

EPICARO



1991

VOL 27. NO. 1

MOUNT SAINT VINCENT UNIVERSITY

WEDNESDAY, SEPTEMBER 4, 1991





TO THE GLASSIFIEDS PUR TO PU

The Halifax YWCA is offering a fitness Leadership Certification Program. Develop confidence, enhance your competency with practical aspects of leadership skills and incorporate music appreciation and basic choreography to your routines. To become certified, you must be at least 18 years old, pass both a theoretical and practical exam, and attain C.P.R. Certification. Course begins October 11, 1991.

The Halifax YWCA is offering a power walking workshop, Monday September 9th, from 7:00 p.m. to 8:30 p.m. Training in technique, proper body alignment and maps of sample routes will be provided. Please pre-register by September 6th.

The Halifax YWCA is offering seasonal and yearly fitness memberships, which entitle you to participate in all fitness classes, use of the gym, use of the weight studios, use of the pool and use of the sauna. Seasonal memberships (four months) cost \$125/individual, while yearly memberships are \$225/individual. Family, senior and corporate rates are available.

As a part of the adult programs at the Halifax Main Library, Professor Lahsen Beneziza will talk about the book "Painter of Signs" by R.K. Narayan at 12:00p.m. For more information, please contact Continuing Education, S.M.U. at 420-5491. The Halifax YWCA is holding its fall schedule registration for fitness and aquatic programs from September 1st to September 7th. 'Step' classes, Social Dance, Aikido, and Red Cross Learn-to-Swim programs and more are available. Programs begin September 3rd. Register today!

The Halifax YWCA is offering a weight training clinic. Learn the fundamentals of weight training and how to develop an individualized program. This two day clinic will be held September 22nd and September 24th from 7:00 p.m. to 8:30 p.m.

The Halifax YWCA is located at: 1239 Barrington St., Halifax, Nova Scotia, B3Y 1Y3. For more information contact Dana Puma, Assistant Director of Aquatics and Fitness at 423-6162.

September is volunteer recruiting month at service for sexual assault victims. If the issue of sexual violence is of concern to you as a woman and you want to become involved as a volunteer crisis intervener, please call to inquire about our program and the September training session which begins Friday, September 27. For more information call 455-4240.

Metro Area Family Planning Association is participating in a medical research study on a new birth control pill, Tri-Minulet. The study's purpose is to evaluate the acceptability by women. The primary advantage of the new pill is better cycle control. Ifinterested in participation in the study, or for more information please call 455-9656.

An informal discussion on the annual conference of the Canadian Association for the Study of International development (CASID) will be held at the Centre, Multidisciplinary Dalhousie University, 1444 Seymour Street, at 12:00p.m.. Those interested in offering their suggestion for topics and structures for the 8th CASID conference, are invited to attend the discussion or mail their ideas to Dr. Tim Shaw, Political Science, Dalhousie.

As a part of the open lecture series at the Halifax Main Library, Saint Mary's University Professor Henry Veltemeyer provides a course overview by examining the very idea of a world order at 12:00 p.m. For more information, contact continuing Education, Saint Mary's University at 420-5491.

Joanna Santa Barbara, child psychologist and international authority on conflict resolution, will be the keynote speaker at the Project Ploughshares Fall Regional Conference at Central United Church, Lunenburg, September 13 to 15. Ms. Santa Barbara will deliver her address, "Creating Peace in Our HOme and School" on Saturday, September 14 at 2:00 p.m. For more information contact Emily Levy-Purdy at 865-2256.

ENVIROTIPS

If you throw an aluminum can out your car window, it will still litter the earth up to 500 years later.

People throw away 18 billion disposable diapers each yearenough to stretch to the moon and back seven times.

We should be nicer to Mother Nature...'cause where would we go if she ever made us leave home.

If everyone recycled their Sunday newspapers, over 500,000 trees could be saved every week-an entire forest.

We should take better care of our world...after all...it's the only place we have to live.

People produce enough styrofoam cups each year to circle the earth 436 times.

With pollution so bad...these days walking on water wouldn't be much of a miracle!

Once upon a time there was a place called Earth... it was lush, and green, and rich with life...Once upon a time...

Boy, I remember how much fun it used to be to catch snowflakes on your tongue...nowadays with pollution so bad, you don't know where they've been.

In Memory of

Carla Strickland

From all her Friends
Who Made the
MSVU Slugs Pub Crawl
so much fun and
such a good time.

In the Spanish literary to dition of the picaresque novel picaro was one who lived by he wits as he roamed from one place to another.

A keen observer of lifest experiences, his satirical storiestripped off the rose colored glasses and laid naked the unpleasant reality of society.

It was from this crafty vagabond character that our MSVU student union newspaper adopted its name. Our small, energelic society provides essential information and the news which directly affects you.

The Picaro is a member paper of the Canadian University Press, the oldest student press organization in the world. Members are unified by a strong conviction to the Statement of Principles which identifies the student press as an agent of social change striving to advance human rights while working against social injustices such as sexism, racism and homophobia

As a staff member of the Picaro, you would also be a member of CUP. Be part of life at MSVU. Be a picaro. You could possibly represent our paperata regional or national conference and/or have your articles printed in papers throughout the country.

We need your input. We need a shipload of writers, photographers, production people, artists and typists. Dont miss the boat, we are in Room 403, Rosaria Centre.

Editors-in-Chief Erica Colter Paula Adamski

News Editor Janet Allen

Entertainment Editor lan Cowan

Sports Editor John Jarvis

Classified Editor
Jannine Shave
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Production Manager
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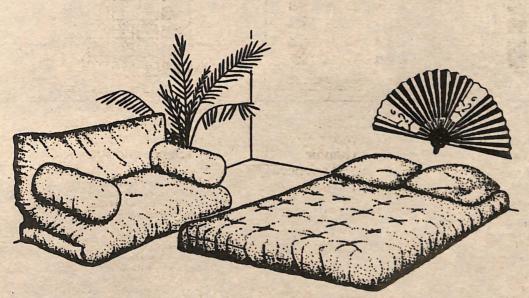
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MEWS

THE NEW LOOK OF THE CAFETERIA

by Jannine Shave

As new and returning residents get settled in for the next year at the Mount they will notice that the Cafeteria is trying something a little different.

For the first time, the residents have a choice between two meal plans, the standard 19 meal plan and a new 14 meal plan. "The 14 meal plan is there for those who go away on weekends or who do not cat breakfast," said Food Service Director, Umberto Catalano. Although this is what the Food Committee, that is comprised of students, wanted, they are disappointed that there is only a \$42 savings on the 14 meal plan.

"I think that most people are going to buy the 19 meal plan," said Aldena Nickerson, a first year Assisi resident. Another resident asks, "Why limit yourself to 14 meals a week, when

there is such a small savings."

Another complaint that the residents have is the "all food must be consumed in the cafeteria," rule. For years, residents and non-residents have been taking food out of the cafeteria. The problem with people taking food that anyone with or without a meal card can take it. Therefore, the standard rule will be enforced this year. "In the long run, we end up paying for all the food that is being taken by non-residents," said Jenny Johnson, an Assisi Hall resident.

"This was one of the things that the food committee wanted," said Catalano. "After all, the cafeteria is for meals, not to go grocery shopping,' he said.

Although there will be more rules in the cafeteria, the new staff have a lot of new ideas that will add to the fun atmosphere in residence. "There will Versa

Adventure nights with prizes, make your own meals and a whole lot more," said Catalano, "we want to find out what the students want," he said.

On top of the special nights, the cafeteria is going to try to extend their menu and residents will notice that there is fresh spring water.

Chef Rene is now Food Production manager. "I will be working closely with Chef to see what he thinks will work and what won't," said Catalano.

Pub lunches in Vinnie's will remain, possibly with extended hours. "I'm new here," said Catalano, who has worked at university cafeterias for the last five years, "I would like to see what works."

The Sacreteria has a new look this year as well, as Versa foods and the University are trying to accommodate everyone.

FRENCH PLACEMENT TESTS

Wednesday, September 4
1 pm, 2:30 pm, 4 pm - Language Lab 317
6 pm - Rosaria Boardroom

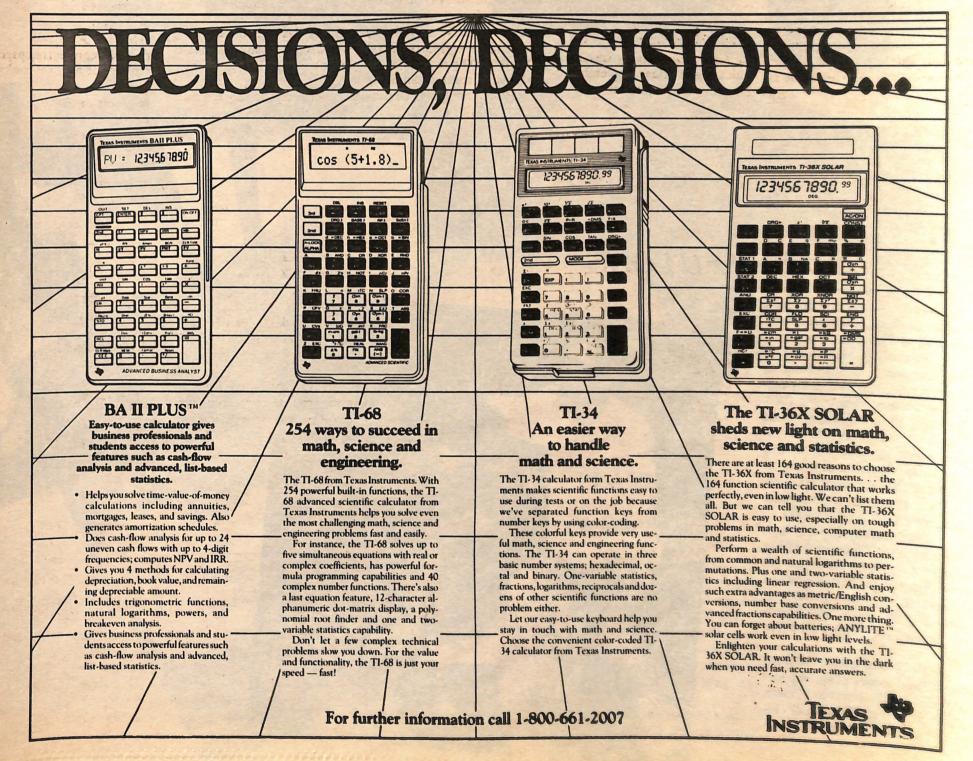
Thursday, September 5
9 am, 10:30 am
1 pm 2:30 pm, 4 pm - Language Lab 317
6 pm - Rosaria Boardroom

Friday, September 6
9 am, 10:30 am - Language Lab 317

PUNCTUALITY IS ESSENTIAL

These tests must be taken before registration or before transfer of credits

For more information, contact Josephine Ellis, Ext 247







SPORTS

ATHLETIC/RECREATION SPECIAL EVENTS

Monday, Sept. 9-Saturday, Sept 14 Monday, Sept 9, 6:30-8 p.m. Thursday, Sept . 12, 7-8 p.m. Monday, Sept 16, Noon Monday, Sept 16, 6:30-8 p.m. Wednesday, Sept. 18, ALL DAY

OPEN HOUSE Fitness Classes, gym facilities free all week
OPEN GYM NIGHT Volleyball, Badminton, Basketball
VINCENT HALL RESIDENT'S NIGHT Weight and Games Room
GAMES ROOM OPEN HOUSE
ASSISI HALL RESIDENT'S NIGHT
OFF CAMPUS STUDENTS' DAY

FIT TIPS

It's tempting to believe that people who started exercising at a young age-especially those who participated in sports during high school or college--are likelier to be physically active and healthier later in life. But recent studies suggest that being a former athlete doesn't necessarily confer any health advantages, with one possible exception.

In one study at the Institute for Aerobics Research in Dallas, for instance, 420 men (ages 25 to 60) were divided into two groups did not differ significantly in blood cholesterol levels, weight, blood pressure, fitness level, or current activity level. Is it easier for former athletes to start exercising again, compared to nonathletes? Apparently not, for when sedentary men from both groups were advised to start an exercise program, participation rates were about the same. And nearly five years later, the former nonathletes had benefited from their exercise regimens as much as the former jocks, as seen in changes in weight, cholesterol, blood pressure, and other cardiovascular risk factors. Another study, conducted at the University of Georgia in Athens in 1988, found similar results.

This suggests that it's never too late to start exercising, even if you've shied away from athletics all your life, and never too late to begin again. Former athletes have no advantage in middle agethey don't stockpile the fitness benefits for later years. Current exercise habits are what count most, not previous participation. In other words, exercise is good for you only as long as you do it.

You can't do anything now about the exercise habits of your youth, in any case. But the advantages of being physically active now are clear, especially for your cardiovascular health. Anyone can benefit, and at any age. As Dr. George Sheehan has written, "all of us are athletes, the difference is that some of us are in training, and some of us are not."

MOUNT SAINT VINCENT UNIVERSITY 1991 - 1992 TEAM TRYOUTS

SOCCER SUNDAY, SEP. 8, 10:00 - 12:00; 2:00 - 4:00 PM

TRYOUTS TUESDAY, SEP. 10, 4:30 PM MEET AT GYM WEDNESDAY, SEP. 11, 4:30 PM MEET AT GYM THURSDAY, SEP. 12, 4:30 PM MEET AT GYM

MEN'S BASKETBALL TRYOUTS

TUESDAY, SEP. 24, 6:00 PM - 7:30 PM WEDNESDAY, SEP. 25, 7:00 PM - 9:00 PM FRIDAY, SEP. 27, 4:30 PM - 6:30 PM

WOMEN'S BASKETBALL TRYOUTS

MONDAY, OCT. 7, 4:30 PM - 6:00 PM WEDNESDAY, OCT. 9, 6:00 PM - 7:30 PM THURSDAY, OCT. 10, 6:00 PM - 7:30 PM

WOMEN'S VOLLEYBALL TRYOUTS

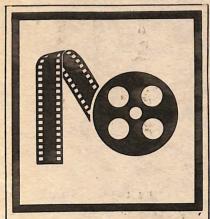
MONDAY, SEP. 30, 5:00 PM - 7:00 PM WEDNESDAY, OCT. 2, 5:00 PM - 7:00 PM THURSDAY, OCT. 3, 4:30 PM - 6:00 PM

COED BADMINTON TRYOUTS

WEDNESDAY, SEP. 25, 5:00 PM - 7:00 PM THURSDAY, SEP. 26, 6:00 PM - 7:30 PM SUNDAY, SEP. 29, 4:00 PM - 5:30 PM

CROSS COUNTRY RUNNING MEETING - WED. SEP. 11, 4:30 PM - MEET AT GYM

-ENTERTAINMENT



DELIRIOUS - NOT

By Erica Colter

John Candy stares in amazement as two deer are led into the room, covered in snow. "Not more cold deer!" he bellows, "Beer! Cold Beer! It was a typo!"

A soap opera writer trapped in his own script draws up a battle, exchanging sword for typewriter. In the classic story of boy-meetsgirl-and-befriends-girl-whilechasing-what-he-mistakenly-believes-to-be-the-lust-of-hisdreams-and-then-discovers-thatthe-first-girl-is-really-the-rightone-for-him saga, Candy tries to manipulate his own destiny in the pursuit of former soap star actress, Emma Samms. While wondering what comes after happily ever after, Candy overlooks the beauty, wit, and intelligence of female #1, girl-nextdoor, Muriel Hemmingway.

While Delirious is far from hilarious, it offers a few cheap laughs, and at eight bucks a pop for a show, something had better be cheap. The concept of this story has genuine potential for a best selling hit, but the actual movie falls short of Candy's past performances.

While true soap opera flunkies might find insult in this satirical spoof, anyone who has moaned at a sappy "mid-afternoon melo drama", while guessing a character's lines before they're actually spoken would get a definite chuckle out of Delirious. Otherwise, save yourself the money and tune into General Hospital. Just don't forget that it's changed to MITV.



TEN ENTERTAINING THINGS TO DO DURING YOUR FIRST WEEK AT THE MOUNT

By Ian Cowan

Knowing as I do how overwhelming frosh week can be, I have come upwith some interesting things for you to consider.

1) Think about why the Mount has no underground tunnel to Seton, and only that horrifically steep slope to rappel down. Hey! Has anyone ever heard of stairs.

2) Compare and contrast ex-editor J. Johnny Jarvis' 5 year BA plan and Moscow's 5 year economic plans. (Johnny Furlegs Jarvis isn't really a dolt as this question might suggest).

3) Hang out at the "Dumb

Questions Booth^a and find out who asks the really dumb questions. Having done this go and make sure that you are not signed up for any of the courses that they are taking, or teaching.

4) Go through the registration line up twice just for the fun of it

5) Find out if Picaro coeditor Erica Colter's voice is as annoying as Entertainment Tonight's co-host Mary Hart. If it is find out who at the Mount has convulsions as a result of it.

6) Try to locate all of your professors in the same day. (Good bloody luck).

7) Go in to Vinnie's Pub

and order a beer/shot/whatever, and as you are drinking it say to the bartender: "Gee! I heard that it was easy to get served here."

8) Find out if the Student Police's effort to ban cameras and any other devices able to take pictures from campus, is in response to fears that their regular student abuse sessions might be recorded.

9) Watch Picaro staff try to avoid getting stomped on by angry and vengeful Student Police, who are tried of getting bad press.

10) Watch the careers of the political opponents of Karen Casey, and find out the results of stepping on the wrong toes.



MOUNT PARTERY GALLERY

Until September 22, the Mount Art Gallery displays "Paintings" by Gerard Collins in the downstairs level, and upstairs "To Honour Carol Fraser" selections from the permanent collection of work by the late Carol Fraser and other artists.

Admission is free.

Gallery hours: Monday-Friday 9am-5pm Saturday, Sunday 1-5pm Tuesday 9am-9pm

The Gallery is closed on all public and civic holidays.

ENTERTAINMENT DEPARTMENTS CHRISTMAS WISH LIST

By Ian Cowan

Yes, I know that there are still 112 days until X-mas, but my mom reads this paper so I'm hoping for her to take the hint.

- 1) 10 000 Maniacs
- 2) Sisters of Mercy
- 3) Dyvinals
- 4) Red Hot Chilli Peppers
- 5) Sound Garden
- 6) Jane's Addiction
- 7) Jesus and Mary Chain
- 8) Pixics
- 9) Faith No More
- 10) Jesus Jones

Entertainment Eds. Note
The above selections in no way
reflect the musical choice of the
weinies who think that they run
the paper.

Bottom Ten Artists Whom The Enties Wouldn't Wish On Anyone.

- 1) Frankie "that blueeyed basher" Sinatra (I'd better watch what I say or he might come and get me! Ohhhhh! I'm soooo Scared! NOT!).
- 2) Barry Manilow (Gagggggg!).

3) Anne "dirty bare feet are her trademark not her level of body hygiene" Murray.

4) Andy Gibb (at least he stayed dead, unlike that oversized pin cushion Elvis who..... hey! look! there he goes. I'm sure that was the King! Elvis, Elvis, EL-

VIS!).

5) The Bee Gees (Oh my gosh! there's more of them, they're spreading, quick get an aspirin).

6) Hank Williams Jr. (or the rest of whiny annoying family).

7) Lawrence Welk and his sucky band (Yah! right like he deserves a museum, even if it is in the middle of nowhere).

8) ABBA (What can I say but Barffoooo).

9) Earth, Wind, and Fire (with a name like that and the clothes they wear I thought that they were a clown troop).

10) Village People (If you want a good recording of the Village People just drown a canvas bag full of cats).





PRESENTS:

PUB NIGHT
Every Wednesday
8:00pm - 1:00am

Great music and great drink specials!

Where the weekend starts on Wednesday

OTHER STUFF

THE PIC-A-WHO?

By Erica Colter

A picaro is a Spanish wanderer who roamed foreign lands in quest of solutions to the world's greatest mysteries. He was a student and an educator, extracting fiction from fact, offering truths in the search for wisdom. One small being enlightened those willing to learn, imprinting visions which shaped the destinies of their lives. To be called a picaro is a great honour. To be called The Picaro is a great challenge. That's what our paper is all about.

Each week, we rise to meet this challenge of producing a quality, respectable newspaper. We are journalists of all levels, striving to perfect our skills and attitudes as we prepare to enter into life's greater challenges. The Picaro is the outlet of a unique interaction of Mount Saint Vincent students who devote their talents and efforts to promote the issues which affect university members. While integrating the Mission Statement of the Mount, The Picaro responds to the needs for human equality and social justice through the denouncement of issues such as homophobia, racism, and sexism.

The Picaro offers something for everyone, but more importantly, it allows the opportunity to offer something to the Picaro. We are all journalists. Share what you know. Become a student and an educator. Become a picaro.

VOX POPULI

If you could make a Jello Mold in any shape, what would it be?



D.J. Jeffrey Jazz and the Fresh Haircut

3rd Year BA Shoe Size: 10 "A shrine to Juan Valdez: 3rd Year BBA
Shoe Size: 9
"An abstract of Harley
Davison and the Marlboro Man
Meet Godzilla"

MONGO'S VISIONS Horoscopes With Which to Reckon

Aries

(March 21-April 19)

This week's horoscope highlights travel, sunshine, and Scott Baio. Your luckiest numbers are 2 through 17. Also, keep this in mind: cross dressing only brings heartache.

Taurus (April 20-May 20)

The only thing attracted to you are flies. Be afraid. Be very afraid.

Gemini

(May 21-June 20)

You may soon fall victim to an irreversible curse unless several precautionary steps are taken: (1) with a clove of garlic in hand, walk backward down a flight of stairs during the next quarter moon, softly chanting "Ian Cowan, Ian Cowan", and (2) stop reading the Gazette.

Cancer (June 21-July 22)

An unwelcome house guest will do naughty thing with your toaster.

Leo
(July 23-August 22)
Orientation week ends in tragedy when you wake up Friday morning and discover you have

Virgo (August 23-September 22)

another brother Darryl.

Vinnie's is the hot spot for you this week. Romance withers but your bar tab blossoms. You will also make your first kill without flinching. Lay off the tequila.

Libra (September 23-October 22)
You're tall. You're dark. Too bad the only thing handsome about you is your paycheck.

Scorpio (October 23-November 21) An annoying stranger will keep calling you Olga. This maybe a little irritating, but seeing how

this stranger is the only one who ever calls you anything at all, you should accept it gratefully and take him to supper.

Sagttarius

art's that night.)

(November 22-December 21)
Always remember that a true friend never tells a secret. (So don't tell anyone you saw Donnie Wahlberg loitering outside Bog-

Capricorn(December 22-January

Your worst nightmares become reality this week: "Married with Children" is back for another season, and Ian Reinhold Cowman Cowan loves you.

Aquarius
(January 20-February 18)
You will soon begin to question
your own sanity. On Thursday
evening, you will realize you are
dressing like Napoleon, and on
Friday afternoon, you will swear
you have seen Elvis grating cheese

Pisces
(February 19-March 20)
This week's horoscope highlights
mystery, adventure, and death.
You have no lucky number.

in the Scateria.



Julic Clearly
1st Year BA
Shoe Size: 7
"The shape of a unicorn. I
like unicorns"



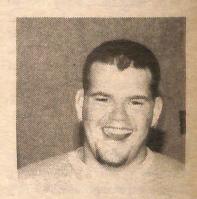
Ann McAdams 1st Year BOA Shoe Size: 7 "A teddy bear"



Christina Rogers
4th Year BBA
Shoe Size: 6 1/2
"It would have to be the male anatomy"



Jamie Long
1st Year BSc
"The Campus"



Ian Cowman Cowan
2nd Year BA
Shoe Size: 10 (Whoa!)
"In the shape of Vivian
Leigh"



Craig Dixen
1st Year BSc
Shoe Size: 9 1/2
"A girl. She's got to be a
10"