mount saint vincent university halifax, n.s.

Pub down, Corner Store up Student Union audit finally in

by Shelley Murphy and Dave Hallworth

When the Mount's Student Union audit finally arrived on Fri., Sept. 27, it indicated that pub profits had dropped 80 per cent and Corner Store profits had risen by 40 per cent since last year's audit.

"Pub sales are good, but I don't know why profits are

down so much," said Carol Mc-Innes, student council treasurer.

"It could be a number of things like mismanagement, or lower alcohol consumption. We also allow people into the pub free on Friday afternoons—so there might be a loss here." McInnes added that the Friday afternoon pub entertainers, like Tony Quinn cost about \$400. "I'm not suggesting we start to charge ad-

mission, but maybe we're paying out more than we're getting back."

The Corner Store sales, which went up 70 per cent from last year, only increased profits by 40 per cent due to the fact that profit margins were too low. The low profit margins did not allow for adequate cost coverage. Interim co-manager, Karen Manning, said that the profit margins have already been increased from 14.6 to 20 per cent. Manning added that sales have not been too bad since the increase, but feels some prices could be lower.

Student Council auditor, Mac-Kenzie and Company, suggested in their report that the store's prices be raised. "We have to make money to keep the store and student affairs going,"
McInnes said.

The audit also shows a new expenditure of \$6,000 for a scholarship fund honoring the Mount's Jubilee. request from Mount president Dr. Margaret Fulton to sponsor the scholarship, Council voted to give \$6,000 from 1985 funds and \$6,000 from this year's funds. "Once the \$6,000 is paid this year, that's it," said McInnes. "The \$12,000 will be placed in a savings deposit and \$1,000 will come out every year." A full-time student will receive \$750, while the remaining \$250 will go to a part-time student.

Expenditures and revenues both increased from the year before, and McInnes indicated the increase in expenditures could be due to inflation. "Last year's student council also had more activities than previous councils," she said.

Although last year's council went \$4,000 over the budget, McInnes stated that this would not affect this year's budget.

The audit was three weeks late returning from the auditor. McInnes explained that the university took three weeks to release figures needed by council before the audit could be sent in. "But the audit is back earlier than before," said McInnes. "Normally it takes four to six months, but ours only took three and a half."

"The auditor blamed the university for the audit's late return. I'm not an authority, so I have to believe them," she said.

Transit Commission considers bus passes

by Nancy Myers

Metro's bus passengers' patience will have to ride just a little longer.

A report being prepared by the Metropolitan Transit Commission will determine whether bus passes will eventually be available to the public. The decision should be made in the new year. "If the decision is positive, it is only the time element of putting the program in place," said Mr. Donald Mielke, service co-ordinator of the Metro Transit Commission.

Last Thursday, Sept. 26, Mielke said the idea of issuing bus passes has been around since the beginning of the Commission. However, there is now more public awareness of the idea and groups and individuals are showing their support for it.

One organization supporting bus passes is Students' Union of Nova Scotia (SUNS). SUNS Communications officer, Peter Murtagh, said SUNS has been pushing for bus passes since the beginning of the school year. "Convenience is the main drawing card," said Murtagh. "We want to bring in a bus pass system, not only for students but for the Metropolitan area. We would also like to see reduced fares for both senior citizens and students."

Other public supporters of the Metro Transit bus pass system are Halifax politicians, including Mayor Ron Wallace, and Aldermen Randy Dewell and Alf Hamshaw. All three serve on the Metro Transit Commission

"It may be okay for these people to support the idea of bus passes and use it in election campaigns, however they don't know the bottom line of costs," Mielke said. Funds operating the transit system come from Halifax's four municipalities and the Provincial Government; there is virtually no federal funding.

Other Canadian cities such as Ottawa and Montreal have different funding mechanisms. They receive more funding assistance from the Federal Government and are able to have a bus pass system at reduced fares

"Introducing reduced bus passes would mean capital start-up costs and a potential loss in revenue depending on the number of trips taken and their time," said Mielke. "The only way to get back these losses is to turn upon the taxpayers." Last year Metro Transit operated on a five million dollar deficit; this year the deficit is projected to increase to six million dollars and there is a 39 cent deficit each time a person rides the transit system.

Mielke also pointed out that it is not just a "yes/no" answer of the Commission's decision on bus passes: "This is a very complex situation with cons on both sides."

SUNS loses SMU

by Deborah Robichaud

Students at Saint Mary's University last week voted by a two-to-one margin not to renew their membership in the Student's Union of Nova Scotia (SUNS).

Participating in a two-day referendum, Saint Mary's full-time students voted 66 per cent in favour of withdrawing from the provincial student's association. The referendum came just two weeks after the announcement by Acadia University's Student Union that it had decided to pull out of SUNS.

SUNS chairman James Leblanc was disappointed but not surprised by the action of the two student bodies.

"Acadia and SMU have never felt comfortable in SUNS," said Leblanc, "and there has always been a certain kinship between those two universities."

Leblanc pointed out that recent SUNS conferences have been subjected to constant cries of structure change from Acadia and SMU while the other members are happy with the status quo.

The other members of SUNS are Dalhousie, Dalhousie Association of Graduate Students, Mount Saint Vincent University, St. Francis Xavier University, the Nova Scotia College of Art and Design, and University of King's College.

Mark Bower, president of the Saint Mary's students association, said although SUNS is a good idea in theory, in practice it just wasn't working. "There has been a long-running concern on campus about the effectiveness of SUNS," he said, "and the referendum was initiated to poll the student's views on the association.

"It was preceived that SUNS lacked direction, was not representative of all institutional members, provided little or no benefit to the students of member institutions, lacked clear goals and had poor financial accountability."

According to Leblanc, "SUNS is like any organization—you get out what you put in and there hasn't been much positive input from either campus in recent years.

"They expect a lot from an executive which is strictly vol-

unteer and a part-time executive officer who gets paid only \$9,000 a year for what is essentially a full-time job.

"The executive can't do everything—it is up to each campus to keep students informed on current issues and the activities of SUNS."

Addressing the issue of representation, Leblanc noted that Keith Publicover, president of Acadia's students representative council, had been named SUNS representative on the Higher Appeal Board of Student Aid two days prior to Acadia's decision to pull out of SUNS.

"This position exists because we pushed for it," Leblanc said, "It would not exist were it not for the clout SUNS carries,"

Peter Murtagh, SUNS communication officer at Mount Saint Vincent University, said the issue of financial accountability was not a valid concern as changes and improvements have been made over the last few years in response to perceived concerns about accountability within the association.

"Things have been tightened cont'd on page 5

Science Society Spot

Hi again:

As the weeks progress, the Science Society has faithfully been at their post in Rosaria Centre selling buttons, crests, membership cards, and also giving people a chance to make early payment on their Science Society Tshirts. It has been great to see so many people anxious to join us this year—we promise not to let you down.

Last Friday the faculty and students got together in the gym for a game of soccer. Everyone had a great time, and we hope to see more of you next time. The Science Society Sports Hour will be held the first Friday of every month from 2-3 p.m.; see you Nov. 1.

Tomorrow night is our PUB NITE and we hope to see all the Einsteins, Madame Curies, Pavlovs, Darwins, Bohrs, Mendels, 'Raos', and Dr. Bunsen Honeydews in attendance. Remember there will be prizes for the best costumes, and if you have your Mount Science Society Membership card, your SSxxxx number can give you a chance at other great prizes. The benefits of being a member of the Society do not stop there; if you bring your MSVU button along with your card you will be admitted FREE

Hope to see your tomorrow night.

Adel Gilbert Science Society President

Ushers needed from MANUS

Attention: Members of MANUS, and the university community.

We are seeking students to serve as Ushers for the Baccaulaureate Mass and Convocation Ceremony on Sun., Oct. 20, 1985.

Since this is our Special Diamond Jubilee Convocation in celebration of 60 years of degree-granting status, we feel it is important to have representation from the non-traditional student group which makes up such a large section of our student body, as well as participation from members of the general student population.

Ushers may participate in both the Mass and the Convocation or at either of these events. Pay is minimum wage. It is a

condition of employment that rehearsals be attended, and compensation will include rehearsal time.

Rehearsal for Baccalaureate Mass: 8 - 9 a.m., Sun., Oct. 20.

Ushers on duty: 10 a.m. - 12:30 p.m. (approximately)

Rehearsal for Convocation Ceremony: 9.- 10 a.m.

Ushers on duty: 12:30 - 4:30 p.m. (approximately)

Ushers for both ceremonies should be available 8 a.m. - 4:30 p.m.

Interested students please contact: Mrs. Sylvia Fraser, Secretary, Health Services, Rosaria 116, extension 354.

Student Christian Movement active at the Mount

The Student Christian Movement (SCM) of Canada is a national, ecumenical, student-run movement that has been active on university campuses for over 60 years. The SCM grew out of the YMCA, and the Student Volunteer Movement (a forerunner of CUSO) in the early 1920's.

The SCM has enabled students to reflect theologically on the meaning of Christian commitment in our society, working towards an integration of faith and justice, and to take action of these commitments. We are also a movement where students are encouraged to raise critical questions about their faith and politi-

cal convictions.

SCM is once again active at the Mount. The theme of the SCM is to be development, peace and social justice in the Third World. Our organization will serve as a vehicle to build an understanding of international issues. Development education will be instituted through conferences, guest speakers, films, publications and group discussion.

The first meeting of the Mount SCM will be held on Thurs., Oct. 10, 3:30 p.m., in the Don MacNeil Rm. For more information, contact the Chaplaincy office, Rosaria 118, or Maria MacInnis, 429-8269.

Caribbean Society meeting

There will be a meeting of the Dal-Mount Caribbean Society Friday, Oct. 11, 4:30 p.m. at Dal SUB. All Welcome.

Public Relations Society news

The Public Relations Society just seems to be getting bigger all the time. And there is nothing to it if you want to join. The Public Relations Society will be selling memberships to all interested Public Relations students on Oct. 11, 11 a.m. - 2 p.m. outside Seton 304. Anyone who has already purchased a membership, but has not yet received a card, may pick one up then. Don't forget ten dollars for your Public Relations Society T-shirt.

If you are wondering where we post information about upcoming society events it is quite simple. The society bulletin board, outside Seton 304, will be used to publicize entertainment events and seminars. There will soon be a large calendar with events filled in on the appropriate days. This will also be located by room 304.

Basic Filmmaking

The Atlantic Filmmakers' Cooperative will be giving a seven week introductory course on Basic Filmmaking Through Super-8 at the Public Archives of Nova Scotia, Sat., Oct. 26 to Sat., Dec. 14. Classes will run on consecutive Saturdays 10:30 a.m. - 1 p.m. The cost for the course will be \$50 and materials. Registration will take place Sat., Oct. 19, 10 a.m. - 1 p.m., at the Public Archives, 6016 University Avenue. For additional information please phone the Film Co-op at 423-8833.

Lecture on apartheid

The Mount Saint Vincent Student Union, the Dalhousie Student Union, and the John E. Reade International Law Society is holding a press conference by Yusaf Saloojee, representative of the African National Congress, Tues., Oct. 8, at 3 p.m., in the council chambers, second floor, Dalhousie Student Union Building, on the subject of apartheid in South Africa and the African National Congress. He will conduct a public lecture that evening, at 8 p.m., in the MacInnes Room, Dalhousie Student Union Building.

For further information, call: Wendy Reid-424-3774.

ISA pot luck

Come join the International Students Association Pot Luck Dinner, Sun., Oct. 13, 5-7 p.m. Birches No. 5. Bring your favorite dish of food and try other dishes from around the world.

A social will follow and videos will be shown. Everyone is welcome.

La Strada

Frederico Fellini's classic film La Strada will be shown at the National Film Board Theatre, 1571 Argyle Street, Thurs., Oct. 17 to Sun., Oct. 20, 7 and 9:15 each evening. La Strada has won nearly fifty film awards including the Academy Award for Best Foreign Language Film of 1954.

"THERE'S NEVER BEEN A COMEDY QUITE LIKE 'AFTER HOURS,' A RACY, RAUCOUS RIDE THROUGH THE NIGHT BOUND TO LEAVE AUDIENCES REELING WITH LAUGHTER."

- PEOPLE MAGAZINE, Peter Travers

"What a pleasure it is to watch Scorsese cook. He is masterful. His images sparkle; his love of moviemaking reveals itself in every dazzling cut and close-up. The cast is a dream."

NEWSWEEK, David Ansen

" 'After Hours' is the year's best shaggy dog story, a delirious and challenging comedy. Highly enjoyable!"

"*\(\delta\) \(\delta\) (Highest Rating). Martin Scorsese's ingenious new film gem will stay with you long after you have experienced it. The film is definitely an original, unlike any of Scorsese's films, or for that matter, unlike any film."



A MARTIN SCORSESE PICTURE

After Hours

THE GEFFEN COMPANY PRESENTS A DOUBLE PLAY PRODUCTION
AFTER 'HOURS • ROSANNA ARQUETTE • VERNA BLOOM • THOMAS CHONG
GRIFFIN DUNNE • LINDA FIORENTINO • TERI GARR • JOHN HEARD
RICHARD CHEECH MARIN • CATHERINE O'HARA
PRODUCTION DESIGNER JEFFREY TOWNSEND
MUSIC BY HOWARD SHORE • EDITED BY THELMA SCHOONMAKER
DIRECTOR OF PHOTOGRAPHY MICHAEL BALLHAUS
WRITTEN BY JOSEPH MINION • PRODUCED BY AMY ROBINSON,
GRIFFIN DUNNE AND ROBERT F. COLESBERRY
DIRECTED BY MARTIN SCORSESE

Opens Friday, October 11th

theatre near you.

at a

Society funding based on class system

by Suellen Murray

New guidelines have been established for the allotment of funds to societies in the Mount's student union.

The guidelines, prepared by the Finance Committee under the direction of student council treasurer Carol McInnes, class societies in categories numbered from one to four. "Societies are classified by the number of members they have, their mandate, the type of service they are providing or type of programs they are sponsoring, whether they are unique or not, whether they are duplicated a lot on cam-

pus. Also their activities in previous years, and including their financial accountability and their visibility on campus," said McInnes. Societies with a class one will be granted the smallest budget and class four the largest.

According to the committee report the approved allocation of funds to societies and associations will be approximately 20 thousand dollars (10 per cent of expected revenue for 1985-86). The societies are permitted to use up to their allocation if necessary, and further funds can be requested from council.

The Mount. Association of

Non-Traditional Students (MANUS) has not been included in the classification system, as the committee recognizes the group as having "unique needs". MANUS will receive approximately 4,700 dollars, almost one-quarter of the available funds for societies.

The societies have been classed as follows:

One (up to \$400)

Child Study Circle, Square, Triangle History

Mount Christian Fellowship

Psychology.

Religious Studies Sociology/Anthropology Student Christian Movement

Two (up to \$800)

Caribbean Society Education International Student Assoc. Political Studies **Public Relations**

Three (up to \$1,100)

English Society Professional Office Administration Society Science Society

Four (up to \$2,000) **Business Society**

The classification of each society may be reviewed if requested at the end of the academic year. Each society must submit a year-end report, which will be used if a review is necessary. The classification can also be lowered by the Finance committee if it feels the society is not using funds properly, or failing to live up to the current rating.

The motion to accept the guidelines was passed by student council on Sept. 27.

Government grant provides two jobs at student union office

by Suzanne Clayton

Two jobs have been created by the Mount Saint Vincent University Student Council, with the help of a grant from the Nova Scotia Department of Development.

The first position is a Housing Feasibility Officer. This job will require an evaluation and an investigation into the alternatives available for providing student housing. Student Council President, Shari Wall said that it will give the council a better feeling of what is going on and will help them find the specific concerns of the students. The result should be a recommendation and a plan of action.

The second position is a Public Relations Co-ordinator which has already been filled. An information program will be set up to increase the awareness of the council's functions, services, and facilities to the students.

The new co-ordinator is Paul Beaudoin, of Halifax. He brings with him experience as a clinical therapist with the Nova Scotia Commission on Drug Dependency, Co-ordinator English immersion at the University of Sherbrooke, and director of offcampus housing at Bishop's University. Beaudoin started Oct. 7, the intended starting date for both jobs. The Housing Feasability Officer's position has not yet been filled.

Also, a policy manual for the

members of the student council will be produced in order to help them become more organized. The co-ordinator will implement an opinion survey of the drug plan now offered in order to determine present usage, problems, and recommendations.

Both positions will run for 12 weeks, with 40-hour work-weeks, at four dollars per hour.

The application for this project was submitted to the Department of Development on Aug. 1/85, after three jobs were rejected under the Challenge '85 Program, (summer employment

for students!.

Wall says that more jobs for students will be applied for this summer, although the outlook is grim. Very few student unions received a grant last year.

DAMONT

Fire destroys Motherhouse



The original Motherhouse was built in 1873 and stood where Seton Academic Centre stands now. There were four floors which housed more than 300 Sisters of Charity.

There was a fire in 1951 which completely destroyed the building, but luckily no one was harmed. In 1959 a new Motherhouse of the Sisters of Charity of Halifax was opened. The new structure was built at a new location on a hill overlooking the Bedford Basin.

It was designed to be the religious headquarters of the communities of Halifax, New York, Boston, and Western Canada. The opening event was recognized by Sisters from across Canada and from the United States as far as St. Louis, as well as the local press.

The Sisters of Charity from the Motherhouse were acknowledged for their achievements in the community and for their work in education. According to an editorialist at the time of the opening, "The bulk of their work has been in Nova Scotia where Mount Saint Vincent College is the crowning accomplishment of an academic program that has earned general respect and admiration"

The Motherhouse still stands to remind us that we have grown from a college to university, yet we must still strive to achieve this high standard of academic achievement which they started.



Fear of math/science limits women

by Sherry Hassanali

The 82 per cent female population at the Mount should not limit their options by avoiding math and science related courses.

That was the message from Lynn Atwell (P.Eng.), on Wed., Oct. 2 at the noon hour lecture, Women, Science and Technology. The workshop, attended by only six people, included a talk on women in the work force and a 40-minute film. The film helped clear some confusion math and science tend to project by explaining all the pros instead of the cons.

Research in the film suggested females are more person-ori-

ented and enjoy making contributions to other people. They fear the fields of science and math lack in social interaction. This fear was not taken to heart by the many women who were portrayed in the film. Instead. they felt their specific jobs were challenging, gratifying, wonderful and socially worthwhile.

All of the scientists in the film explained that by avoiding math and science related courses, not only in university but in high school, 75 per cent of all job opportunities are lost.

Between the years of 1980-1990, there will be a 40 per cent growth in job opportunities in the fields of math and science for women. This is a reassuring fact, as women, on the average,

work 28 years of their lives, while still managing to become wives and mothers.

The people in the film went on to say there is a substantial difference between the salaries of the sciences and the humanities. The fact that women are paid poorly compared to their male counterparts is changing rapidly. Recent estimates show women are paid 62 cents for every one dollar earned by a man, which is why the traditional jobs are no longer sufficient for the independent woman.

For further information on Women, Science, and Technology, contact Anne Wetmore-Foshay at the Student Services of1

Sermon on the Mount

It's new. It's improved. It's an offer they can't afford to have you refuse.

It's the 1985 Student Union Constitution Referendum.

The revised constitution referendum is an exclusive offer to Mount Saint Vincent University students. And here's what it gives you. Fairer representation on council for co-op and international students. Clearer rules on how to run an election. And the elimination of the need for the university president to approve the next constitution. And much, much more. Sound good? Well, it is.

Unfortunately, a well-written constitution three years in the making isn't the type of thing that brings students out in full force. All but three students passed up the open forum last week explaining the changes and answering questions. And that's too bad. Events like referendums and elections provide an opportunity to shrug off the chains of (dare I say it) apathy, and get a little mileage out of your \$78. But in spite of all this, Student Union isn't taking any chances.

This year's referendum comes complete with a multimedia blitz, reminding students how desperately their votes are needed. The message comes to you on posters, banners, tucked under your wipers, and in the privacy of your own stall.

But wait, there's more

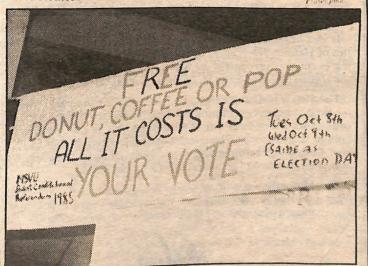
The sponsors of the referendum seemed compelled (or pressed or scared) into trading munchies for votes in order to secure ratification. So there's free coffee, free donuts, and free pop (Coca-Cola Classic, no less). And thanks to the handy-dandy secret ballot, all the "No" voters don't run the risk of getting the old stuff.

And all it costs is your vote.

So the message for the referendum is follow the carrot being dangled in front of your nose, and please be one of the 732 people needed to vote for the constitution.

I'd hate to see a grown councillor cry.

Suellen Murray Co-editor



Letters to the Editors

What's in a name?

Dear Editor,

May I use the article. You can't retreat behind ignorance any longer, Picaro, Vol. 21. No. 3, to highlight a common journalistic affectation the removal of which can only improve the quality of the reporting in the Picaro. I refer to the repeated use of a subject's last name only, instead of full name and/or title.

My name is **not** "Roughneen". My parents christened me Gabriel, after an angel, who, as we all know, has the very best background and credentials, and the affectionate diminutive, "Gaby" is acceptable. You may therefore call me Gaby Roughneen.

More from MANUS

Dear Editor:

Attached you will find a copy of Gaby Roughneen's excellent presentation to the Student Council on Sept. 20, 1985.

You will very quickly see that with reference to Dalhousie, she stated "it would seem that Dalhousie has come upon the reality of Continuing Education, breathless and a little late".

This is vastly different in meaning than your reporter's quotation that Dalhousie is "too late to adapt and improve".

I also object to the use of quo-

Yearbook clarification

Dear Editor:

With respect to the article "Join the Janus '86 Staff" by Jennifer Mann (Vol. 21, No. 4), I would like to clarify two points.

The cost of the yearbook is absorbed in your Student Union fees, rather than in grad fees. When a student graduates she/he receives a yearbook auto-

I married Michael Roughneen—another of the angelic host—so I am quite happy to be called Mrs. Roughneen.

The Women's Movement has provided me with the title of "Ms." which I find pleasant, as it makes me feel I belong on the set of **Gone With The Wind**. Please feel free to refer to me as Ms. Roughneen.

The use of the last name is acceptable. I understand, in professional sports, state penitentiaries. English public schools, and possibly the obituary columns. To the best of my knowledge, I belong to none of these categories, so I am, and wish to remain.

Yours truly. Gaby Roughneen

tation marks in the article around words that were not Gaby's words but the reporter's interpretation of her words.

May I suggest that you publish the full text of the presentation and print a retraction as MANUS firmly believes in a spirit of co-operation between universities, and does not indulge in inter-university bashing.

Yours truly, Carol H. Brennan Part-Time Senate Representative

The editors still stand by the story as printed.

matically. Undergraduates can order a yearbook from the editor, in January or February.

I would, at this time, also like to congratulate **the Picaro** for the excellent coverage of campus events and the great improvement in the quality of the paper. Keep up the super work!

Shari Wall Student Council President

Giving due credit

We would like to give credit to the following contributers to the Oct. 2 issue: Lisa Courtney for "Sunday is Girls Night Out"; Sheila McNeil for "Sheila E—Romance 1600"; and Kevin Fraser (Photopool) for election and Business Society photos.

Picaro

Once upon a time, Picaro was a little man who tore through the Spanish country side proclaiming the news to the people. Today, it is the student newspaper of Mount Sain Vincent University, published weekly by the Student Union The Picaro is a member of Canadian University Press, and subscribes to its statement of principles.

The Picaro staff positions are open to all Mount students and contributions are we come. All copy and/or graphics must be submitted by Friday noon, the week preceding publication. Please type all copy double-spaced,

ters to the Editor and Hyde Park Corner must be signed but names can be withheld by request. The Picaro staff re serves the right to edit all copy for length or legality. We regret that copy cannot be returned.

The Picaro office is tucked away on the fourth floor, Rosaria Centre, in room 403. Drop by to contribute to the paper, or bring us coffee.

Newspaper meetings are held every Monday at noon.

STAFF Co-editors:

Co-editors: Suellen Murray Eduardo Espejo Production Manager:

Shelah Allen Ass't Production Manager: Katrina Aburrow

Business Manager:
David Hallworth
Office Manager:

Lindsay Williams News Editor: Shelley Murphy Entertainment Editor:

Karen Chilton
Sports Editor: Francyne Filion
Graphics Team: P.D. Coffin
Steve Jennez

and this week . . Claudine Fougere **David Stewart** Frances Markee Christine Gross Sheila McNeil Susan MacPhee Kari Harper Joyce van Zeumeren Marina Geronazzo Catherine Dorais Robert Caume Kimberley Williams John Chiasson Brenda Bourgeois Lois Corbett (ARCUP Bureau Chief) and frogs everywhere.



Enthusiastic Co-op presentation at forum

by Deborah Robichaud

Students interested in Mount Co-operative Education were given the opportunity to hear about the program as a panel of seven discussed their experiences as co-op students during a Friday forum

The noon-hour forum was one of many special activities scheduled at the Mount as part of it's annual Career Week.

Five co-op students and two graduates of the program spoke on their personal experiences in the program and their reasons for choosing the co-op option. All admitted to being "co-op enthusiasts" and plugged what they felt were the many benefits of the program.

Allison Keating, a member of the first co-op class to graduate from the Mount in 1983, said the program prepared her in many ways for the work she is doing today as a chartered accountant. "Co-op gave me experience in accounting, auditing and computers and gave me an advantage over other students who had little experience in these areas outside the classroom," she said. "I also learned how an office runs and whether or not this was the type of work I wanted to do for the rest of my

Angela Murray, who graduand feels her co-op experience was a major factor in her landing a job she enjoys.

The students did admit, however, that co-op wasn't without it's problems. Sometimes students are still waiting to hear about job placements as late as a week before they're scheduled to go out on a work-term.

Gale Arsenault, a Public Relations student who just completed her first work-term this past summer in Alberta, spoke

"With four work-terms, in four different government and private sectors, I just blew away the competition with my resumé," she said.

cide what area she wanted to work in after graduation.

of the difficulties associated with being placed far from home on a work-term.

"You arrive in a strange city, on your own, and you have to find a place to live," she said, "It isn't easy.'

But that, according to the panelists, is one of the benefits of the co-op program—you learn to be resourceful. "It also builds character," says Keating, "and

Alumnae share

makes it easier when you have to do it a second time.

The panelists took questions from the audience which ranged from expected salaries to course and academic requirements for the program. Ivan Blake announced that the co-op office would begin information sessions on co-op in January, when potential co-op students will be able to apply for admission to the program.

experiences at workshop ated in 1984 with a Bachelor of She added that co-op gave her Public Relations Degree, is now exposure to a variety of different employed with Doane Raymond environments, helping her desmall, with alumnae outnumber-

Disappointment in student attendance was a recurring comment at the Alumnae In Action workshop Thursday night, Sept.

Co-sponsored by the Alumnae Association and Student Union, the workshop was a part of the second annual Career Week at the Mount. Alumnae In Action presented recent graduates of various MSVU programs who discussed their search for employment, and the diversity of their degrees. The turn out of students for the workshop was

ing students at the discussion groups.

During the two hour exchange, students and alumnae discussed such topics as minimum grade averages for attaining jobs, the importance of specific courses, approaches to interviews, salaries, and the pros and cons of the Co-operative Education program.

The workshop was not only of interest to the students, but also provided an opportunity for fellow graduates to compare notes.

SUNS loses SMU

continued from page 1

up in that area, but they won't let us off the hook for inconsistencies that occurred in previous years," he said.

Despite the loss of two important members of the association, neither Murtagh nor Leblanc see any real threat to the continued survival of SUNS although Leblanc admits that it's bad timing

as the government is expected to release it's Report on the Royal Commission on Post Secondary Education this month

However, the pull-out of the two universities is expected to have an effect on the unity of Nova Scotia university students as they prepare for the possibility of having to fight some of the Commission's recommenda-

Although Bower also admits that he does not expect to see a mass exodus from SUNS either, he warns that "the other member institutions will be looking hard at the organization". Meanwhile, he feels that Saint Mary's can adequately represent the interests of it's own students to the appropriate government offi-



Tools For Peace labouring for Nicaragua

by David Stewart

Tools For Peace is a community based national coalition of churches, unions, co-operatives and women's groups designed to give material aid to Nicaragua Last year the coalition raised over 1.5 million dollars nationally.

Members of the Tools For Peace organization came to the Mount Monday to educate students on the group's actions to aid war-torn Nicaragua.

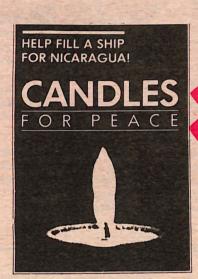
The organization started in 1981 when British Columbia trade unionists visiting Nicaragua saw the destruction caused

by a United States embargo and Contra rebels. That year they raised 25 thousand dollars. The Nova Scotia chapters sent contributions for the first time last year, raising 20 thousand dollars. "We have chapters in Truro, Amherst, Baddeck, Sydney and Wolfville," said Peggy Matthews, Tools For Peace spokesperson.

Tools For Peace has as its two main objectives, sending material aid and educating Canadians about Nicaragua. The emphasis is on medical supplies and items like candles, blankets and batteries are needed as well.

The Halifax chapter of Tools
For Peace meet every Thursday
night to pack supplies for Nicaragua. Nova Scotia aid goes to
Montreal, then off to the next
major city. The last Canadian
stop is Vancouver before it is
sent south by ship

According to the coalition, Nicaragua is threatened by a United States trade embargo as well as Contra rebels (Nicaraguan counter-revolutionaries).



The Reagan administration has blocked more than one billion dollars (U.S.) in sales credits and exports. The contras have killed more than six thousand people and destroyed 225 million dollars worth of property which includes schools and clinics.

The Mount exhibit offered information on the group's efforts, and the background on the situation in Nicaragua. For example, since the revolution in 1979, literacy has increased from 40 per cent to 87 per cent, polio and measles have been eradicated, and the country has been selected by the World Health organization as one of the five model countries in primary health care. "Sixty per cent of the property

and businesses is privately owned," said Matthews. "This is more than most Western

countries. The Marxists have to be pragmatic about their ideals since most of the peasants are very conservative."

Matthews added that the Sandinista government has armed it's citizens against Contra guerillas. "Not many Latin American countries would dare arm their citizens, imagine if Chile were to do that."

"Anyone wanting to join us can help in any way," said Matthews. "All they have to do is call". Tools For Peace can be reached at 443-1623.

Supporters of the coalition include Iona Campagnola, President, Liberal Party of Canada; singer Bruce Cockburn; Mount President Dr. Margaret Fulton; and Oxfam-Canada.

Students must sell themselves in the job market

Engineering and geology students are generally better at selling themselves in the job market than business and marketing students. This has been the experience of Don Thompson, At-

lantic Region Recruitment Coordinator for Esso Petroleum Canada.

Thompson discussed which job applications work and why at a noon-hour workshop in Se-

ton Thurs., Sept. 26. The workshop, entitled The Inside Track, was one of the Mount's Career Week activities.

"We are not only looking for someone to fill the entry-level positions but for the people who will run the company 20 years down the road," said Thompson

Thompson said that before filling out applications, students should sit down and figure out which industry they are most interested in. From there they can decide where they want to work. He stressed that companies such as Esso are concerned with fitting the student to the employer and vice versa.

Once students have decided where they are going to seek employment, they should tailor their applications accordingly. Thompson told how he once received an application for a job at Esso which said that the applicant always wanted to work for the Royal Bank of Canada. Needless to say, he did not get an interview.

What do employers look for in an application? "Grades are not the be all and end all," said Thompson. "But students should give some indication of their marks."

Work experience, on the other hand, is a section of the application form where students have the opportunity to really sell themselves: In addition to listing duties, Thompson recommends that students list the skills they learned. For example, some of the skills involved in waitressing include diplomacy, tact and poise.

"The fact that you had a summer job is important in and of itself," said Thompson. "So don't be reluctant to include work experience that is not related to your field."

Thompson also suggests that students use the University and College Placement Association (UCPA) application forms. Most employers are familiar with UCPA forms and many prefer them to personalized resumes. They are available at the Canada Employment Centre in Rosaria.

Some final considerations when filling out an application—make sure that it's legible and that you've spelled the company's name correctly.

The Inside Track and Career Week were sponsored by the Mount's Student Services and Counselling Office, and the Canada Employment Centre on Campus and the Co-operative Education Office.



Humans alone on this earth have the ability to ask the all important question, "Why?" Why are we here, being what we are and doing what we are doing? Why are things the way they are? This little word, why, invites our minds, our hearts and hopefully even our feet on a pilgrimage, a quest for truth—that ruth which leads to God.

Luckily we are not the first ones to walk down this road. Many have taken up the journey before us and are now able to show us the way. Christianity, for example, before it got its official name was simply known as "the way". People were called to follow the steps of a man named Jesus on the path of light and life. Jesus took both creation and God seriously enough to highlight the truly complete human venture of our existence; his incarnation was essential to his salvific mission. Through him, people discovered that to be God-like was to develop fully the human potential that the Creator put into each of them, to share the divine life.

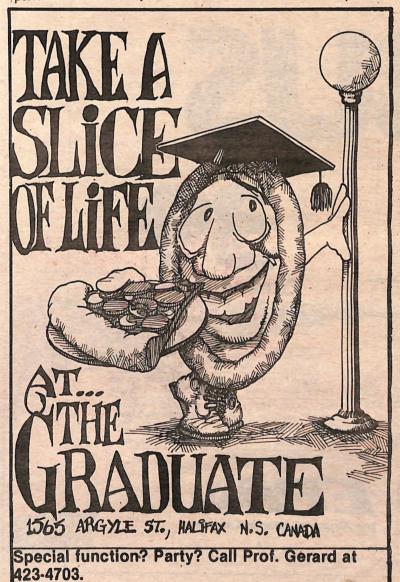
The followers of Jesus called themselves 'Christians' and accepted a simple yet difficult task; integrating their physical, emotional and social beings into the plan (or vision) that God imagined for them ever since the beginning of time:

"God created man in the image (vision) of himself in the image of God he created them (matter, biology) male and female (sexuality, psychology) he created them. God blessed them (compassion) saying to them: be fruitful, multiply, (social) fill the earth and conquer it (politics, economics).

Be masters of the fish of the sea, the birds of heaven, and all living (ecology) animals on the earth.

God saw all he had made, and indeed it was very good." (spirituality) (Gen. 1:27-28, 31)

of British of The State of



Refugee student enjoys new experiences

by Christine Gross

This year Mount Saint Vincent University joined a network of 67 universities and colleges across Canada in a Student Refugee Sponsorship Program in conjunction with the World University Service of Canada (WUSC).

Under the direction of the WUSC campus committee, a selection committee made up of faculty and students narrowed the refugee student applications down to one.

Joining the Mount community this year is Priscilla Bengo, a refugee from Uganda. She is one of 260 foreign students who study in Canadian universities through WUSC. Priscilla has lived in Nairobi, Kenya with her parents and three younger sisters before she arrived in Halifax. She never imagined she would come to Canada to study.

"I found out in July that I was accepted to a place called Mount Saint Vincent University. My family was happy that I was going to study, but sad that I was going to leave."

Priscilla is enrolled in the B.A. Program and is majoring in economics. Her tuition, room, board, and books are paid for by the university, faculty association and the Student Union.

Priscilla arrived September 18 and found herself behind in classes. She missed orientation and was unsure of where to go. Priscilla comments that she found students and professors to be very helpful and understanding. "Everyone was willing to help me and I found people very friendly."

Travel time for Nairobi to Halifax was 28 hours. She came here not knowing anyone but some of her hometown friends are studying in Ontario.

Making friends is not a problem for Priscilla. She has met many students at the Mount and has become active in student life. A week ago, Priscilla participated in the Dal-Mount Caribbean Society annual apple-picking event and had a great time. She has also joined the International Students Association at the Mount and was elected vicesecretary for the African Students Association at Dalhousie. Priscilla also has musical talents. She is often heard humming to music. When she was younger she took piano lessons and sang in choirs.

Maybe Priscilla will sing a different tune like "Let it Snow" when winter arrives in Halifax. Priscilla has never experienced a snowfall or skating on a pond in the winter. She might even try skiing with the International Students Association in February. For now, she feels the temperature has not been very cold. "The weather is not as humid here as it is at home."

Priscilla's favorite dish from home is "Matoke" a staple for Baganda. "It is made of steamed planteen in banana leaves and is served with meat or soup," explains Priscilla. Has Canadian food been a new experience for Priscilla also? She comments that she has not had pizza or donairs yet but she would like to try them.

But on Wednesday nights, dinner must wait, Priscilla prefers to use this time to sit in the Birches's lounge, watching her favorite television show—"Dynasty",



Frizzell Photo

William H. Shannon: Man or butterfly

by P.D.Coffin

I don't know. Maybe it's the big blue posters exclaiming "Lectures", striking fear in the hearts of undergrads. Or perhaps the dreaded topic of religion scared them off.

Something kept people away from this year's Elizabeth Seton Lectures which saw Dr. William Shannon speaking about the life and thoughts of Thomas Merton. Who are these people? Well, Dr. Shannon is a monsignor from Rochester, New York who has written a number of articles and books on Merton, and in the general field of Christian spirituality.

Thomas Merton was a Cistercian monk who wrote untold hundreds of letters, articles and a dozen or so books on the topic of what he called "contemplation"

Merton, before his bizarre, accidental death in Bangkok in 1968, wrote that the only real "I" dwelled beneath the facade we call "me". He said that the

deepest level of communication is communion with God.

Dr. Shannon reflected in three lectures last week on how to apply Merton's example of simply "being" in everyday life. In these lectures, under the basic themes of Christian Living, contemplation and commitment, and peace and justice, Shannon brought out in "80's" language, points Merton made decades earlier.

This is the forté, if you will, of Thomas Merton's message: it has universal appeal. One has the sense, when reading what Merton wrote in the late forties, that it was written for us, in today's circumstances. Merton was greatly interested in Eastern traditions of religious thought, which is why Shannon almost titled his second lecture "Am I a Man or a Butterfly"?

He related Chuang Tzu's story of dreaming he was a butterfly. (Chuang Tzu was a Taoist master and a favorite of Merton's.) When Tzu woke up, a thought struck him. Was he a man relieved that he wasn't a butterfly, or a butterfly dreaming that it was a relieved man?

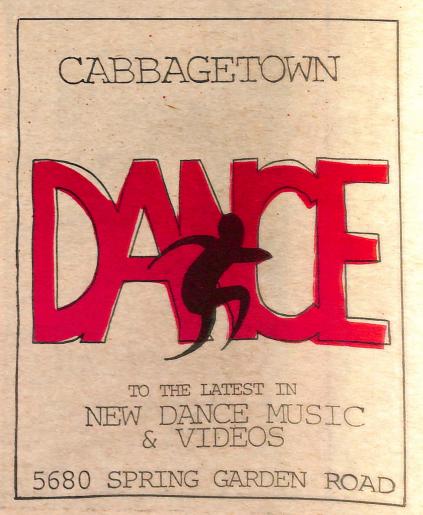
Merton uses such analogies to expose the illusions we create in everyday existence. In the same way we repudiate dream objects we may also repudiate our false selves.

Contemplation can develop our awareness of what is real. "The difficult thing," says Shannon, "is not to think of the contemplative experience as merely a part of a schedule. If the skyscraper and the cloverleaf bypass are symbols of the sixties, then surely the daily schedule book is the symbol for the eighties."

And you don't have to be a monk to get in on the action. You are the action. Fortunately, the first lecture on this very point was well attended.

Merton's claim, on behalf of the benefits of the contemplative experience are universal as well as personal.

Shame on those who assumed the lectures were narrow or topical.



Vox Populi

The Picaro will be posing questions to Mount students each week, with the comments and respondents photo running in next issue's Vox populi ("voice of the people") column.

A **Picaro** reporter and photographer will interview students at random during the week for their replies. Students are also welcome to submit their replies to **the Picaro** office, Rosaria Centre, 4th floor, and arrange for a photo to be taken.

On Oct. 8 and 9 a referendum took place to determine whether the Student Union constitution would be accepted by the student body. The proposed constitution was published in the Picaro.

Why did you vote in the constitution referendum and what is the importance of the student union constitution?

Question: How optimistic are you of finding a job soon after you graduate?



Lynn Leger first year BSc—I think that if I look hard enough and work hard enough, I can accomplish it if I want to.



Ann MacDonald fourth year BBA—I think if I look hard enough I will be able to find a position. I'll probably have to start at a low position, and work my way up.



Steve Masschaele third year BPR-I

don't think about it because it seems so

far away, but I think there must be someone out there who wants me.

Sandra Currie first year BHEc—If you are willing to move and go look for a job, then you can get one.



David Wynn first year BA—I'm optimistic. I hope to go into BPR since this is the only place that teaches it. I don't think I'll have a hard time getting a job in it.

Two men, some beer, and a dummy

by Karen Chilton

If you were at the pub last Friday the word dummy took on another meaning, Instead of the usual Friday afternoon band, Mount students were introduced to ventriloquist Mike Robinson and his dummy Byron. Robinson entertained the students for over a half hour with cute anecdotes while Byron did his best to

disrupt the act, cause trouble and pick up the girl sitting in the front row.

Robinson has been interested in ventriloquism ever since he can remember but it was not until he turned fourteen that he started to seriously practise it.

Robinson has also performed close-up magic, like card tricks, since age six. Robinson and Byron have performed around Nova Scotia, Toronto and Ottawa, and stopped to take time to do a charity performance at the Terry Fox Youth Centre.

Byron won the hearts of the audience and displayed the personality of a sassy but lovable brat. From the time Byron refused to co-operate with a joke by trying to pick up a girl in the first row, until the time heruined the punch line for poor Mike, Byron showed his true mischievious character. Byron's face conveyed more expressions than some people do.

After Mike and Byron left they were replaced by Leonard Kane Jr., another comic act from the P. Kane Comedian Agency. Though it is hard to keep an audience's attention for a complete hour with comedy jokes Kane brazenly attempted by telling sexist jokes at a university where 83 per cent of the population are women.

Kane has performed professionally for two years. Influenced by Richard Pryor, he became a comedian because he wanted to make people laugh. Kane writes his own material and ad lib's a lot. Mark Walker, a new edition to the P. Kane Agency, helped Kane end his act.

The P. Kane Comedian Agency handles about ten comic acts and is run by Perry Kane, the brother of Leonard Kane Jr.

Kane started out by handling his brother's career, and then he gradually added other clients to his list



Fraser photos

Fraser photos

Caume Opinions by Robert Caume & S. J. J. #]

Jolene—Strawberry Switchblade

(Korova) Jill Bryson and Rose McDowall, both from Glasgow, have once again picked a strange one. They have taken Dolly Parton's golden moldie, and sped it up so much that there is little room for any country and western feeling. (I suppose we should be grateful.) I like this version much better than the original, but as many C and W fans I'm sure will agree, this is not the way Miss Parton had intended it to be sung. B plus

Do Not Disturb — Bananarama



(London) I suppose it's difficult to review records by groups you really like. But the fact is that this one is definitely a worthy predecessor to the smashing "Robert DeNiro's Waiting". Up until now, the one gripe I keep hearing is that the girls can't be bothered to lift their voices. Well, this song will definitely change some minds. The vocals are lively and contain a number of intricate harmonies. I am sure that with a little airplay, Bananarama will have a hit in no time at all. A plus.

My Heart Goes Bang— Dead or Alive

(Epic) After the flop of Dead or Alive's first album, the boys had to do some serious thinking about their style. "Youthquake", is rapidly climbing the charts in Britain as well as the rest of the charts. This song is good, but I think that it will not live up to the fans expectations, especially after the astonishing success of "You Spin Me Round". So here's another addition to the world of techno-pop for your indulgence, this will either be number one or number nothing. B-

Lay Your Hands On Me

-Thompson Twins

(Arista) This is probably the best song the Twins have ever written. Tom Baily's vocals have definitely reached their peak. Along with his voice, his fellow band members, and the East Harlem Hobo Choir, we are swept away by the beautiful vocal and instrumental arrangements. I predict this one will go right to number one. A plus

Vinnie's information Bar Hours Tuesday 3:30 p.m. · 11 p.m. Wednesday 3:30 p.m. - 12:30 p.m. Thursday 3:30 p.m. - 11 p.m. Friday 3:30 p.m. - 11 p.m. Happy Times Tuesday 4:30 p.m. - 5:30 p.m. Wednesday 9 p.m. - 10 p.m. Thursday 4:30 p.m. - 5:30 p.m. Friday 6:30 p.m. - 8 p.m Interested MSVU Societies can book the pub on Monday and Sat-

arday nights. Bookings are made through the conference office in

ODV sponsors blood bus

On Tues., Sept. 30, the O□∆ Society sponsored "The Blood Bus" designed to encourage students to give blood by providing transportation to and from the Red Cross building on Gottingen Street. It was hoped the free transportation would entice two bus loads of donors; instead a small but enthusiastic group filled the first few rows of an Acadia Lines bus.

The O□ ∆ Society is an organization that does not restrict its membership to any student, regardless of faculty, year of study or sex. In the past the society has sponsored numerous social events but lists the Blood Bus as its first charitable endeavor since it started four years ago. After discussing the Red Cross' shortage of blood with friends, O□∆ president Mike MacLean decided something should be done and his organization could

MacLean believes the idea of the "Blood Bus" was in keeping with the aims of his society. "Anyone can join the O□A society, and anyone can give and use blood," he said. With this in mind MacLean took the initiative and telephoned the Halifax branch of the Canadian Red Cross. Janet Foley of the Red Cross was enthusiastic about the idea, and the wheels of the Mount blood bus were set in mo-

As Foley explained, "the temporary shortage is due to extremely high issues of blood compounded by heavy surgical schedules". At the present, the Red Cross is particularly looking for type A donors, but O-type donors are encouraged to contribute as O blood can be administered to any person of any blood type in an emergency.

Recent attention has focused on a pending strike by lo-cal employees of the blood donor clinic and the ramifications such a strike could have on hospitals in Nova Scotia and Prince Edward Island. The Red Cross was pleased to annouce a strike has been avoided and it was not necessary to cut any of the vital services to the public. Unfortunately the attention has not zeroed in on the real issue facing the Red Cross . . . the need for blood of every type.

Foley commented on the great response from university students whenever the Red Cross visited the various campuses throughout the province. Many universities have incentive programs to get donors out. St. Francis Xavier University, for example, have inter-residence competitions. If other universities are willing and able to give the gift of life, what was wrong with the students of the Mount? Foley feels MacLean and his society are to be commended for their efforts and insists, "I know the blood donor base is there at the Mount] although I don't know about the interest"

Heather Ryan, a Vincent Hall Residents Assistant, said "Of 152 girls in my residence I am the only one giving blood; that's a very poor ratio". David Davies, another member of the Blood Bus contingent added, "It shows the students are not very

supportive at the Mount". Mac-Lean was disappointed about the small turnout on the Blood Bus: "It upsets me when an idea that is perceived to be so good is

so poorly attended".

The next Blood Donor Clinic is Feb. 13 at Our Lady of Perpetual Help Church, 2 Melody Dr., Halifax.



Please enter me in the Student Long Distance Contest.

Make 3 Long Distance calls, enter the numbers you called on this entry form, send it along and you could be one of four fortunate students to win a fiery Pontiac Fiero. Each additional set of 3 calls makes you eligible to enter

Area code Num	ber called	Date called
1	1111	
2 1 1 1	1111	
3 1 1	1111	T. C. S. LOC
Name		
Address		Apt
City		Prov
Postal code	Telep (Where	hone Noyou can be reached)
College or Univ. atte	ending	
I have read the cont	est rules and agre	ee to abide by them.

Signature_

Rules and Regulations: 1. to enter, print your name, address and telephone number on an official Telecom Canada entry formor on an 8 cm x 12 cm (3" x 5") piece of paper, as well as the telephone numbers (including area codes) and dates of three (3) Long Distance calls of three (3) Long Distance calls may be entered only once Off, provide a handwritten description, in not less than 25 words, explaining why you would like to make a Long Distance call. Only original hand written copies will be description, in not less than 25 words, explaining why you would like to make a Long Distance call. Only original hand written copies will be accepted Mail to Student Long Distance Contest. P.O. Box 1491. Station A, Toronto, Ontario M5W 2E8

"Calls to any point outside the entrant's local flat rate calling area.

2. Enter as often as you can, but each entry must be mailed in a separate envelope, bear sufficient postage, and be postmarked no later than february 26, 1986, the contest closing date. The sponsors do not assume any responsibility for lost, delayed or misdirected entries. Only entries 313,000. Ob Local delivery, lederal and provincial taxes as applicable; are included as part of the prize at no cost to the winner. Verbicial insurance, nearest the winner's residence in Canada. The prize will be awarded to the person whose name appears so not the entry, limit of one prize person. All be exactly as illustrated.

4. Random selections will be made from all eligible entries submitted, at approximately 2.00 PM E. S. T. November 27, 1985 and March 12, 1986 in Toronto, Ontario, by the independent contest organization. Prizes will be awarded to the otherwise postmarked no later than midnight, November 13, 1985, and two (2) Fiero Sport Coupes will be awarded from all entries postmarked no later than midnight, November 13, 1985, and two (2) Fiero Sport Coupes will be awarded from all entries postmarked no later than midnight, November 13, 1985, and two (2) Fiero Sport Coupes will be awarded from all entries postmarked on later

AGT. Bell. B.C. Tel. Island Tel. MTS. MT & T. NB Tel. Newfoundland Telephone. Sasktel. Telesat



Two weeks to go

Meet the challenge for Adsum House



by Lisa Courtney

Oct. 19-as the big day of "For the Run of It" approaches you're all running around getting spons ... right?

Where is all this money going? Half of it helps support MSVU's intercollegiate program and the other half goes toward Adsum

Adsum House, a home for transient women, has always been associated with the run. Three years ago, when Adsum House was getting off the ground, the run organizers were looking for an organization to support with their first run. Helping the house also fit in with the Mount's longstanding commitment to women.

Adsum House provides accommodations for women over 16 on a short-term basis (average two weeks). Although the aver-

Canadian

age ages are between 16 and 24, women up to 84-years-old have stayed there.

Residents receive three meals daily, clothing and assistance in finding a permanent place to live and sometimes a job. In return, the women are expected to observe curfews, assist with household duties and to attend inhouse meetings.

Women come to the house on their own or through referrals from community/social service agencies. Social services pay for women they refer; fund raising is the other source of income as government funding is not guar-

Adsum House accommodates up to 18 women daily and staffs seven full-time employees, one part-time and approximately 60 volunteers. Several Mount students, faculty and staff also as-

Even though the average stay

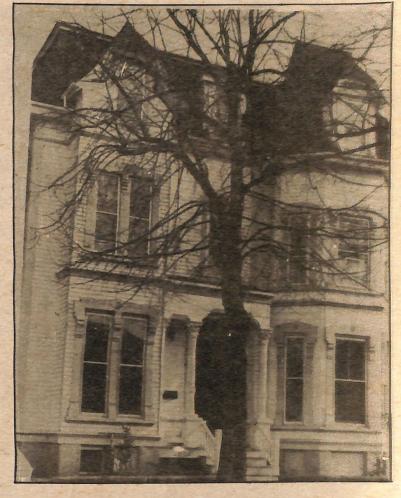
at door one hour before game times

is two weeks, there have been exceptions. One woman stayed during the last five months of her pregnancy. The staff helped her throughout the pregnancy, made arrangements for her to stay in a family setting after the delivery and even drove her to the hospital.

"Without Adsum's support and care she wouldn't be as happy as she is now," said Sister Evelyn Pollard, co-ordinator of

This year Adsum House's goal is to raise \$60,000. The staff has challenged MSVU to raise \$6,000, a 300 per cent increase from last year. "Being the 60th Anniversary of the Mount, this is the year to play with sixes," said Sister Virginia Turner, executive director for Adsum House.

Registration forms and sponsor sheets are available from Seton's front desk, the A/R office or the public relations office. Everyone is welcome to come on out Oct. 19 and help meet the challenge.



Half the proceeds from "For the run of it," to be held on Sat... Oct. 19, will go to Adsum House, a home for transient womer The shelter is located on Brunswick Street.



Fit tips—Measure your heat-rate

by Lynn Kazamel

The easiest way to measure the intensity of an activity is to measure the heart rate. During aerobic activity, the heart rate increases so that the muscles may be supplied with the extra oxygen they need.

The "Target Heart Rate Zone" is the range of heart rates within which activity is helping to improve aerobic fitness. The upper limit of an individual's target heart rate zone is identified by 200 beats per minute minus their age. The lower limit is identified by subtracting 30 from the upper limit. For example, if you are 20-years-old, your upper limit would be 180 beats per minute and your lower limit would be 150 beats per minute. Any activity, to prove beneficial, should keep the heart rate between the upper and lower limits for twelve to fifteen minutes.

The best place to check the pulse while exercising is either the neck (carotid pulse) or in the wrist (radial pulse). If your heart rate is below the target heart rate zone, you should be working a bit harder. If your heart rate is above the target heart rate zone, you should be slowing the activity down to an easy jog on

the spot. For the safest and most efficient aerobic workout, your pulse should be kept within your target heart rate zone at all

One last key, to get the most out of your aerobic work outs you should be participating in an aerobic activity at least three times per week.

Part-time athletics work

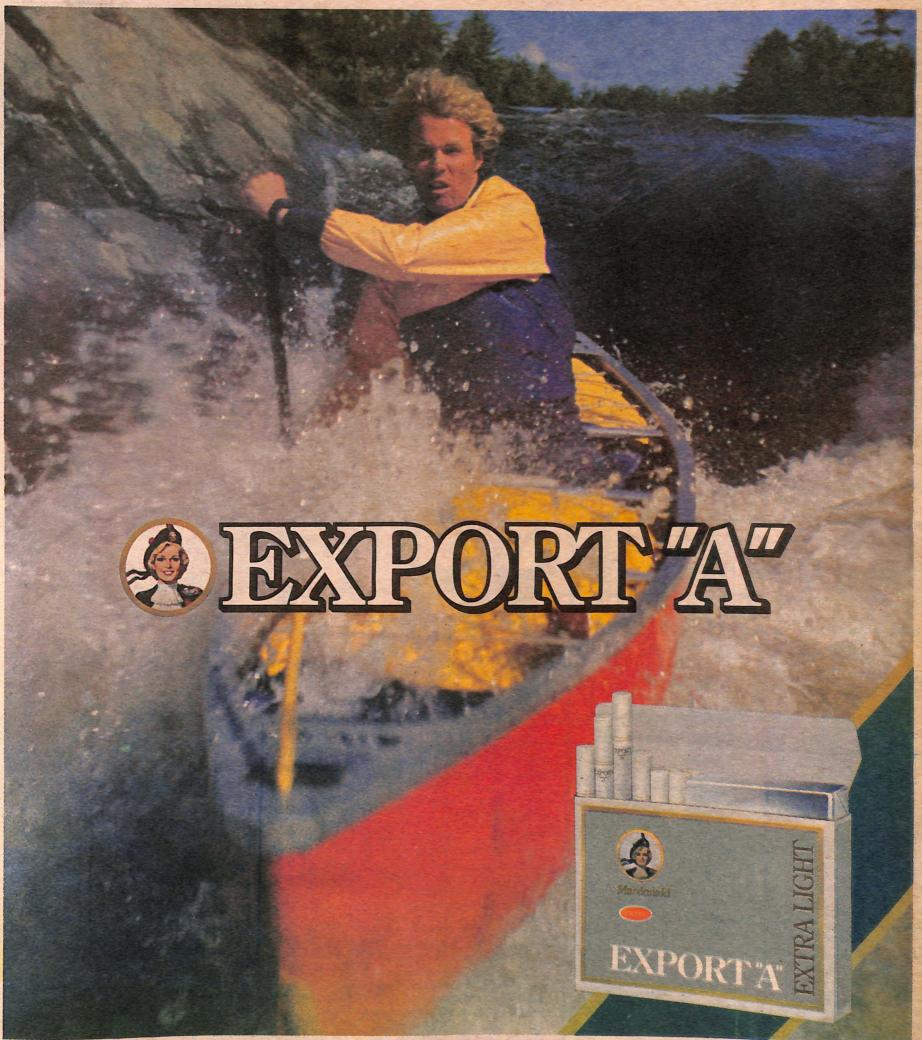
cash? Do you enjoy volleyball and/or basketball? If you answered "yes" to these questions, then the Athletics/Recreation Office needs you!

We are looking for responsible individuals who are willing to work about four hours per week

Do you need a little extra at our intercollegiate volleyball ome games. Du ties for this job include scorekeeping and clock monitoring.

> If you are interested, please apply at the Athletics/Recreation office, Room 223, Rosaria Centre. Applications will be accepted from Oct. 16-19.





WARNING: Health and Welfare Canada advises that danger to health increases with amount smoked—avoid inhaling. Average per Cigarette—Export "A" Extra Light Regular "tar" 8.0 mg., nicotine 0.7 mg. King Size "tar" 9.0 mg., nicotine 0.8 mg.