's time to party as the bus loads up to head for Daytona Beach February 17-26. Round trip, hotel and of course -- welcoming party is all part of this spring get-away package!

Only **\$459**
(Quad occupancy)

Call Travel CUTS now at
424-2054!



Student Union

Intent to Graduate Pub
Thursday, Jan. 19 - 8 p.m.
Come Celebrate at Vinnie's!
The senior class picture will be taken at 10 a.m.
on Wednesday, Jan. 25 in the MPR.

Senior Class Picture
To Be Taken at 10 a.m. in MPR
Wednesday, January 25

All grad pictures for the yearbook must be at the Student Union Office by March 1 and are the responsibility of each grad, except those taken on campus, which will be sent directly to the Student Union.

YEARBOOK UPDATE

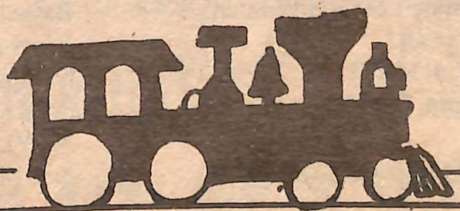
Coming soon to a Student Union near you!

- SPRING ELECTIONS -

- REFERENDUM '89 -

Want more information? Want to be involved? Want to be on a committee?
Want to see what's behind the scenes? See Heather Coffin, Executive VP
in the Student Union.

Station



THE NATIONAL THEATRE SCHOOL OF CANADA

Acting
Design
Production
Playwriting
Directing



AUDITIONS

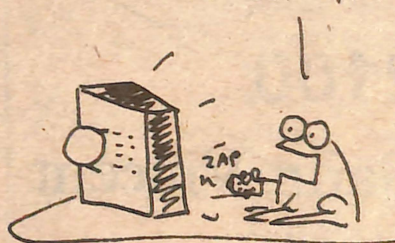
DEADLINE FOR APPLICATION

FEBRUARY 15th

If you are interested in finding out more about the School, please write or telephone:

The National Theatre School of Canada
5030 St. Denis Street
Montreal, Quebec
H2J 2L8
Tel.: (514) 842-7954

WOW! THIS IS GONNA BE GREAT! 62 CHANNELS ALL PACKED INTO MY NEW FLATSCREEN TV!



...PART 2 OF A 14 PART SERIES ON THE MOTHS...
...PABLO ESPANOLA?



...AND NOW, BACK TO "SHE'S THE SHERIFF."
...WHIP THE EGG AND POUR IN THE MILK SLOWLY...



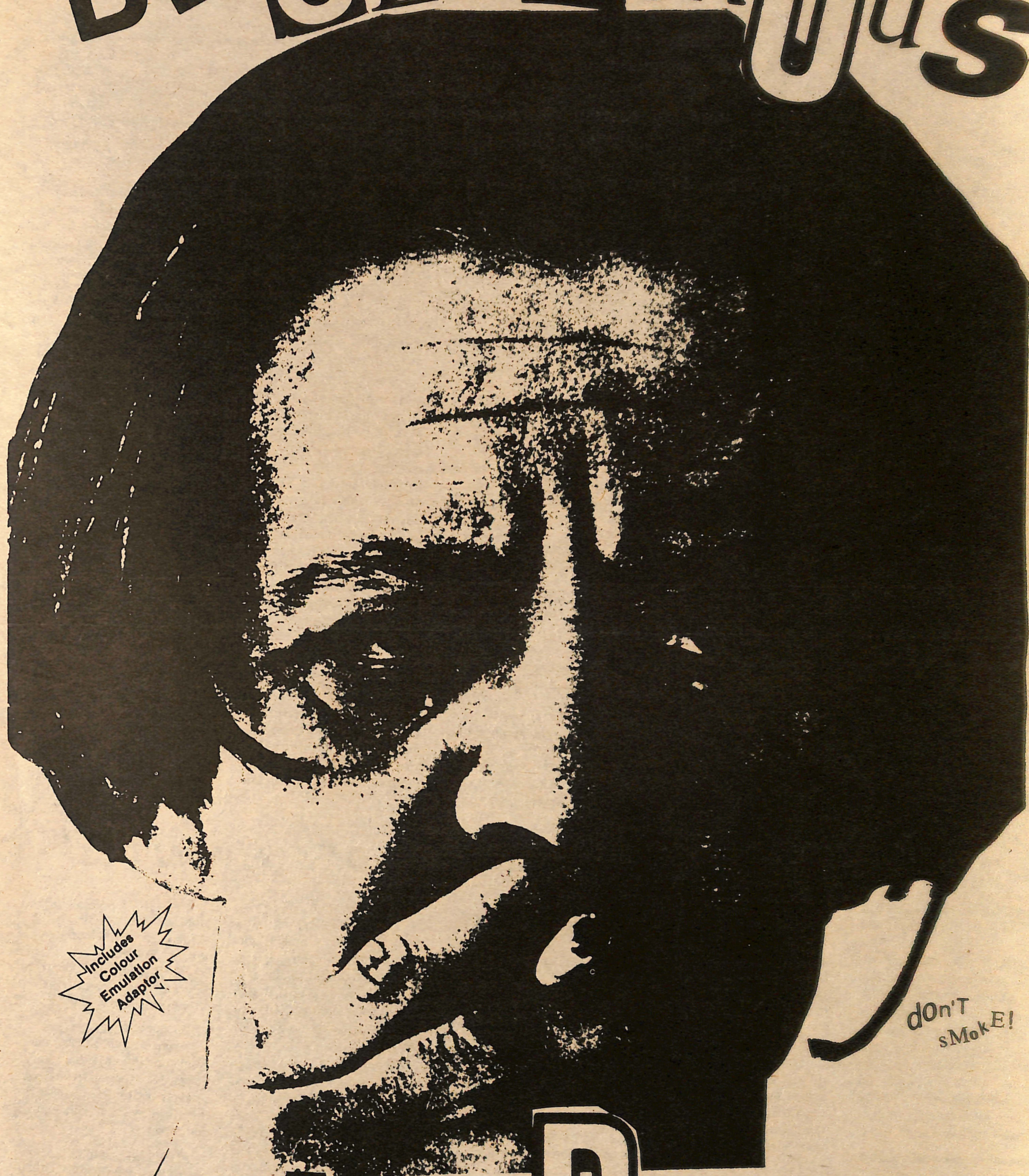
I NEED A NEW TRASH COMPACTOR

I JUST BOUGHT ONE...



by Steve Jenex

BE GLAMOROUS



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Colour
Emulation
Adaptor

don't
smoke!

JOIN The RICARO

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 relive

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

The Picaro, Thursday, January 12, 1989 12

STUFF FOR SALE

New musical jewellery box - wood, 10" x 8 3/4", 4 lined drawers, 1 ring drawer, necklace hooks. Plays the "Theme from Love Story". Asking \$45, worth \$80. Phone 443-7013.

Book - Home Economics 306 - call Jane at 443-4107.

Book - Computer 154 - Programming in Basic - call Connie at 443-9964 or 443-9954.

Books - Women's Studies 100 and Finance 360 (1) - call Jill at 445-5657.

JOBS

Applications for Student Placement Officers are available in the Canada Employment Centre on campus. Application deadline is January 27, 1989.

Clevelands House in Minett, Ontario, is accepting applications for various positions. Waiter/waitress, bartender, cook, night auditor/clerk, and children's counsellor. Employment terms vary. For more information contact the Canada Employment Centre on campus. Application deadline is January 19, 1989.

Teachers required for 1989/90, Fort McMurray Catholic Schools, all subjects and grade levels required. Application deadline is January 31, 1989. For more info. contact Canada Employment Centre on campus.

RESEARCH PAPERS

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HOUSING

Apartment - 2699 Agricola Street., 1 bedroom, furnished, heat and utilities included. \$350.00/month. Phone 429-6401 or 455-1087.

Two bedroom furnished basement apartment for rent. Phone 443-1315.

Roommate wanted- private room in home with working person. Wedgewood area. Call Karen at 423-6002 or 443-4924.

VOLUNTEER

Do you have good organizational skills? Like to travel? The women's basketball team is looking for a manager for the remainder of the basketball season. If you are interested, please call the Athletics Office at 443-4450 ext. 462.

Need a volunteer for a "Walk On Campus" service. For one hour a month, between the times of 9:15 and 10:15 pm -Monday through Thursday. For one hour a month you would simply walk a lady to her car, bus, or on campus residence. Please sign up at the Student Union Office.

Do you love children? So be a volunteer as a child's reading partner. Call Terry Symonds at the Halifax Library at 421-6987 or 421-8766.

The Helpline Office is looking for people interested in volunteering for a 24-hour counselling service. Deadline for application is January 30, 1989. Call Sandy Spencer - Resource Coordinator at 422-2048.

The Work-Partner Program - Canada World Youth is accepting applications now until February. Workers aged 21 to 25 who wish to work overseas and be involved in North-South collaboration and dialogue should contact the Campus Ministry Office next to the Pub.

REGISTRAR'S REMINDERS

January 17 - Last withdrawal date for full unit courses without academic penalty.

February 1 - Caritas Day - NO CLASSES!!

February 20-26 - Study Break Week.

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

March 24 - Easter Holiday weekend.

April 7 - CLASSES END!!

April 10-19 - Final Exams

Is your local mailing address up-to-date in the Registrar's Office. Take care of this now - don't risk missing important notices.

If you are graduating in May, don't forget to file an "Intention to Graduate" form with the Registrar's Office before the February 1st. deadline.

ETC...

BURSARIES: Mount Saint Vincent University Bursary Application forms are now available at the Housing/Financial Aid Office, Rosaria Centre. Deadline for return of application is January 31, 1989. The Bursaries will be awarded in February, 1989.

Spring Break '89 - Daytona Beach for only \$459.95 per person. Call 443-5343 or Carolyn at 835-0801.

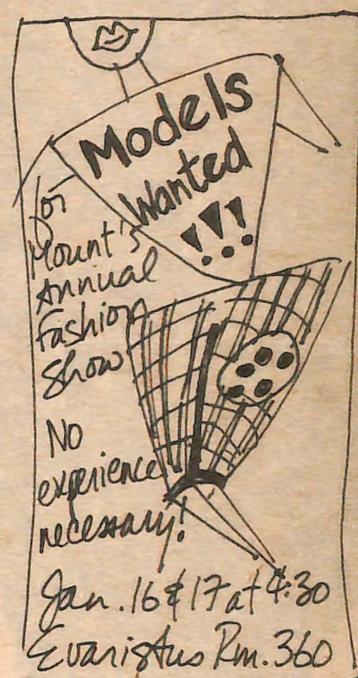
The Chaplaincy Office invites United Church members of the MSVU community to a meeting in Rosaria 110 from 11:00-12:00 on either Thursday, January 12 or Friday, January 13. The purpose of the meetings is to consider whether there is a need for us to provide mutual encouragement and support at this time of struggle in the United Church. Tea and coffee will be provided for those who wish to bring a bag lunch.

Interested in International Development? Are you returning to the Mount next year? The World University Services of Canada community are recruiting interested members. Student reps. should speak to Heather Coffin in Student Union.

Council is now accepting applications for Co-Op. Rep. and for Tourism Rep. Interested? Contact Heather Coffin in the Student Union as soon as possible.

For more information on the Writers' Federation of Nova Scotia Thirteenth Annual Competition for Unpublished Manuscripts, contact Dawn Rae Downton, at 423-8116.

Beginners Level Tai Chi classes. Tuesdays and Thursdays from 5:10 to 6:00 pm. Twenty classes only \$20.00 - January 24 to March 30, 1989. Register at Athletics/Recreation Office, Rosaria Centre.



CALENDAR OF EVENTS!

Friday, January 13

Society Presidents Meeting at 3:15 in R110. Agenda is in your mail box.

The Art Gallery of Nova Scotia will present "The Artists' Journey" at 1:30 pm featuring three artists, Patricia McClelland, Karen Casselman, and Dawn MacNutt. For more info., contact Virginia Stephen at 424-7542.

A Martin Luther King, Jr. celebration will take place in the Halifax North Branch Library from 7:30 pm. For more info. call the Library's Community Services, at 421-7673.

Assisi Hall's Annual Hawaiian Dance in the MPR, Rosaria Centre. 9:00 pm to 1:00 am. \$4.00 advance, \$5.00 at the door. University and Liquor ID's required.

Saturday, January 14

The Art Gallery of Nova Scotia presents a Family Workshop on the exhibition Journeys. Pre-registration is from January 9-13. Workshop is at 1:30-3:30 pm. For more info. call Virginia Stephen or Kim Storey at 424-7542.

MSVU Art Gallery continues its two current displays. Downstairs Saskatchewan Art: Tradition and Diversity, upstairs in the gallery Les Acadiens de Memramcook continues its second week. For more info. contact the Gallery at 443-4450.

Sunday, January 15

We are looking for contestants for the Male Pageant. If you love to have a lot of laughs and win prizes, then your the man we're looking for. For more details - Student Union by January 15th.

The Baha'i Community of Halifax welcomes you to participate in the celebration of World Religion Day at the YMCA, 1565 South Park Street. Starts at 2:00 pm until 5:00 pm. More info. at 455-3988

Tuesday, January 17

Organ Recital at St. James Anglican Church at the rotary. Starts at 8:00 pm, the recital will be given by John Tuttle, featuring music by Bach, Hindemith, and Mozart.

Wednesday, January 18

Amnesty International Group 108 will hold its monthly meeting in the Coffee Shop, Rosaria Centre at 8:00 pm. More info. at 443-2380.

Friends of Schizophrenics - next meeting at 8:00 pm, Hancock Hall, DAL University. More info. available by calling 464-3456.