

Volume 30 Number 3

HA 1994  
Mid October

# *The Picaro*

*Big Joe Comes to Visit*

*More M.A.N.U.S.*

*Mi'kmaq History*

*Person's Day*

*Rippin' Up Rosaria*



*October is Mi'kmaq History Month. Cover Art by Ruby S. Boutilier.*

*The Student Newspaper of Mount Saint Vincent University*



# Referendum Days '94

## Excuse Me...

## Why are You Wasting Your Money??!!

**V**ery few of us can spare an extra hundred bucks. But most of us, over 80 per cent of us, do it every year how? By not voting! If you don't speak up and vote, you are lost between the cracks. Student Union can't hear you if you say nothing. We can't see you if you are hiding.

**O**ften, we hear through the Mount grapevine that we aren't doing our job. We are perceived as idiots who aren't in touch with the students. We reach but most times no one is there to extend a hand.

**T**oo often, there is a sence of animosity and lack of communication between the Council and Union members--You. We have to inform each other of what we each need.

**E**xtra effort from each and every one of us has to be made. We promise to listen when you speak to us. You must promise to do the same. By reading this, you have responded and grabbed our extended hand. We thank you and ask you to

Here are your questions:

1. *Do you wish to accept the new constitution as the official constitution of the MSVU Student Union?*
2. *Do you wish the Picaro to be the officially funded student newspaper of the MSVU Student Union?*

Any questions?

Contact Student Union (457-6123)

# vote on

# October 17 & 18.

## National Collegiate Alcohol Awareness Week (NCAAW)

## October 17-21, 1994

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Are you one of those individuals who feels that there is nothing to do on this campus? Well, here is your chance to socialize with your fellow students. CHOICE is planning for a week of events that are sure to "tickle your fancy." Put your money (so to speak) where your mouth is and participate in a fun time. And by the way, CHOICE (Committee Helping Others in Consumption Education) is not going to get up on a soapbox and preach to you about the ills of alcohol; that's not our style nor our place. You're an adult who can make your own decisions. We're here for information. We're not your parents. So, have a terrific week and check out the festivities

For further info... Call Sheri Moore, CHOICE Chair at SU (457-6123).



**The Picaro**

Volume 30, Number 3

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Sheri Moore

Big Joe

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Ruby Boutilier

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Allison Young

Zelda

Hugh Lindsey

The Picaro is a bi-weekly newspaper published for Mount Saint Vincent University students, by the Picaro Publishing Society.

The Picaro is dedicated to informing, challenging, and entertaining the students of MSVU, and to providing them with a forum to air their views.

The Picaro reserves the right to edit or reject any material, particularly material of libellous, racist, sexist, or homophobic nature.

Submissions may be dropped off at The Picaro office, 4th floor Rosaria, or mailed to: The Picaro, 166 Bedford Hwy, Halifax, NS B3M 2J6 Phone: (902) 445-3584



## Umbrella Organization For M.A.N.U.S.

By Colleen Trevors

The Mount Association of Non-Traditional University Students (M.A.N.U.S.) is part of a powerful unified voice in Atlantic Canada.

M.A.N.U.S. in cooperation with five other universities in the Maritimes has formed the Organization for Part-Time and Mature Atlantic Students (O.P.T.A.M.A.S.).

O.P.T.A.M.A.S. is an umbrella organization for non-traditional student groups in the Atlantic region.

"Traditional student governments overlook part-time and mature student needs," Cody Smith, Chair for O.P.T.A.M.A.S. N.B. said. "We address those needs."

O.P.T.A.M.A.S. offers advice to each of the individual organizations on managing the stresses or complications from being a non-traditional student. The organization is also there to fight against political legislation which has negative impact on the cost of student studies.

"There is strength in numbers," Ron St. Onge, Chair for

O.P.T.A.M.A.S. executive said. "We cooperate with people and are one unified voice -- that way O.P.T.A.M.A.S. can get more accomplished for non-traditional students."

Sheila Jack, President of M.A.N.U.S. says O.P.T.A.M.A.S.' support structure parallels that of M.A.N.U.S.

"There's no problem you can bring to the [M.A.N.U.S.] lounge without getting the reassurance from someone 'Been there, Done that,'" she said. "O.P.T.A.M.A.S. is like that for M.A.N.U.S., but at an organizational and program level."

Jack said O.P.T.A.M.A.S.' goal is to know and meet the needs of non-traditional student groups in this region. O.P.T.A.M.A.S. provides direction and insight to the individual groups.

The O.P.T.A.M.A.S. organization was ratified less than one year ago. M.A.N.U.S. was host to the most recent O.P.T.A.M.A.S. conference and information session October 2.

## Angry Student Vandalizes Evaristus

by John McKee

On the afternoon of October third, a man left a meeting with financial services and kicked in the door at the main entrance to Evaristus, shattering the glass and causing approximately \$150 in damages.

"The suspect kicked the door quite forcefully," said Glen Hollett, Chief of Security for Mount Saint Vincent. "The glass flew down to the street."

A witness to the incident called security using the intercom system outside the Evaristus entrance and gave them a full description of the suspect and the direction he was heading. The witness went with security and identified the suspect walking along the Bedford Highway. Security then placed the suspect under arrest and called the police. Criminal charges have been laid.

Hollett cites the speed in which security was informed as the

key factor in apprehending the suspect.

The witness who called security is not believed to be the only person to have seen the incident occur. "There were other witnesses," said Hollett. "It would be useful if they would contact security and tell them what they saw." Students can call security at 457-6111, or as in this instance, by using the intercoms placed around campus.

Many students may not have realized an incidence of vandalism had occurred as the door was repaired within an hour.

When asked about vandalism on campus Hollett said "The biggest problems happen during pub nights, but I don't recall another incidence like this happening."

Financial services refused to comment on what had occurred in the meeting citing the need to maintain confidentiality.

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## New Resources Available To Mount Students

by Andrea Baldwin

A collection of reading materials by and about women was developed at the Institute for the Study of Women (ISW) and is known as the Reading Room.

The Reading Room will provide a quiet place for students and faculty to read diverse literature about women's issues and experience.

Books on a wide range of topics can be found amongst the collection including literary criticism, history, physical and sexual abuse, lesbian, gay and bisexual issues, drama, religion and spirituality.

All materials at the Reading Room have been organized into a card catalogue and on computer for easy location of subjects and authors, and most of the books and articles can be borrowed for a week at a time.

Natasha Bailey, student coordinator, started organizing the Reading Room last year as a volunteer, but was then hired to finish the job over the summer. "We hope the Reading Room will create a bridge between students at the Mount and the Institute for the Study of Women," she says.

Most of the books and articles were already

floating around the Institute, they just needed to be organized into categories says Bailey.

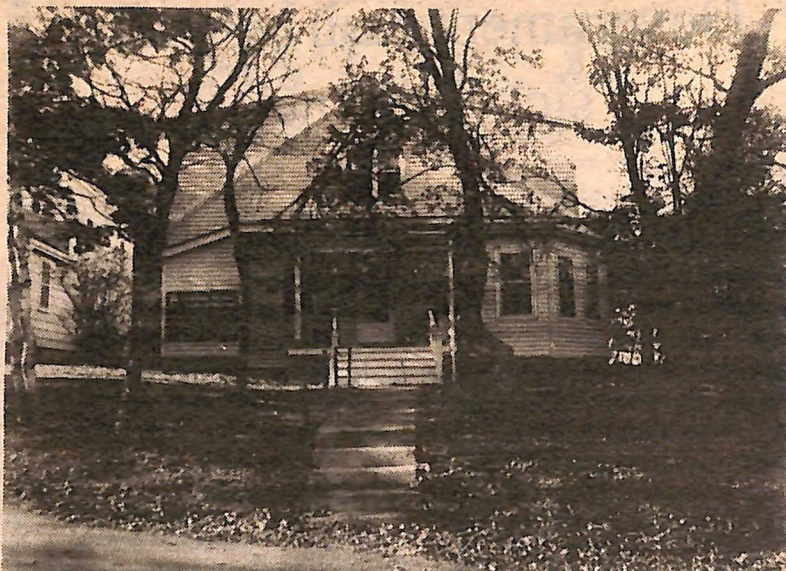
There are now 18 categories of books about women. Most are really current and have been published within the last five years.

Bailey says the Reading Room was not organized to rival the library, but to offer a unique service to students that the library is unable to provide.

The Room has 10 volunteers now, but could open on Tuesdays and Thursdays if more people are willing to donate their time. If you have any questions about the Reading Room or if you're interested in volunteering, call Natasha Bailey @ 457-6568.

Cathy Young volunteers at the Reading Room and says it's important for students to get involved and start using the Room. "We are becoming an active voice for women on campus," says Young.

Faculty and students can also use the Room's facilities to hold discussion groups about women's issues, and student artists at the Mount are offered the



*The Institute for the Study of Women*

opportunity to display their work at the Reading Room.

Bailey urges students and faculty to use the Reading Room. "We really want to get people to think about the issues in the Room. This place has

been set up for them. They need to come over and use it."

The Reading Room is open Mondays, Wednesdays and Fridays from 10:00 am to 4:00 pm.

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## Ripppin' Up Rosaria

### - Government cash helps fix "sick building"

by Rob Batherson

Renovations to Rosaria Centre are finally under way, 18 months after the closing of a part of the building because of detected toxic fungi.

With \$2 million from the federal government's Infrastructure Works Program and \$1 million from the university, students can expect from the renovations such things as a pub where smoking is allowed, a games room, a newly-located Student Union, and a Rosaria where the ceilings, walls, and floors no longer leak.

Some are finding the current construction in Rosaria a little hard to take.

"I think they're very inconvenient," said Tera Richard, a second year Science student. "They should have been done before the students got here."

Paul Reyno, Physical Plant Manager and official spokesperson for the project, regrets the upheaval for students caused by the temporary closings of the tunnel to Evaristus and the fourth floor entrance to Rosaria. He said that he had little choice on the timing, however.

"We had to wait until the funding came in before we could go out and hire all the consultants - mechanical, electrical, testing and decontamination, architectural - before we could start work," said Reyno.

The problems with Rosaria reached a critical point in March 1994. High levels of toxic fungi were detected in a part of the building, forcing the university to close down some of the building as well as part of its air handling system.

The Registrar's office, the department of Student Affairs, the department of Physical Plant, and the Centre for Continued Education had to find new homes on campus. Because of the problem with the air handling system, smoking was banned at Vinnie's Pub, causing a 55 per cent decrease in business, according to Student Union General Manager Scott MacKay.

"We basically did what we could do in the short term," said Physical Plant's Reyno. "With this situation... you vacate your people and you stop smoking in the pub. In other words, you contain the problem the best you can."

The University's Rosaria Air Quality Project Team developed a plan to repair and revamp the building. Once funding from the federal and provincial governments came through, the plan was put into action.

The first step was to make Rosaria Centre watertight. Leaking in the kitchen/cafeteria area and water and snow being brought in from outdoors were big contributors to the problem. The kitchen/cafeteria area was moved to the Multi-Purpose Room until the end of December while a new vestibule and doorway are being constructed on Rosaria's main floor.

Next will be the replacement of the leaking Rosaria Centre roof. Engineers will also be working on the redesign of the air handling system. Once this is completed, the decontaminant Aegis will be applied throughout Rosaria.

"It's very complex," said Reyno.

Plans for the renovated Rosaria are due October 22. Many questions still remain, however, on when the new pub and games room will be completed.

"In as much as we know, we're still trying to target November, December," said Reyno, adding that much depends on the next three weeks as the different building consultants become more familiar with Rosaria.

"If we find architectural problems, then we could be in the new year."

As for students' inconveniences, Reyno credits the stu-

## New Look For Vinnie's, Student Union



*Campus renovations will be great for students, but may cause temporary inconveniences.*

As part of extensive renovations done to Rosaria Centre this year, Vinnie's Pub will re-open with a new attitude and games room, while Student Union will have a new home.

"The focus will be to provide a new type of environment on campus that I don't think can be found anywhere else," said Scott MacKay, General Manager of Student Union.

Vinnie's Pub, closed last month for renovations, is tentatively scheduled to re-open in December. When it does, a new 60 foot long by 30 foot wide games room will be located directly above the pub in what was formerly the "back cafeteria" section of Rosaria. The pub and games room will be connected by stairs in what is being coined as the "Student Social Centre".

The games room is expected to be non-alcoholic, while smoking will be permitted once again in the pub section of the new Social Centre. The hope of Student Union is that the pub and games room sections will be integrated enough so that people will be able to do a wide variety of things.

"We want to take the emphasis off Vinnie's just being a liquor hole and the games room as just being some place where people who like to shoot pool go," said Joe Strolz, President of Student Union.

"We want the whole area to be a student social centre where people can sit around, they can relax, perhaps enjoy a view of the (Bedford) Basin, which is one

thing we're hoping for."

The Social Centre will have some company in the form of Student Union offices. The Union has

been allocated space around Vinnie's on Rosaria's main

*No more "liquor hole", says Strolz*

floor. Former offices of Physical Plant and the International Students as well as the current Information Desk will all be given to Student Union. Strolz hopes to make student government more accessible and visible.

"If you've got something right there on the main floor, you're more likely to get some people wandering in and asking some questions and maybe snooping around, which is excellent," said Strolz.

Scott MacKay is just happy to see construction in the pub recently starting.

"I know for the longest time it was very frustrating for people to walk by and look in and think, 'Another Wednesday gone by and nothing's going on'."



You can make a difference!

# HELP!

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# THE MSVU PICARO!



## 100% BIG JOE APPROVED!

### Guest Editorial:

Andrew Bowers

Well, I'm knee deep into another issue of the Journal and I've just browsed through the newest issue of your beloved Picaro which I rescued from the recycling bin. Although we've had our differences in the past, I felt obliged to welcome you back into this three ring circus I like to call "university journalism."

I'm sorry to hear however, that a gaggle of yo-yo's are presently trying to shut you guys down yet again. Who in their sane mind would vote "NO" to having the Picaro as their official student voice? This time around these would-be "saviors" have crafted a dastardly plan to force the general student body to vote NO on the Picaro once again becoming MSVU's student newspaper. Excuse me, what other choice is there? Do we want to go back to the days of the moronic and stale Nexus, run by boring, no talent hacks? I pray not.

I still have nightmares about their inane layout, often waking up in a cold sweat. No one misses the Nexus, or the Spam-heads that ran it. Frosh should pop by the Picaro and offer their services. Write some news, dabble in entertainment or even perform more scathing exposes on where the newest bus stop location is.

The most important thing

to remember, though it sounds like a cliché each time I utter it, is that the Picaro is your voice, your outlet for your feelings, opinions or viewpoints. These weasels that sit in the bushes, making new posters and planning new strategies to get the Picaro ousted, should sit back and realize that they're not undermining the staff and writers for this papers, they're ultimately revoking your rights for being well informed and entertained on campus.

Sure, the Pic might not be the niftiest or well laid out paper out paper around, but it's time to cut them some slack and understand that they're just getting their feet wet. Rather than complaining, maybe these wieners that seek to undermine an institution like the Pic should lay down their torches and pick up a pen and write for the paper, and do something constructive with their time. If the NO vote goes through then it's back to the Dark Ages for all you kids at the Mount, and that's too bad.

Sorry if I'm running off at the pen, but once again welcome back and Big Joe and I wish you the best... without the headaches. Good Luck .... and to all you people out there who plan on voting on the Picaro's fate...make it YES. You'll be glad you did, and frankly so will I.

### Are you free on Thursday's?

If so stop into *The Picaro*. Learn the ever exciting skills of cut and paste.

Inquire at *The Picaro*.

**October is also Women's History Month. We plan to run a special focus on Women's History in our next issue. Submission from all members of the University community are welcomed. The deadline for submissions is Wednesday, October 19 at 5:00pm.**

## As I See It

by Lamont Dobbin

The second Student Union Council Meeting of 93/94 was held Thursday, Oct. 6 in Seton 306A at 12 noon. After the usual preliminaries, the Councillors each gave a brief report outlining what they'd been up to for the past two weeks. The one persistent theme emerging was the lack of student participation and the difficulties encountered as a result. In particular, the women's committee, chaired by our Academic V.P., is looking for more members, and the yearbook editor is in grave need of assistance. Also, as Shawn Miner pointed out, we as students have yet to fill the positions allotted to us on the University Senate.

In spite of all this, council members continue with plans and activities. Sherri Moore mentioned the Choice Committee's preparations for National Collegiate Alcohol Awareness Week beginning Oct. 17. Amazingly, the Choice program seems to have no problems stirring up support and interest. Sue Harris is working on a placement program for students wishing to volunteer in the community and is also drawing up a directory of places and organizations in the metro area offering various kinds of assistance.

Under Old Business, the recent by-elections were discussed.

When New Business was called for, three new number of committees were ratified and the budget

was introduced but not discussed. There was some discussion of the upcoming referendum, the possible Picaro contract, and the new MSVU constitution. Unfortunately, even a draft copy of the new constitution was still not available with the referendum date less than two weeks away. The referendum committee is looking for volunteers, by the way.

Student complaints brought up included, of course, the elections, but also late yearbooks, construction noise, and the ongoing budget conflict between MANUS and the Student Council. A very disturbing complaint was aired involving two students who recently requested a security escort and received a less than enthusiastic response. Quite a number of persons expressed interest in making sure this is followed up and resolved. More on that in the next issue.

The next meeting is set for Thursday, Oct. 20, 12 noon, Seton 306A, but this does conflict with some class times, so it may change. It was good to see some new faces at the meeting, namely those who recently won election to council. I especially want to congratulate MANUS on obtaining an excellent representative in the person of Melanie Harrison. Melanie is outspoken and assertive, and combines this with clarity, honesty, and what appears to me to be a genuine desire to achieve solutions. Finally, please remember that your face and your voice are also welcome at these meetings. Try it.

## Dear Zelda

Bring Zelda your problems, and she'll solve them. Ask her questions, and she'll give you answers.

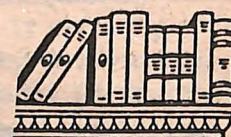
Dear Zelda,

There's a girl in my class that I really want to go out with. How can I tell if she likes me? Unsure.

Dear Unsure,

Unlike Cher's song, it is NOT in her kiss. These days you can't just go up to someone and kiss them to find out if he or she likes you... unless you like having charges brought against you. Nope, in my opinion a subtle smile, a lingering

look or better yet an affirmative response to "will you go out with me?" should satisfy your curiosity. Zelda





Dear Editor,

I am writing in regard to the article Hostility Mounts by Colleen Trevors in the Picaro (Vol.30 #2). This story was an objective and accurate account of the Student Union/MANUS budget meeting. However, in order to fully understand the scope of the talks between Student Union and the Mount Association of Non-Traditional University Students (MANUS). I feel I must explain how it actually became an issue. Let me clarify.

I was elected to the position of President of the MSVU Student Union because the majority of the electorate believed me when I promised to deal with all situations honestly, and to closely scrutinize the spending of their student fees. I am glad to say that this is what I have done. It is therefore part of my job to ask questions regarding the accountability and validity of proposed expenditures--this is the essence of the Student Union MANUS issue.

Contrary to what some may believe, it is not my intention to "shut-down" MANUS. It is not even my intent to cut their budget. It is however my intent to make sure that students' money is spent responsibly.

Concerns about campus day-care have been a prominent non-traditional student issue since I was elected in February (and for a good many years before that). Indeed, even MANUS VP Elaine MacDonald cited in the article Hostility Mounts the need for "more subsidized seats in the Parent Care Lounge." (Picaro, Vol.30 #2) Another issue that has been raised several times by MANUS, was that many mature students are unable to buy groceries and the essentials of life due to a lack of money. It is for these reasons that when I received the MANUS budget in the summer (a total of \$8,500, \$6,000 of which was allocated to free socials while only \$400

was allocated to a student bursary and no money was set aside for day-care) I could not, in good conscience, approve it.

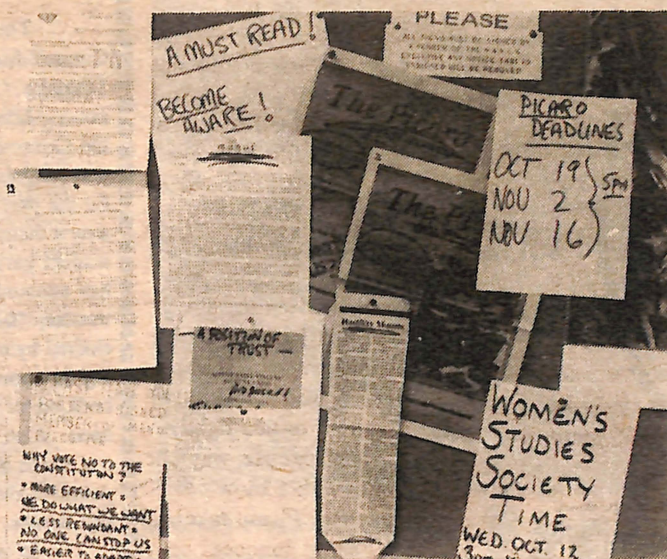
However, to show my understanding for non-traditional student issues on campus, I offered MANUS the full \$8,500 they requested (which is a record high) if they would agree to reallocating a good portion of the "socials" money towards things that all non-traditional students can use and benefit from; such as subsidized spots in the Parent Care Lounge, an emergency bursary fund for students who could no afford the essentials of life etc.

This, they refused, and instead returned to me with a budget that was \$2,000 less but which had the same percentage of money allocated to free socials. The day-care and emergency fund concerns were left unanswered.

I do believe that socials are important, especially for students who are returning to school after a long hiatus. They need an outlet in which they can discuss common concerns and generally, be a part of a larger support network. However, I believe that concerns of a greater gravity, such as day-care and the emergency fund, be dealt with first.

Despite my offer to approve their first budget, provided that an emergency fund be set in place for needy students, they have written me saying "we have submitted two budgets to council and at present, we find ourselves giving needy students our personal money to help them get by. It is disappointing to see the students suffer." I couldn't agree more.

Sincerely yours,



Joe Strolz  
MSVU Student Union President

P.S. If you agree with the stand I have taken, please let me know. Likewise if you do not let me know also. I'm here to serve you...and I'm not above admitting I'm wrong.

**The Picaro**  
welcomes letters to  
the editor. All  
letters should be  
300 words or less,  
and they must  
include a name  
and daytime  
telephone number  
in order to be  
considered for  
publication.

**We welcome  
your  
submissions.**

Dear Editor,

Unfortunately, given the tenor of Colleen Trevors' article in Volume 30, Number 3, entitled "Hostility Mounts", we (the M.A.N.U.S. Executive) are obliged to respond to superficial documentation which resulted in our student paper misrepresenting both the good intentions of Student Union and the good intentions of the M.A.N.U.S. Executive.

We do not claim to speak for Student Union, but are confident that both Student Union and the M.A.N.U.S. Executive are very committed to our mandate of representation of real student needs.

M.A.N.U.S. Executive are very committed to our mandate of representation of real student needs.

The M.A.N.U.S. Executive officially invites all students, and particularly the writers and editors of the Picaro, to become educated to the real issues facing the non-traditional student.

We have recently published the first edition of the M.A.N.U.S. Newsletter, which includes an historical overview of our struggle for just representation within the Mount St. Vincent University community. It is our collective opinion that answering to blatant accusations which came out of a very preliminary budget negotiations meeting, to which the Picaro was invited without our prior consent, is not only unjust but insulting to everyone involved in the negotiations process.

We would hope that in the very near future, the Picaro would become sensitized to the reality that between 60 to 65% of the Mount population are non-traditional students. The Student

Union fees collected from this majority are somewhere around the \$230,000.00 mark. If taking this simple reality in hand, the non-traditional student might wonder how each dollar, of this rather impressive figure, is being used. And why, for instance, the M.A.N.U.S. Executive must renegotiate EVERY YEAR with the Student Union for an extremely small proportion of fees.

Incidentally, these fees were instituted by non-traditional students in the late 70's, early 80's with the agreement that Student Union would channel these fees back into services for non-traditional students. The M.A.N.U.S. Executive calls attention to an inequity which has existed for almost twenty years. So you see, the real issues have a little bit more to do with than parties and socials...

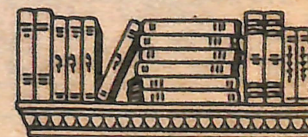
Our historical mandate is very strong, and we suggest that it is not only our Executive which should be examined when there are questions of usage of student fees.

Sad, that a student newspaper with the Picaro's noble history would mistakenly misrepresent the majority of student population without any real effort to research and consult the proper sources.

The M.A.N.U.S. Executive wants to take this opportunity to invite the Editorial team of the Picaro to establish a solid representation of over 60% of the Mount student population by the inclusion of a regular article and acceptance of written materials channelled through the M.A.N.U.S. lounge to your office. In a word, I would be happy to act as a section-editor in harmony with your mandate.

Yours Sincerely,  
Randy Bowers per the  
M.A.N.U.S. Executive,  
Executive Secretary

Sheila Jack, M.A.N.U.S.  
President





## Person's Day

by Lisa Carter

With Thanksgiving over, you probably think that the next important date on the calendar is Remembrance Day, or maybe even Halloween.

Think again.

On October 18th, people across the country will mark Persons Day, the anniversary of the day sixty five years ago when Canadian women were officially declared to be persons (after all, if we're not persons, what are we?), the battle was actually lengthy and hard-won.

The leader of the "Famous Five" women who fought the battle to personhood was Emily Murphy. Murphy was appointed the first magistrate of the Women's Court in Edmonton in 1916, only to have her authority questioned in court because she was a woman. The lawyer who questioned in court because she was a woman. The lawyer who questioned her referred to English common law: "Women are persons in matters of pains and penalties, but are not persons in matters of rights and privileges." Since the office of

magistrate was a privilege, he argued that Murphy had no right to be there. Although the lawyer's case was quickly overruled by the Supreme Court of Alberta, it foreshadowed another larger battle.

Women were having difficulties getting the Governor General to appoint a woman to the Senate. Here, the same issue arose. Because the British North America Act stated that "qualified persons" were to be summoned to the Senate, and English common law held that women were not persons in matters of privileges, women were being excluded from Senate appointments.

In 1927, Emily Murphy joined forces with four other women to take the matter to the Supreme Court of Canada. The other women, like Murphy, were all active in political life. They were Nellie McClung, Louise McKinney, Irene Parlby and Henrietta Muir Edwards. Together, they asked the Supreme Court that the word "persons" in the *British North American Act* be reinterpreted to include women.

## Atlantic Women's Magazine

by Lana Taylor

Are you tired of reading about issues that seemingly affect women everywhere in the world - except Atlantic Canada? Then *Atlantic Women Magazine* may be just what you're looking for.

*Atlantic Women Magazine*, based in the Metro area, is the only publication of its kind. What makes it unique is the way it addresses business, social and personal issues - from an Atlantic Canadian woman's perspective.

Gail Wilson-Marcocchio, is the magazine's editor and publisher. Married with two grown sons, her interest in women's issues was sparked by her career as a life insurance underwriter.

She was particularly inspired by the struggles of her clientele, which consisted of mainly women and young families. She came to realize that, "there are a lot

of busy women who don't always have the answers to their financial ends."

Offering financial advice is just one way she hopes *Atlantic Women Magazine* will be helpful to its readership. The magazine also covers topics such as legal and health issues as well as technology, arts and entertainment.

In providing such useful information, she hopes the magazine will give women a sense of empowerment in their career and in other aspects of their lives. Gail believes that women are more likely than men to admit when they don't know how to do something. Unfortunately, because of this, women may not be taken as seriously in the work place.

However, in spite of the magazine's title, *Atlantic Women Magazine*, is reading that every-

one can enjoy and learn from. "I think it's really important to have men and women working together," says Gail, "to me

by Lori-Anne Jones

By now, deep in the middle of the term, everyone has forgotten the little blurb about plagiarism at the bottom of their course outline.

I am here to tell you today to pay attention, my friends or you could find yourself in a position later on that could potentially affect the rest of your academic career and beyond.

Please excuse the lean toward the melodramatic, but I participated in too many hearings of students over the summer who were accused of plagiarism to take this lightly.

The best excuse was the worst excuse, I didn't know what I was doing wrong. Please take my word for it, being innocent only absolves so many sins, none of them academic.

As a point of reference, in a case you're not sure of I will elaborate on what acts are considered to be academically inappropriate:

\*cheating on examinations, thesis, assignments, work term reports, internship reports or other tests, in a no.

\*cheating includes: copying from another student's work or allowing another student to copy from one's own work.

\*consulting with an unau-

## Academic Integrity

### Another Suburban Myth?

thorized person during an exam or test or using unauthorized aids is a no.

\*impersonating another student is a big no.

\*plagiarism is the act of presenting the ideas or works of another as one's own. This applies to all material such as essays, lab reports, work term projects, statistical data, computer programs and research results.

\*you must properly acknowledge your sources. It is always better to over acknowledge than to under state.

\*of course multiply submissions is a no, unless approved by the professor.

If you have been found guilty of committing an academic offence, your case will come before a sub-committee of C.A.P.P., the Student Academic Conduct Committee, which will review the case from both sides and decided to uphold or deny the sanction.

I cannot stress enough, the importance of being careful. There are numerous resources available on campus, such as the Writing Resource Centre, the library and workshops on writing papers for university. Use them, use them what ever you do.

If you feel the mounting pressure at the end of the term, instead of buying a paper - to ensure a superior effort, approach your professor and come to a solution.

A failure doesn't look good on anyone's transcript, an XF looks even worse. A brand that you have been found guilty of committing an act of academic dishonesty sits on your transcript forever.

If you have any questions concerning your academic experience, judicial or not, please look me up in the Student Union office 12:00 p.m. to 11:00 p.m. Monday, Wednesday and Friday.

If anything is worth the effort it will be neither painless nor easy.

## AT THE GALLERY

### Encounters, Personae

An exhibition of portraits

*The persona you encounter could be you.*

Join us for refreshments at the opening reception Sunday, 16 October, 2 to 4:30 pm. Exhibition continues to December 4.

*Encounters, Personae* includes paintings of famous and unknown persons, dating from the last 200 years. On the second floor, Native lesbian artist Rosalie Favell challenges the status quo with a room-size photo album, *Living Evidence*.

Located off the entrance foyer, Seton Academic Centre

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# Mi'kmaq History

## A Step Back in Time

### Mi'kmaq History Month Calendar of Events

by Angela Campbell

Since October is Mi'kmaq History Month, it is only fitting that we familiarize ourselves with the history of the Mi'kmaq people in our region. Most of us are familiar with some Mi'kmaq customs and beliefs, but few of us know from where these beliefs stem.

The Mi'kmaqs of the Atlantic region travelled from province to province. Most lived in Nova Scotia, with some in New Brunswick, Newfoundland and Prince Edward Island.

As travelling was a central part of their way of life, the Mi'kmaqs either went on foot or by boat. One of the major routes in their seasonal search for food was from the Minas Basin, up the Shubenacadie River to Grand Lake, and through other lakes leading to Halifax Harbour.

Because they hunted and gathered, the Mi'kmaqs lived in wigwams, which were portable dwellings. The women packed up, carried and set up the wigwams at each site.

Clothing was made by the women from such animal skins as deer, bear, beaver and other fur bearing animals.

Personal embellishment was very important to the Mi'kmaq people. Jewelry made of shells, animal teeth or claws was often worn and a breast ornament made from

shell, mica or polished slate was worn by important men. During war and ceremonies men decorated themselves with body paint and the women wore paint made from charcoal when in mourning.

Social organization among the Mi'kmaq was not complicated. The tribe was made up of family units with one man as Chief. Shamens, also known as the

medicine men were old and wise and respected for their knowledge and healing power. A Shaman's children were deeply loved by everyone in the tribe.

There was a distinct division of labour between Mi'kmaq men and women. The men hunted game, fought enemies and made tools weapons and supplies. In the The men hunted game, fought enemies and made tools weapons and supplies. In the Mi'kmaq culture women have always been honored for their special gifts. On top of raising a family and teaching the children, Mi'kmaq women cooked, made clothing and jewelery, set up and packed the camp sites, gathered fruits and berries and brought home the food.

The Mi'kmaqs believed in the God of creation - Glooskap. He was believed to have lived on top of Blomidon where he could watch over all of his Mi'kmaq children. To the Mi'kmaq all things were animate and every animal and plant possessed a spirit.

As a people, the Mi'kmaqs are rich in culture

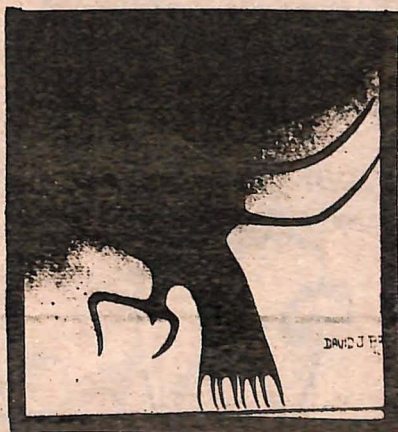
and heritage. It must not be forgotten that the Mi'kmaq are indigenous to the Maritimes, and today add greatly to the mosaic make up of Canada.

Some of the information for this article was extracted from "The Micmac Indians," by Natalie B. Stoddard and "Micmacs: Past and Present," a Government Document



"I was free  
before, in  
the spaces  
to the  
stars."

-Rita Joe 1978, a  
Mi'kmaq poet from  
Eskasoni, Nova  
Scotia.



October 19, 1994  
Overview of Mi'kmaq History  
- 7:00 pm  
Don Julian, C.M.M. - N.S.  
Museum of Natural History,  
Auditorium 1747 Summer St.,  
Halifax

October 21, 1994 - 9:00 am  
to 4:00 pm  
Aboriginal Cultural Awareness Day  
CLIF Demonstration Project,  
Holy Trinity Parish 86  
Alexandra Ave., Bridgewater

October 25, 1994 - 8:30 pm  
Mi'kmaq Human Rights  
Conference - Panel Micmac  
Native Friendship Centre,  
2158 Gottingen St., Halifax

October 27, 1994 - 2:30pm  
Celebrating Mi'kmaq History  
Month

Workshop for Students Gr. 5  
and up North End Library  
2285 Gottingen St. Halifax

Month of October, 1994  
Artifacts from the N.S.  
Museum on display, Micmac  
Heritage Gallery, 1903  
Barrington St., Granville  
Level, Halifax

Month of October, 1994 -  
Every Monday & Friday  
8:30 am - 4:30 pm - Aboriginal  
Book Display, Nova Scotia  
Human Rights Commission  
7th floor, Lord Nelson Ar-  
cade, Halifax, N.S.

All Year - Celebrate  
Mi'kmaq Heritage at the  
Museum  
Mi'kmaq porcupine quill work  
on birch bark - Ruth  
Whitehead

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**Engine Room, Truro, Oct. 1**  
**U.C.C.B., Sydney, Oct 7**  
**My Son's Place, Dartmouth, Oct. 12-16**  
**Seabreeze, Queensland, Oct. 21, 22**  
**Copper Penny, Halifax, Oct. 27, 28, 29**  
**Big Leagues, Dartmouth, Oct. 30**  
(Christmas Daddies Benefit)



# & Cultural Revival

## Memories and Reflections:

From Delores Paul



Artwork courtesy of M.S.V.U. student Ruby S. Boutilier

"Before, it wasn't cool to be an Indian," says Delores Paul as she speaks about the recent aboriginal cultural revival.

Paul is the Community and Cultural Development Coordinator at the Micmac Native Friendship Centre on Gottingen Street in Halifax. She works with young native adults who've come to the city from rural First Nations communities.

"When I first came to Halifax with broken english I was taken by the cars and all the bright lights. It was a big culture shock."

Paul is from the Afton Reserve outside of Antigonish.

When Paul was eight years old she made her first trip to Halifax. Her mother foresaw the future saying "one day you'll work and live here."

"Aboriginal peoples have always been portrayed as savages...We have our own beliefs, but since ours did not coincide with the white man's we were barbaric...They considered us worshippers of the devil or members of a cult. We believe in one creator too."

She talked about "indians" who've been called a bunch of drunk, atheist fools for years. She says no wonder young people are scared to walk with their head up and are resentful.

The mandate of the Friendship Centre is to improve the quality of life for native people living in Metro, but Paul says their goal is to bridge the gap between non-native and native peoples.

"We can teach non-native people about our cultures, our traditions, our spirituality and our ethics. If white people know our history they will understand us better. Aboriginal people and white people will get along better."

As part of her work at the Friendship Centre, Paul makes numerous presentations about Mi'kmaq history to schools, teachers and government agencies.

"It is important for Canadians to see our side. We were not always the perpetrators, we were the victims. In studying our history, white people will learn of significant people and events that don't coincide with the history they were taught. White people will know how my people have contributed to Canada."

Paul talks about her mother's generation back in the 1930s and 40s. At the time, native children

were taken from their homes and lost their land.

Paul believes the high rate of alcoholism was caused by the effect of these schools. "The children weren't allowed to see their parents; they weren't allowed to speak their language; and they were sexually abused. They lost their self-identity. They lost everything."

She also spoke about the government's attempt to centralize all native people in Nova Scotia. Paul says families were herded to the central settlements of Shubenacadie and Eskasoni. The Mi'kmaqs were devastated and would try to move

home but "the white people burnt down their homes and shacks...there was nothing left."

"White people don't like to face this history because they are ashamed. I can't face it because these are my people. We were the victims, and I am so mad," says Paul.

"All our traditions and history has been past down through the mouth. The elders used story telling to teach children ethics and traditions...Mi'kmaq stories captivates you until the very end. The story leads you away from doing wrong by teaching you an important lesson."

Paul says the elders were scared because the children were not learning their native Mi'kmaq language. Because of this, the stories and traditions have been recorded so that no one can forget their culture.

Drumming has always been a part of Mi'kmaq ceremony. "The drum is the heart beat of a nation...We pass songs down and stories to our young people through drumming," says Paul.

"Teaching about are traditions, customs and most importantly teaching the Mi'kmaq language will keep our people strong and together. Mi'Kmaqs can be proud. They should know their true identity and should walk with their head up."

She is proud of the recent awareness and the emergence of Mi'kmaq pride that has been dubbed the "Cultural Revival" because she remembers not so long ago when Canadians were disgusted and embarrassed by "Indians."



*"Teaching about are traditions, customs and most importantly teaching the Mi'kmaq language"*

dren were forced to attend residential school ran by the Clergy. They

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## Two Nights at the Explosion

By David Pound

In this article, I'm not going to review the whole Halifax Pop Explosion. I'm sure it will be reviewed for weeks to come in various papers around the city, so I would like to focus on the acts that really caught my attention.

I went to the Friday bar show at the Brunswick Hall, and was most impressed with the band I knew the least about. The band was Blond Red Head. They are supposedly friends with Sonic Youth, which makes sense, as their sound was very similar to Sonic's sound.

Their set was more of an experimental, moody set than that of the other power pop bands. Don't get me wrong, I like the power pop sound of Tristia Psonic and Thrush Hermit, but when you see so many bands of this style in a row, it starts to wear thin.

The bassist layed down some very hypnotic Doors-like bass lines while the other members seemed to go off and experiment around them. If you ask me, their set was the only true alternative

set of the evening.

The band Sunny Day Real Estate closed the show. This was yet another Seattle sub-pop band, who write Nirvana-type songs. They were the low point of the evening, for me.

Saturday night was the best show to have seen. It started with a Montreal band called Local Rabbits, who blend blues with alternative pop. It sounds like it wouldn't work and it doesn't. They weren't bad, but they weren't good either.

The third act was Bruce McCulloch, from the former CBC show Kids in the Hall. He did some of his comedy based songs, such as "I'm a Doors Fan", which was first introduced on the show. It was a nice change and really got the crowd going.

Then came the best performer I've seen in awhile. Bobby Wiseman took the stage and he was amazing. He played a mix of folk sounding songs and experimental music. It sounded like a

cross between experimental jazz and old Pink Floyd.

Wiseman played for Blue Rodeo, but his sound is nothing like this middle of the road band. He opened with a humorous song written about David Geffen, which got the crowd's attention.

After a few more folkish tunes, the band went into their experimental segments. Bobby played the piano with parts of his guitar, an ash tray and various body parts.

He looked very into the music, as did the rest of the band. Their musical ability was very good and I'm sure they made many a fan during their set.

Scarce closed the show. They were really good, but their sound was based on that punk, power pop sound that's so popular. After Bobby Wiseman's set it would have taken a lot to impress.



## Classical Music Fans...

## At the Gallery...

Symphony Nova Scotia is offering students the opportunity to purchase ticket packages at 50-70% regular prices. The package deal let's you choose 4 concerts for as low as \$30.00. A must for any classical music fan. Concerts occur between October of 1994 and April of 1995, with all shows at the Rebecca Cohn. For more information, please call 494-3820.

MSVU's Art Gallery is presenting its new exhibition "Encounters, Personae" until December 4. This is the first exhibition at the gallery organized by its new personnel - director Ingrid Jenkner and exhibitions officer Storme Arden.

Everyone welcome! For more information call Ingrid at 457-6160.



## THE RIPPED TICKET

by Rob "SLIDER" Ogilvie

Meryl Streep is back out of seclusion (not including the dismal *Death Becomes Her*) and is at the helm of *The River Wild*, a movie that looks good in spots with excellent photography, yet it has the stupidest premise conceivable. I'll explain later.

The movie starts off with Gail (Streep) planning a family vacation of white water rafting, which she thinks will help her troubled marriage and help solidify her relationship with husband Tom; played by David Strathairn (*The Firm*).

Gail, Tom, and their son Roarke are all set to get reacquainted with each other paddling their vacation away when they meet up with Wade, a sinister young man with his eye on Gail and his heart set on riding the Gauntlet; that part of the river which is 'forbidden'. Wade is played by the no talent Kevin Bacon (*Footloose*). This is where the movie's storyline goes down the river...no pun intended. Wade and his redneck croony are on the run from a robbery heist they pulled at a local convenient store and the only thing

they can think to do is hijack (yes, apparently you can hijack rafts) the raft. He also needs Gail, a well experienced rafter, to take him thrill-seeking down a killer river, instead of trying to get away from the area in which they just committed a crime.

Strathairn, who does well with what the script gives him, ends up turning into MacGyver trying to save his family. Rumour has it he only took the role to work opposite Streep. Rumour also has it that Streep took the role because she felt 'stale' and wanted to polish up for her next big role opposite Eastwood in *Madison County*. And as far as rumours go, there's a nasty little one that Bacon is taking acting lessons...it's a start.

The dialogue in this movie is mindless. Directed by Curtis Hanson who directed *The Hand That Rocks The Cradle*, but those expecting a similar suspense, will not find it here.

Grade: C-

# VOTE

October  
17 & 18

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# Off The Wall

by Lamont Dobbin

The very first thing I heard her say was, "Well, it's more important to me to have a good presentation than to be on time." Ingrid Jenkner, the new Director of the Mount Gallery was on the phone as I arrived for our 1:00 pm meeting. I was soon to discover that my accidental eavesdropping captured the essence of a dedicated woman, seriously committed to her new position.

After visiting Halifax for two years in the late sixties, thanks to the Nova Scotia College of Art and Design's extension program, Ingrid Jenkner, originally from Toronto, has returned, this time with hopes of settling. She and the "family" in the form of sculptor, Arthur Handy, and two cats, have been here since July.

Wearing two hats, the Mount's director acts not only as artistic director, designing exhibitions, but also plays the curator, ensuring that the University's overall mandate is closely followed. Besides this, she must co-ordinate fund-raising, advertising and public relations.

Ms. Jenkner oversees a staff of three including a new exhibitions officer, Storme Arden who joined the gallery just one week earlier than the director herself. The exhibitions

officer is an educational position, a one year term, which trains and orients interns in gallery procedure. Also working at the gallery is Tracy Scanlon, office manager, and Tamara Squires, weekend attendant.

Although galleries usually have their shows booked up to a year or more in advance, the previous director, Mary Sparling, had deliberately allowed room for her placement to more immediately place her personal stamp on the gallery. The show opening on October 15, is the first one organized by Ingrid and Storme. The two-part show, portraits and photography, is called ENCOUNTERS PERSONAE. An opening reception will take place at the gallery on Sunday, Oct. 16 at 2 p.m.

Pointing out that she sees the university audience as her main audience, Ingrid emphasises that all students are not only allowed in the gallery but are warmly welcomed. Come down to Mount Saint Vincent's Art Gallery on the first floor of SETON, see the show and meet our new director. If you do, you might see what I saw: "a woman in a new city, in a new job, looking cool, calm and collected while at the same time, in her own words, "peddling as fast as I can."



## The Tragically Hip: Day For Night

by Rob Ogilvie

Arguably Canada's biggest and best band, The Tragically Hip (sorry Rush fans!) has released its fourth release since Up To Here in the late 1980's.

Day For Night, which was recorded in New Orleans, is a departure of earlier work by this five member band from Kingston, Ontario. It's one of those CD's that during the first few listens, you wonder "what the hell is going on here, where's the band I once loved". But then it grows on you...fast.

When I first listened to this CD, I hated it and now I can't get it out of my stereo. It is definitely more sedate and carefree than Full Completely.

The best song on the album is Grace Too, with its grunge like beginning, it takes

you on an apocalyptic trip of Gord Downie's vast vocal range. Greasy Jungle is an illustrative look at a woman at a funeral service through the eyes of a lover. It is very energetic, with a beat that makes it "danceable". Fire in the Hole, is also very fast paced. Lots of people have commented on how Downie sounds like Neil Young, but you'll be hard pressed to really make a case for that argument.

So Hard Done By for the first thirty seconds makes you feel like you're listening to a Soundgarden album, with Downie totally laid back on the vocals. Thugs is reminiscent of previous Hip, with a melody that feels like it belongs from Road Apples. An Inch an Hour, is the most "out there" cut on this

CD. It will definitely rock you (reminds me of Up To Here).

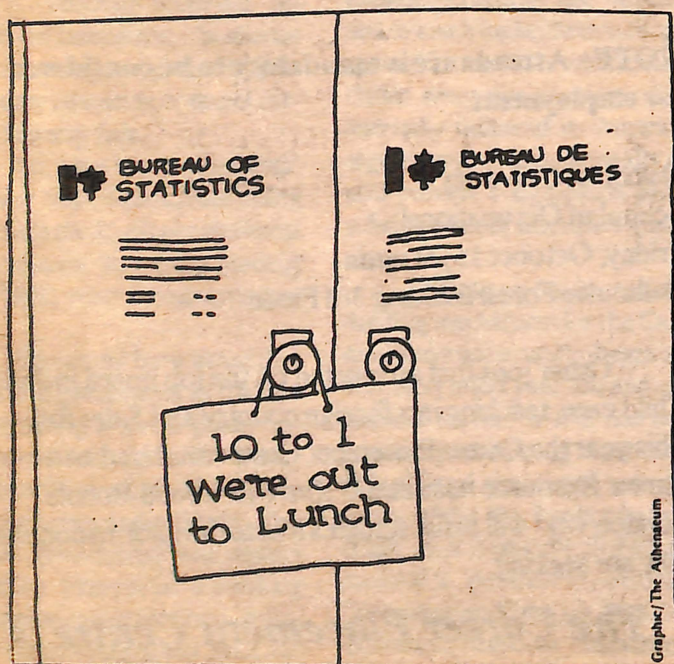
Even through this Hip album is a little different it is still the Hip. Lyrically this album is great. With songs such as Inevitability of Death, and others, it is a must for any serious music lover.

**Grade: A-**

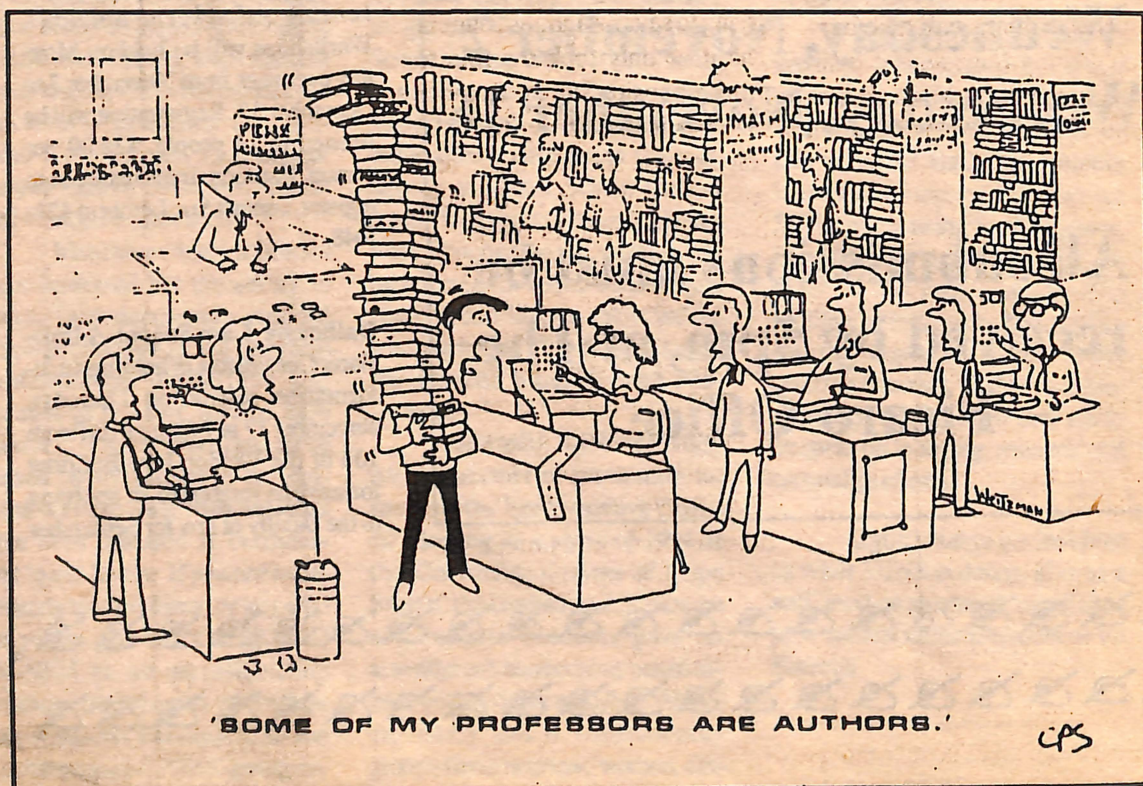
**The Picaro  
Staff Meetings**

**Every Tuesday  
at 12:00 noon**

**at The Picaro Office  
4th Floor Rosaria**



The Athenaeum/ Wolfville



CPS



# Classified Ads

compiled by Rob Batherson

If you're looking for some free space to advertise, give the *Picaro's* Classified Page a try. Whether buying or selling, the Classifieds have a section for you!

Choose from the following:

**Goods & Services** - This could include things such as books, tutoring, child care, car pools to school, or even if you are looking for a ride home for the long weekend.

**Living Space** - You can't sleep on those comfy EMF couches forever! This section can range from apartments to boarding houses, and everything in between.

**Events & Such** - This is for any campus society, or organization relevant to Mount students, that has an upcoming event. Meetings, dinners, or fundraising activities come to mind.

**Personals** - Send a special message to that special someone, free.

**N.O.T.A.** - None of the Above. You can't classify everything.

Try to get all the pertinent information (phone number, date, cost, etc...) down to approximately 25 words or less and drop it off at the *Picaro* office (4th floor Rosaria).

The deadline for submissions in the next issue is Wednesday, October 19. Submissions should be sent to Rob Batherson, Classifieds Editor.

## Events & Such

**TIANS**, the Tourism Industry Association of Nova Scotia, hosts "*Catch The Wave*", a tourism conference and expo at the World Trade & Convention Centre on November 4-6.

**The Canadian Cancer Society** is holding a support group meeting for women with breast cancer on Tuesday, October 17, at 7:00 p.m. at the Nova Scotia Cancer Centre, 5820 University Avenue. For more information on this or any other events, call 423-6183.

**The Nova Scotia Choral Federation** is presenting the Rotary Youth Choir in concert, October 23, at 3:00 p.m. at St. Andrew's United Church

**The Volunteer Services Department of the Victoria General Hospital** needs helpful people like you to be a part of one of its expanding volunteer programs. To join or to get more info call 428-2420, Monday to Friday, between 8:00 a.m. and 4:00 p.m.

**This Magazine** - a Canadian publication which explores culture and politics, issues and ideas - is holding a photo contest to let them know what your Canada looks like. To enter send an entry fee of \$10 per photo, a 50-word caption for each photo, a self-addressed stamped envelope and your photos to:

*Get the Real Picture*  
Attn: Kevin Connolly  
32 Glen Manor (lower)  
Toronto, Ontario  
M4E 2X2

For more information, call Kathy Gray at (416) 588-6580.

**The Schizophrenia Society of Nova Scotia** is holding its next general meeting on Wednesday, October 19, 8:00 p.m. at Hancock Hall, Dalhousie University (corner of Coburg and Oxford). For more information, call 464-3456 or 465-2601.

**The Nova Scotia Choral Federation** is presenting the Rotary Youth Choir in concert, October 23, at 3:00 p.m. at St. Andrew's United Church (corner of Coburg Road and Robie Street). Tickets are available at the door - \$12 adult, \$8 students/seniors. For more info, call 423-4688.

**Metro 24 hour Help Line** is offering awareness workshops for parents and teenagers entitled "*Preventing Adolescent Suicide*". Workshops will be held on Monday evenings from November 7 to December 12. Registration will be limited to 24 people; \$30.00 per person. For more information or to register, contact Sue Lcroix at 422-2048.

**Dalhousie Law School Admissions Committee** is holding an information session on Thursday, November 17 at 7:00 p.m. on Room 105 of the Weldon Law Building for anyone interested in applying to the faculty of law for September

## CAREER CORNER

If you're completing your final year of a bachelor's program and are in search of permanent employment, stop by the Career Placement Centre, located in Evaristus 231 to check the current job listings. A reminder that recruiting has begun, so be sure to check the job boards regularly for listings and deadlines. Senior level students can also drop off their resume to the centre.

### POSITIONS FOR THE PUBLIC SERVICE COMMISSION

(DEADLINE FOR ALL POSITIONS IS OCTOBER 14)

TESTING IS REQUIRED FOR SOME POSITIONS

Financial Officers/Internal Auditor  
Foreign Service Officer  
Information Systems Specialists/Mathematical Statisticians  
Indian Affairs and Northern Development (DIAND)  
Computer Systems Analysts/Programmer Analysis  
Economists/Social Scientists  
Management Trainee Program (note: deadline is Nov. 4., must have completed a Master's degree by May 31/95)

### CAREER INFORMATION SESSIONS

Royal Bank  
Tuesday, November 8  
3:00 - 5:00 p.m.  
MSVU, EMF 130

**NOTE:** Attendance is mandatory to be considered for employment.

Dalhousie University  
School of Occupational  
Friday, October 15, at noon.  
Dalhousie Forest Building 3rd Floor.

Other jobs that are posted on the job board include: Child care, teaching in a foreign country and Sales Rep. This year the Career Placement Centre has hired two Career Resource Assistants: Kim Merrill and Bonnie London who will assist students locate the information that they are seeking.

*The Career Placement Centre is located in Evaristus room 231.*

## The Picaro

### Submissions Deadlines

Wednesday, October 19  
Wednesday, November 2  
Wednesday, November 16

All submissions must be received by 5pm, at The Picaro Office.



# Study Nutrition Before University

This fall, thousands of young Canadians will leave home to attend university and college classes for the first time. Once there, they will encounter many new experiences that they and their parents hope will stay with them for a lifetime. There is at least one experience neither should wish for; the reliance on take-out, fast food and boxed dinners for the majority of their nutritional needs.

"Students who restrict their diet to whatever can be ordered in or poured out of a box run the risk of doing great harm to themselves in both the short and the long term," says Marie Ludwick, President, Weight Watchers of Atlantic Canada. "Study after study has estab-

lished the link between good nutrition and good grades. Students who eat well-balanced, nutritionally healthy meals inevitably out-perform students who skip meals or otherwise do not receive all the nutrition their bodies and minds need."

Ludwick also says that eating habits learned at university can stay with students for the rest of their lives. "Poor eating is an easy habit to ac-

quire, but can be very difficult to discard."

Liz Carter of Etobicoke, Ontario agrees with Ludwick and says that her own weight problem as an adult began at University. "Despite the wide selection of foods in the cafeteria, I somehow managed to fit

french fries and gravy into most of my meals. I also fell into the habit of munching on pizza or cookies while studying." Carter, who eventually lost more than 100 pounds and was last year's Weight Watchers Member of the Year for Southern Ontario, says that continuing to eat this way after university eventually brought her adult weight up to 250 pounds before she decided to join Weight Watchers and do something about it.

Carter and Ludwick also agree that there are a few basic steps which can be taken to avoid these problems.

The first step, if it hasn't already been taken, is for parents to make sure their children have at least some concept of how to prepare different food types. According to Ludwick, "If boiling water is all students know how to do, then meals like macaroni and cheese, will be all

they know how to cook. This may be fine occasionally, but not for a steady diet. Parents should also ensure their children go off to university with prior knowledge of Canada's Food Guide."

Out-of-control snacking can be brought under control once it is realized that food is being used as a crutch or to relieve stress of classes, exams, studying and unfamiliar surrounding. "It was only after university that I learned I should have kept a supply handy of healthy, low calorie foods like fresh fruits, celery and low-fat yogurt," says Carter. "I could have still munched on these while studying without doing myself any harm." Carter also cautions that eating a whole box of fat-free cookies is not a solution because fat is only part of the equation.

"Universities and colleges are quite aware and concerned about student nutrition and eating habits," says Ludwick. "On-campus nutritional counselling services are often available for those who require assistance. As well, we have established Weight Watchers At Work Program meetings at several campuses to assist students, staff and faculty in learning about healthy eating habits."

"University and college experiences are supposed to be broadening in a mental sense rather than physically," says Ludwick. "If you are aware of your nutritional needs, have some concept of how to prepare food and know why you eat when you eat, then you should leave campus with only good memories and healthy eating habits."

-Courtesy of Weight Watchers

***If boiling water is all students know how to do, then meals like macaroni and cheese, will be all they know how to cook.***

# SUNS and Your Finances

by Allison Young

The Students' Union of Nova Scotia (SUNS) is the only provincial organization in Nova Scotia. It represents over 30,000 students at 11 universities in Nova Scotia (including the Dalhousie Association of Graduate Students), Acadia, the Nova Scotia College of Art and Design, the Technical University of Nova Scotia, Mount Saint Vincent, Saint Mary's, Ste Anne, Saint FX, University College of Cape Breton, Agricultural College and King's. Through lobbying, research and campaigns, it works toward achieving a high quality post secondary education or social barriers they may face.

So, what has the Students' Union of Nova Scotia been doing lately with the \$2.60 per student it receives each year from student fees? Well, what a summer it has been.

You might have heard that our federal government in Canada is conducting a social policy review about such issues as unemployment insurance and funding for universities and colleges. The federal government has shown particular interest in a funding mechanism called Income Contingent Loan Repayment (ICLR). ICLR essentially would allow stu-

dents to repay student loans based on income. (Currently, the CSLP sets out what a student must repay per month depending on how large the loan is regardless of what the student is earning.) Sounds good so far.

ICLR gets more complicated when we try to figure out how large the loans would be. ICLR models have students picking up the entire bill for education. In this scenario, tuition would rise to over \$10,000 for low cost programming (arts and business) and to much higher tuition for programs like medicine and dentistry. Other scenarios (such as those currently followed in Australia) regulate tuition fees nationally and still provide a significant public subsidy of post secondary education.

Whatever the case, a new funding mechanism for the Canadian universities and colleges will definitely affect your life and educational career. SUNS has been very active providing input to the federal and provincial governments about the implications of ICLR. In August 1994, SUNS published a document entitled "Downloading Canada's Debt: The Social and Economic Implications of an Income Contingent Loan Re-

payment Programme." All member student unions in Nova Scotia have a copy of this document which you can access. Let us know what you think. (E-mail: SUNS@ac.dal.ca or give us a call @ (902) 494-6655)

If you used student loans this year, you might be wondering why they came so late and what all the changes are about. Well, in April (and late in July) the federal government changed some of the regulations dealing with student loans and moved to harmonize the federal and provincial loan systems. Now, for every \$1 of student aid you receive, 60 cents is federal and 40 cents is provincial.

Maximum loan amounts were increased but the ability to access this money was reduced through changes in the parental contributions guidelines and changes in the debt service ratio clause. These changes have caused many problems for students because their loan amounts have been assessed at considerably lower levels. If you are experiencing this problem, or any others, please give us a call @ (902) 494-6655 as we are submitting names to the Director of Student Aid, Kathleen Thompson, so she may be aware of what is going on.

Hopefully, changes will be forthcoming.

Married students have had a particularly hard time this year as their applications were the last to be processed in a schedule which, due to the federal government changes, was already behind. These applications are apparently being processed now.

There is good news. SUNS has been lobbying since February to get the Government of Nova Scotia to drop credit checks being done on students by the Canadian Imperial Bank of Commerce - the bank which now holds the monopoly on Nova Scotia student loans. In August, the credit checks were dropped so no student can be rejected for a loan because of a "bad" credit history. Now we are waiting to see what happens with the Canada Student Loan Programme.

Internally, SUNS is dealing with a number of interesting issues. At the last Executive Council Meeting in August of 1994 at the University College of Cape Breton, the Dalhousie Association of Graduate Students gave an amendment concerning constituency voting rights at SUNS. SUNS currently has 6 constituency groups (international, women, dis-

abilities, aboriginal, mature and part-time, lesbian-gay-bisexual) which currently do not have voting rights at the SUNS Executive Council. The amendment would give these groups voting rights along with the campus votes which currently exist. If you are interested in presenting an opinion about this amendment, please contact your student union president or the SUNS office.

The SUNS office may be moving. It has resided for the past 15 years in the Dalhousie Student Union Building rent free. However, this year, the Dalhousie Student Union is interested in having SUNS pay rent for its office space. In addition to negotiating with the DSU on this matter, we are also looking at less costly options like moving to another student union offering free rent so that your fees do not go to rent when they could be spent on lobbying, research and campaign efforts.

If you want to get involved in what SUNS is doing, give us a call, send us an e-mail, or speak to your student union president or VP External.



# Breast Cancer:

## October is Breast Cancer Awareness Month

by Dionne Stephens

TORONTO (CUP) — Tits. Hooters. Bonkers. Jugs. Trucks. Melons. Handfuls. Breasts have always been viewed as a central symbol of womanhood. They are one of the most obvious physical distinctions between men and women, although hormone pills are increasingly making this an unreliable method of analysis.

Women have been fighting for years against male-defined breast expectations and its impact on our self-image. From the early stages of puberty, some girls remember the trauma of boys in class teasing them about the "golf balls" in their t-shirts — or lack thereof.

The media has a significant impact on the minds of men and women. Say the name Dolly Parton and what comes to mind?

Similarly, a stripper's popularity seems to increase in accordance to the letter of her cup size.

But breasts also play a central part of the ceremony into womanhood — the purchase of our first bras will never be forgotten once the boyish vest is no longer adequate to hold back the bulge.

As we get older, we realize that our bodies shouldn't be constrained by male standards, so we let them hang. Sometimes we even use them to defy patriarchy — like the infamous bare-chested Gwen Jacobs from the University of Waterloo — as a visible symbol of our liberation.

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**80 per cent of all breast lumps are discovered by women and their partners...**

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As we grow older still, some women will lift, cut and paste their breasts in an attempt to regain their youthful appearance — or perhaps it's an attempt to preserve a fading symbol of power.

These attempts, regardless of motive, show just how important breasts are in our society. But what happens when they are taken away entirely?

"I felt at first that I was now really different from other women; like I wasn't the norm anymore," said one cancer survivor, who asked not to be named. "Don't get me wrong, I was first and foremost happy to

be alive, but this feeling was in the back of my mind."

Although breast cancer is attributed to several different genetic and environmental elements, there is no hard evidence of its cause and no solid cure.

Right now, once the disease has been diagnosed, the options are chemotherapy (medication that destroys cancer cells by interfering with their growth or preventing their reproduction), mastectomy (surgical removal of a breast to contain a cancerous tumour) and lumpectomy (removal of more than one-quarter of the breast).

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**"Women should be able to talk openly about it even if they never get the disease."**

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Groups across Canada are actively promoting October as Breast Cancer Awareness Month. However, when you consider the great importance and attention society places on women's breasts, it is surprising that many people are unaware about this campaign, or even the issue itself.

Breast cancer is the number three killer of women, with one in nine Canadian women expected to develop the disease in her lifetime.

According to the Canadian Cancer Society, one in 23 women will die because of the illness. Arlene Tubman, co-ordinator of the North York branch in Toronto, said that Canada has one of the highest number of breast cancer cases in the world, surpassed only by the United States.

And recent studies indicate that black women have a greater chance of getting cancer in a more deadly form than white women.

Researchers have found that the cells appear to divide at a more rapid rate among black women. But some who work in this field see other external factors playing a major role.

"Because women of different ethno-cultural backgrounds tend to come from marginalized communities, many do not go to the doctor for various reasons — economics,

cultural beliefs," says Shebina Amlani, a Health Promotions Officer with the Ontario Breast Screening Program.

"When these women are diagnosed, it is usually in the later stages and often it has already spread."

Also, for many people, breast cancer has an image of being an old woman's disease. Awareness campaigns are mainly geared to women over 50, for instance.

And while it's true that women are most at risk after 40, about 17 per cent of cases involve women under 35.

Twenty-four-year-old Sandra Dumas said she has regular breast examinations, mainly because breast cancer runs in her family.

Dumas's grandmother and aunt both died from breast cancer.

Women who have a family history associated with the disease have an extremely high risk of getting breast cancer.

But even for those younger women that want to be tested, there are obstacles to face. Currently, digital mammography and a controversial bone marrow transplant are the newest — and most expensive — systems on the market for checking breast cancer.

The most common and cheapest form of checking is through a mammography. But not

*"The most highly prized of all is that of the bosom. The degree of attention which breasts receive, combined with the confusion about what the breast fetishists actually unduly anxious about them. They can never be just right; they must always be too small, too big, the wrong shape, too flabby. Her breasts are only to be admired for also, as they show no signs of their function: once darkened, stretched or withered they are objects of revulsion."*

- Germaine Greer,  
- The Female Eunuch.

all patients are impressed with it.

Essentially, it is a way for doctors to see inside the breast by compressing the breast between two plates. Some women describe the process as feeling "like you're putting your

breast in a trash compactor."

Doctors complain that mammography is not that accurate in young women. Breast tissue has an opaque appearance, so the looser it is, the easier it is to detect lumps. However, younger women's breasts are more firm and dense, making the mammography results unclear and inaccurate.

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**The best time to do a breast self-exam is seven to 10 days after your period when there is the least amount of hormonal influence.**

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There is also the issue of the doctor/patient relationship, especially when there is a male doctor involved. Because of the rise of reports in sexual harassment, women may be uncomfortable asking male doctors how a breast self-exam should be done. "He would have to demonstrate on me — it would be like he's feeling me up," one woman said.

Beyond this, there is the basic need for younger women to be more aware about their bodies. Since 80 per cent of all breast lumps are discovered by women and their partners, this is crucial. But can you describe what a normal breast looks like? Do you know what a normal breast should feel like? Are your own breasts normal?

Burlington Breast Cancer Support Services runs classes on selfbreast awareness. Geared for women over 14, the program stresses the importance of early breast cancer detection.

"We show you how to stand in front of a mirror since it is just as important to see yourself visually as well as touch," Pat Ogborne of the centre said.

"We like to do programs for young mothers and encourage mothers to bring their daughters."

Along these lines, the Ontario Breast Screening program is pushing for daughters, sons and husbands to encourage women to go for breast exams.

"We target Mother's Day," Amlani says. "We are good at nurturing everyone but our-

selves, so sometimes we need to be reminded."

The Canadian Breast Cancer Foundation feels that these types of programs need to be initiated earlier. In the secondary school system, women learn all about their reproductive capacities — from menstruation to AIDS.

However, beyond stressing the importance of wearing a sports bra for gym class, breast health and breast cancer are virtually overlooked. For these high school women, the foundation is in the process of creating a breast self-examination instruction program.

The best time to do a breast self-exam is seven to 10 days after your period when there is the least amount of hormonal influence.

"The tissue is most normal then," Amlani said. "So that is the best time to become familiar with your own breast and its particulars."

Breast cancer survivor Rena Dublin-Antwi agrees with Amlani. Although she has lost a breast to cancer, she says a positive attitude has helped her deal with the disease.

"I don't hide it and if I feel like it, I just shove two shoulder pads in my brassiere," she says. "Women should be able to talk openly about it even if they never get the disease."





# Sports & Recreation

## UPCOMING EVENTS

**Tues Oct 18:**  
Intramurals Coed Badminton  
12-1:30pm

Intramurals Coed Volleyball  
8-11pm

**Wed Oct 19:**  
Intramurals Coed Badminton  
12-1:30pm

Intramurals Coed Soccer  
3:15-4:30pm

**Thurs Oct 20:**  
Intramurals Coed Badminton  
12-1:30pm

Intramurals Coed Volleyball  
8-10pm

**Fri Oct 21:**  
Intramurals Coed Basketball  
1-2:30pm

Societies Bowling Tournament  
3-5pm (contact A/R Office for more info)

Women's Soccer  
4:30pm  
MSVU at TUNS at Commons

**Mon Oct 24:**  
Intramurals Coed Badminton  
12-1:30pm

Intramurals Women's  
3:30-4:30pm

**Tues Oct 25:**  
Intramurals Coed Badminton  
12-1:30pm

Intramurals Coed Volleyball  
8-11pm

Women and Wellness Fair  
12-2:30pm  
Rosaria Main Floor

**Wed Oct 26:**  
Intramurals Coed Badminton  
12-1:30pm

Intramurals Coed Soccer  
3:15-4:30pm

**Thurs Oct 27:**  
Intramurals Coed Badminton  
12-1:30pm

Intramurals Coed Volleyball  
8-10pm

## Women's Basketball Team Set To Go

The Mount Mystics Women's Basketball team is ready to roll. "We have what I think is a great deal of talent on our team this year", says Head Coach Patsy Pyke. "I can't wait for the season to start so we can see just what we are capable of."

The team is presently preparing for a tournament in Montreal at John Abbott College where the Mystics will face the top teams in the CCAA.

"The teams across the country have had the reputation of being much stronger than the teams we see in our conference as a whole. I think the tournament is very important to our players so

we can play the best and find out how we compare. It gives us a much better idea of just what we are preparing for when we set our sights on playing at the National Championships."

Members of the 1994-1995 Mystics squad include Jennifer Archibald, Pam Brennan, Lisa Flemming, Heather Frederick, Andrea Hill, Jennifer Isenor, Amber Leahy, Pam McCulloch, Emily Murray, Kathy Sitter, Line Sletvold, Melissa Stevens, Mindee Walker, Trish Whynott.

Check out the team schedules at the A/R Office and don't miss the excitement as the Mystics start their basketball season.

## MSVU Societies Bowling Tournament



Join us for a few hours of great bowling on Friday October 21, from 3-5pm. At the Bayers Road Shopping Center - Bowlarama. Grab a team of 4 players and bowl a few strings. Cost is \$5/player (includes shoes) NOTE: All teams are welcome you do not have to be a Society Member to play Sign up at the Athletics/Recreation Office.



## Aerobic Master Class

Danny MacKinnon, 1993 and 1994 Canadian Mixed Pairs Aerobic Champion, is coming to the Mount. He is leading a master class on Sunday October 30th, from 1:00pm - 3:00pm. Join Danny for his dynamic high/low and funk workout.

This class is open to all MSVU students, staff, and their friends. An early registration special of \$10.00 is in effect until October 15, after which the fee will be \$15.00.

To register, please pick up a form at the Ath/rec office.

## Innovative Leaders Workshop I

Develop your leadership skills. This two hour workshop will prepare you to take charge. Learn how to motivate committee members and coordinate special events. This workshop is part of the Canadian Intramural Recreation Post Secondary Student Leadership Program and a certificate will be presented upon completion of the workshop.

Register at the Athletics/Recreation office. The registration fee is \$4.00 per person. For more information, call Joanne at 457-6369.

## The Running Club

Join the MSVU Fun-Runners on their treks through the Rockingham/Clayton Park area. All are welcome. The schedule is as follows:

**Monday**  
1:00pm - 3 and 5km  
2:00pm - 10km  
**Tuesday**  
3:00pm - 3 & 5km  
**Wednesday**  
11:15am - 3 & 5km  
2:00pm - 5km  
**Thursday**  
2:00pm - 10km  
**Friday**  
1:00pm - 5 & 10km  
3:15pm - 10km

Meet for warm up in the Rosaria Gym Exercise Room. For more information, contact Steve Quinn at 457-6369.

## Picaro Office Hours

Monday - Wednesday  
9:30-4:30

Thursday - Friday  
9:30-2:00

Each editor has their own office hours. A schedule is posted in the office.

Staff meetings are Tuesday at 12 noon.

Deadlines are every second Wednesday at 5 pm.

Layout is the following day (Thursday) all day.

We need typists... If you have some free time on Wednesday afternoons, evenings, or Thursday mornings, please let us know. We will be eternally grateful to you.

We also need writers, people to lay out, do photography, take up space in staff pictures, anything you want to do...

Our phone number is 445-3584, or drop by and visit. We're on the fourth floor of Rosaria. And, after you've made that hike you'll feel such a sense of accomplishment that you'll feel ready to take on any assignment :-)

**MOUNT MYSTICS**

## Women and Wellness Interactive Displays

Tuesday October 25th  
12:00-2:30PM  
Rosaria Main Floor

Sponsored by: Health Office & Athletics and Recreation





I AM.



CANADIAN

