

# the PICARO

Volume 36 - Issue 9

February 1, 2001

## Public Relations program gets a facelift

By Jennifer Henderson

Current and future public relations students at the Mount will soon see major changes in their degree program. As of the 2000-2001 school year the requirements of the program will include a full unit in sociology and psychology for incoming first year students. Students entering in September of 2001 and after will also be required to participate

in mandatory co-op work terms. Under the current program structure co-op is optional. While the changes may seem sudden, Marie Riley, chair of the public relations department says they are quite routine.

"It's normal to make revisions every five or six years in a degree program. Changes are always made

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## Low-key Caritas Day anticipated

By Beth Whyte

Every year on the Wednesday closest to January 31 the Mount community commemorates those who provided help to the university when most of the campus burned down in 1951. This day is known as Caritas Day, after the Latin word for "charity" or "caring." In past students have given thanks by reaching out to the community in

activities such as volunteering at Hope Cottage or at the Motherhouse.

These activities are typically organized by Students' Union. This year, however, there have been no official plans made by the The Union to celebrate Caritas Day.

"This year there didn't seem to be any interest on the part of

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## China frees jailed Canadian professor

By Sean Carrie, The McGill Daily

MONTREAL (CUP) - A one-time McGill University art instructor was released from a Chinese labour camp Wednesday, but Amnesty International says Canadians shouldn't forget about the countless other Falun Gong practitioners still in jail.

Zhang Kunlun became a cause celebre after he was arrested in

China for practicing the rituals associated with Falun Gong, a sect banned by the Chinese government in 1999. But with pressure mounting on Chinese authorities to release Zhang in advance of the Team Canada trade mission to China scheduled for next month, the Beijing government released Zhang last week. Zhang was believed to be

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Caritas Day commemorates the help received from the community after the Mount was destroyed by fire in 1951.

## Online registration in the works

By Jennifer Henderson

In the not so distant future, Mount students will be able to register for courses, fill out add and drop forms, view their schedules and check their marks, all online.

While no firm date for the completion of the project has been set, Director of Information Technology & Services Donna Forbes hopes part of the system will be operational by the end of the term.

"Our goal is to have registration for the summer sessions online."

She stresses that the system will require testing and adjustments before it can be fully implemented. A student focus group will evaluate an initial version of it in February or March. The Mount's registration, grades and finance functions are currently handled by a system called DataTel. In June, DataTel released a new version of their webfront application, Web Advisor. This program is what will be used to handle online registrations and grade release.

Donna Forbes is not the only Mount staff member who is enthusiastic about online registration, MSVU's Registrar, Lynne Theriault sees the service as a needed one.

"We're excited. It will be a big

improvement for students, faculty and staff."

Theriault says the paper copies of registration forms and grade reports will not immediately be eliminated but gradually phased out over time. She does believe that students will see a noticeable difference when visiting the Registrar's office.

"There won't be line ups at the counter but a lot of students will be calling, wondering how to use the system and how to interpret what they see on the screen. We've had comments from the Registrars at Dalhousie, Acadia and the University of New Brunswick. That has been their experience."

While online registration is the biggest technology development at the Mount it is not the only one. In January, a redesigned MSVU web page debuted and by mid February all the computers in the Seton 345 lab will have been replaced by Pentium 3s. The development of a campus wide intranet could be the next major undertaking. Donna Forbes sees these projects as benefiting the Mount's primary consumers.

"We're making a real effort to improve technology for the students," she says Donna Forbes.



## Volume 36 Issue 9

**Editor-in-Chief**  
Melissa Melanson

**Production Manager**  
Bradley MacKinnon

**News Editor**  
Jennifer Henderson

**Arts & Entertainment**  
Nicola Hanson

**Sports Editor**  
Beth Whyte

**Graphics Editor**  
Patrick Burgomaster

**CUP Editor**  
Simon Leither

**Contributors:**  
Shawn Ahmed  
Angela Matheson  
Heather K. Davidson  
Cap'n Bottomheavy

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

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**The Picaro**  
Rosaria Centre  
Room 114  
166 Bedford Highway  
Halifax, NS  
B3M 2J6  
tel (902) 457-6386  
fax (902) 457-0444  
email thepicaro@hotmail.com

## Facelift

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when we think they're necessary.

In addition to the sociology and psychology requirements, one and a half units of professional electives, including new public relations courses, will be introduced into the curriculum. According to Riley, these electives will allow students to specialize in particular areas of public relations or concentrate their studies in business or information technology.

While the mandatory co-op terms and modified program requirements only apply to incoming students, those presently in the public relations discipline are not unaffected by the changes. Current students are encouraged to schedule counselling appointments with a faculty member to ensure their courses meet the updated requirements.

Dr. Riley accepts the fact that there will be some initial confusion. "The next year and a half will be a transition period for us."

In addition to the degree update, another goal of public relations program is the introduction of a Masters of Public Relations degree at the Mount. If such a degree is introduced it would be the first MPR in Canada. Royal Roads University in British Columbia currently offers a Masters of Business Administration in Public Relations and Communication Management but its degree is aimed at those already working in public relations.

"We don't admit people into the program without experience in the p.r. field," says Deborah Wickins, Manager, MBA at Royal Roads.

Wickins was enthusiastic about news of the Mount's proposed MPR but she downplayed the idea of competition between the two degrees.

"I think there will be a little overlap but the programs will be different enough to appeal to separate audiences," she says.

Full details of the changes to the public relations program will be published in the Mount's 2001-2002 calendar, available in March.

## Caritas Day

... continued from page 1

Students' Union," says Paula Romano, the interim communications officer at the Motherhouse.

Despite the lack of a planned activity for students, there will be a Mass at the Motherhouse chapel on January 31 followed by a reception tea. Any student wishing to attend is more than welcome to do so.

## China

... continued from page 1

the first Canadian jailed in China for practicing Falun Gong.

While the Canadian government and human rights advocacy groups all welcomed Zhang's release last week, many still view it as little more than a one-time gesture on the part of the Chinese government to improve its image and placate the international human rights community. Amnesty Canada's John Tackaberry said "a combination of pressures" had helped bring about Zhang's release, but China should not be let off the hook for its treatment of Falun Gong practitioners.

In this case, pressure from federal government MPs like McGill law professor Irwin Cotler, as well as campaigning by Zhang Lingdi, Zhang's daughter who attends the University of Ottawa, led to Zhang's release, he said. But while Amnesty is "of course, very pleased," Tackaberry cautioned that the Chinese government's motives were far

from magnanimous.

"This was an action to remove an irritant from the agenda [before the Team Canada mission]," he said. "Our position is that this cannot be used as an excuse not to raise, in a clear and emphatic way, the issue of human rights in China," he said. "We hope that the media doesn't get distracted from the larger issue. Journalists have a responsibility to continue covering this issue. This seems starkly, transparently, a means of pleasing Canada and the Canadian mission when there has been a crack-down and a step-up in arrests."

Zhang had been incarcerated, without trial, at a notorious labour camp some 100 kilometres from the seaside resort city of Qingdao. Zhang, a former Montrealer who taught at McGill in the late 1980s before returning to his native China in 1996, was arrested in July while practicing Falun Gong in a public park. He was subsequently released, but was re-arrested in November and sent to the Shandong number 3 prison in the industrial city of Weifang, Shandong province.

Officials at the Chinese embassy in Ottawa refused to comment on Zhang's release last week, but a prepared statement on the embassy's Web site read that Zhang was released because he had "come to a better understanding of the cult nature of Falun Gong and his illegal activities." It also stated that he had "pledged that he would be a law-abiding citizen," and the pledge was brought about by the government's system of "education through labour."

The Chinese government has arrested an unknown numbers of Falun Gong members, calling the group a religious doomsday cult. But practitioners and international human rights advocates argue that Falun Gong is simply a form of meditation, like Yoga or Tai Chi, and that it preaches virtues like compassion and tolerance. They say the Chinese government's crackdown on Falun Gong amounts to an attack on freedom of expression. That's why, according to Tackaberry, Amnesty will continue to petition the Canadian government to take a tough stance on China's human rights record. Tackaberry said he is concerned, however, with what he calls the Canadian government's unwillingness to put human rights before trade agendas like the one that it will take to China next month.

"We will be doing a number of things in advance of the trade mission," Tackaberry said. "We're waiting for the Canadian government to renew their commitment to making sure that they don't sacrifice principles for the price of profit."

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## "The Students' Union wants to take this away from us"

### To the Editor:

This is my last year at Mount Saint Vincent University. This is the very first piece of writing I've submitted to the Picaro. Perhaps it is long overdue, but I think it couldn't come at a better time. I've read every issue since

I came to this prestigious institution for the first time. So I felt it was my duty to

give my two cents on the ludicrous cuts Student Union has made to this free forum for student opinions.

Our university has what, three thousand students? Compared to other universities, we're pretty small. But there's no doubt that it's easy to feel detached and like a number as you walk the halls and sit in our classes. Yes, we have societies, we have basketball games, we have the Link, and we have Vinnie's. However, there's only one thing on campus that brings the entire Mount community together: students, professors, administrative staff, and janitors. This, of course, is our newspaper. We can rant about people and things we don't like. We can read about other universities and see what they're up to. We can catch up on school sports, read about music, and even be introduced to the campus's most eligible bachelors. The opportunity for creativity, for knowledge, for entertainment, and for forming opinions is encapsulated in the Picaro. And the Students' Union wants to take this away from us.

Of course, we all have budgets. When things are tight, we eat Kraft Dinner, we go to the movies on cheap

nights, and we hit JJ's for power hour. The Students' Union is caught in a similar situation, where funding must be cut to square off their deficit. Well, I understand that the Picaro is also thousands of dollars in debt. Where have they cut their resources? In the

honorariums they receive for putting in 20-40 hours a week at the Picaro office. These students are

providing a valuable resource to the Mount community. They are hard working, intelligent, and dedicated individuals who deserved to be paid for their work. And so does Students' Union. There's no question that they possess these same qualities and deserve to be paid. But what did they do to get their books balanced? They slashed organizational spending and kept their own pay raise they received last spring.

I paid my student fees in full about a week ago, and this includes my Student Union fees. And I expect a portion of these fees to go towards running a school newspaper.

Perhaps the most shocking observation I made in reading the last issue of the Picaro was the SU executive's rebuttal "The Newspaper is no longer operated by Students' Union." Was I reading that correctly? What kind of a Student Union do we have if it has nothing to do with the one source that brings us all together? I'm sure many will agree that this situation is utterly ridiculous and deserves change.

Angela Matheson

## "Why do I go to this school?"

### To the Editor:

There are sometimes I ask myself "Why do I go to this school?" Those are usually the times I feel I've once again been screwed by this university. I'm not talking about the rising tuition or the cost of books, but the simple things - jam for instance. Yes, those small packages of jam that I love so much. This morning as I eat my meagre breakfast in the Sacateria I can't help thinking about how much I've paid for the plain bagel (no cream cheese) small skin milk and two packages of raspberry jam - two dollars and fifty one cents! The jam alone cost 25 cents each... Plus tax! The bagel and milk was reasonably priced, roughly a dollar for the bagel and 93 cents for the milk but I paid 58 cents for the jam. I think that is sad, really, really sad. As if the Sac doesn't suck enough as it is (and that's no reflection on the workers) The microwave is disgusting on the inside and shorts out so sometimes people have to wait 10 -15 minutes to heat up their lunches. The tables are dirty and I mean dirty. I wonder how many times a day they are wiped. I know a lot of people sit at them throughout the day

but there could at least be a bottle of Lysol and a couple of rags so if we wanted we could clean the tables ourselves.

And what about the food in the Sacateria? It's overpriced, greasy and not very appetizing. Pasta Wednesday is the only thing the Sac has going for it. Now we come to my biggest pet peeve of all - why don't we have a bank machine down here? I've heard these gripes from a lot of students and I feel we deserve a better eating area and a better selection of food.

I realize the Mount is not a school with an enormous budget but a few improvements wouldn't hurt. Maybe this bitchfest will fall on deaf ears but I felt as a Mount student I have the right to voice my opinion. I'm not saying these things because I didn't understand the cost of university when I decided to attend. I work two jobs to come here and learn but the jam thing really pissed me off

Unhappy jam eating student

If you have an opinion about this, or any other topic, please email Melissa, thepicaro@hotmail.com or stop by the office, room 114 Rosaria Centre. Letters to the editor should not exceed 300 words and opinions pieces should be no longer than 500 words. All submissions must be on disk, in rich text format or e-mailed in the body of the email. The Picaro reserves the right to edit or reject stories.

## "A voice on campus is essential in a university community"

### To the Editor:

I am writing on behalf of the King's Students' Union to express our sympathy at your present situation and lack of funding from the MSVU Students' Union. We are of the opinion that a student newspaper such as the Picaro is important—allowing students to have a voice on campus is essential in a university community. Here at The University of King's College, the Students' Union collects a levy (\$8/year) that goes directly to Watch, our student newspaper. This not only allows Watch to have a fairly stable budget from year to year, but it also

ensures that every student on campus should have an active interest in seeing that the paper is what they want it to be.

In addition, the KSU collects a levy (\$21/year) for the specific purpose of supporting our various societies. Although each KSU society must be ratified every

year, these societies are told at the beginning of the year how much money they will have for the year, and can

plan their budgets and activities accordingly.

These levies are essentially earmarked funds collected from the student body along with the rest of their student fees. They cannot be used for anything other than what they have been designated for, and therefore, no matter how strained the Union may be financially, these bodies are ensured funding for that year.

While we hesitate to simply condemn the actions of the MSVUSU,

we would like to remind them that the purpose of a students' union is not to play at politician, but instead act as an elected representative of your students, and provide them with the services and support that they require. Cutting \$5000 worth of funding to student societies is not generally seen as providing a service to the people that voted you into office.

Heather K. Davidson  
KSU President  
(CFS Local 11)



## An interview with a P3 School Teacher

The students of Mount Saint Vincent University' Bachelor of Education Program have ventured out to interview a full-time teacher who has the assumed privilege of teaching primary students in one of the new P3 schools found throughout Nova Scotia.

Public-Private-Partnership=P3 P3 means the school is owned by Nova Learning, which is a company that belongs to Armoyan Development. As a result, unlike previous public schools, P3 schools are not owned by the Provincial Government. Therefore, the province of Nova Scotia must pay rent to Armoyan Development. There is a limited amount of hours which the school can be accessed by students and staff. If this is surpassed it results in extra rental fees, leaving staff unable to work in their classrooms after 6pm on week nights and weekends.

**Q:** Everyone has either heard or seen the technology that is included in each classroom. What forms of technology does your classroom contain?

**A:** Let's see, there are four high speed personal computers with Internet access, one scanner, one laptop for each teacher, one cordless mouse, one 48" television, one VCR, one ghetto blaster with listening centre, one laser printer shared amongst four classrooms, one telephone, one overhead projector shared amongst four classrooms, four digital cameras that are shared throughout the school, three video cameras that are shared throughout the school, five electronic microscopes that are plastic and very child friendly and a public announcement system.

**Q:** Wow! Beam me up Scotty! Have all these forms of technology been useful?

**A:** Yes, to an extent. They certainly do not replace the role of the teacher. It is useful if you feel at ease with technology and are willing to take the time to play around and practice.

**Q:** Tell us some of the advantages and disadvantages of that huge 48" TV, or the four computers with a scanner or even the marker boards that encompass the

classrooms.

**A:** I'll start with the disadvantages since there are only a few. The "huge" TV is just that, and it takes up a lot of room, along with the four PC's. One common complaint regarding all this wonderful stuff is that there is little training offered and it's time consuming and frustrating for some teachers to teach themselves how to use everything.

The advantages are that the children are familiar with some of these technologies in their everyday life through video games on the home computer. Thereby making learning relevant to students' personal experiences. Another advantage is the communication abilities with classrooms around the world through email pals and talking with parents who may be travelling abroad. All this technology allows children to learn and progress at their own speed while also bringing a lot of resources into classrooms otherwise unavailable, such as websites.

**Q:** How much time do the students spend using these technologies, and how are they incorporated into the curriculum?

**A:** Roughly 45 minutes each day is spent using these technologies. I teach thematically, integrating all subjects, and I try to find relevant educational software to connect to the unit being taught. I also try to present the information with the use of the available technology. The clipart that is provided proves useful when teaching topics such as the shapes in our environment.

**Q:** Do you, personally, find these extras worthwhile in teaching your particular grade level?

**A:** Yes, I do. It provides me with many different options of how I want to present information and foster learning.

**Q:** Last question, is there anything missing from the P3 schools that would be more useful than what is already present?

**A:** Extra staff!

The following B.Ed students contributed to this feature:

Ann-Marie Grad  
Mark DeJong  
Katie Deeau  
Jason Dugucy  
Christine Fryer  
Chantel Chiasson



## What kind of learner are you?

### Auditory Learners

learn best when they...

Remember what they hear better than what they see

Respond better in class when hearing, rather than reading, questions.

Love to have stories read to them with a lot of expression.

### Visual Learners

Retain what they see better than what they hear

Respond better when you show them things rather than tell them.

Love books, pictures and puzzles, and are attracted to colours

### Tactual-kinesthetic Learners

Tap out syllables and numbers.

Review facts in combination with a physical activity. For example, you might ask them to recite the names of the prime ministers while bouncing a ball or riding a stationary bike.

Colour code vowels and consonants in spelling words: write facts in air.

Pinpoint your learning style by answering the following questions and referring to the appropriate learning style.

1. I flip on the radio or television the moment I get home.
2. I have quite a strong fashion sense and always make sure that I look my very best.
3. I enjoy puttering around the garden.
4. I would enjoy working as a chef, surgeon, automobile mechanic or dancer.
5. I usually give directions this way: "Turn left at the tall cedar tree and right at the barn."
6. I usually give directions this way: "Turn left, go two blocks, turn left, after four blocks turn right, then make a left on main street. Got that?"
7. I give directions by using gestures and then saying, "Follow me."
8. I would like to be an illustrator, architect, writer, interior decorator or proofreader.
9. I am best at remembering things that I hear, and it seems as if I'm always on the phone.
10. I would enjoy being a disc jockey, trial lawyer, movie director or opera star.
11. My job is great because I get to travel a lot.
12. I am best at remembering things I see, and I prefer to read instructions.
13. I often gesture and speak at the same time.
14. I take my glasses off to answer the phone.
15. I tell the person on the phone, "I can't hear you because I took my glasses off."
16. I remember faces but no names.
17. I remember names but not faces.
18. I remember events but not names or faces.

### Answers:

- 1, 6, 9, 10, 14 and 17 indicate visual preferences.
- 2, 5, 8, 12, 15 and 16 indicate visual preferences.
- 3, 4, 7, 11, 13 and 18 indicate tactual-kinesthetic preferences.

## Students' Union News

### Have you heard...

- Our Shinerama Team won a national award.
- Students' Union has a new general manager, Kenney Fitzpatrick.
- Vinnie's Pub has a new look.
- The Corner Store has expanded its selection of almost everything.



# Book Review

## Somebody Else's Kids

By Tory L. Hayden

As a B.E.D student, reading this book was a wonderful experience, where you learn what to do and not to do when in a classroom. It's interesting to hear a teacher's memoirs of her experiences with children who are behaviorally and emotionally disturbed. Tory Hayden taught during the 1980's, which gives the reader a sense of what the classroom was like. I found myself comparing and contrasting the differences between the classroom now and then. Some things have remained the same and some things have changed for the better.

The way the author sets this book up is as if you were going through school: she discusses the excitement of starting a brand new school year, going through the holidays and the last day of school when you have to say goodbye. The children that Tory Hayden taught had many difficulties; the way in which she handled these children was amazing. From reading this book one can see her love for children and her dedication to her profession. She never gave up hope for the children who teachers labeled as "problem children". She dealt with children who were sexually abused, autistic, attention deficit and violent. The key to Tory Hayden's approach lies in her love for the children and the fact that she believes that all children have a right to an education.

I am warning anyone who reads this book to be prepared for long nights because you will not be able to put this book down. If you wish to read other books by Tory L. Hayden some titles include Just Another Kid and One Child.

Websites worth surfing

For Children:

[www.superkids.com](http://www.superkids.com)  
[www.kids.discovery.com](http://www.kids.discovery.com)  
[www.funbrain.com](http://www.funbrain.com)  
[www.beakman.com](http://www.beakman.com)  
[www.youthline-usa.com](http://www.youthline-usa.com) (children, parents & educators)  
[www.kidsdomain.com](http://www.kidsdomain.com) (download games, etc)  
[www.primarygames.com](http://www.primarygames.com)

For Teachers:

["http://www.k-6educatorsca.about.com"](http://www.k-6educatorsca.about.com)  
[www.k-6educatorsca.about.com](http://www.k-6educatorsca.about.com) (Canadian site)  
[www.connectingstudents.com](http://www.connectingstudents.com)  
[www.school.discovery.com](http://www.school.discovery.com)  
[www.eskimo.com/~billb](http://www.eskimo.com/~billb) (not what you would expect, science links)  
["http://www.escape.ca/~eriksdale/edusites.html"](http://www.escape.ca/~eriksdale/edusites.html)  
[www.escape.ca/~eriksdale/edusites.html](http://www.escape.ca/~eriksdale/edusites.html) (links to science, math, social studies, language)  
[www.disciplinehelp.com](http://www.disciplinehelp.com)  
[www.perpetualpreschool.com](http://www.perpetualpreschool.com) (ideas you can expand on)

## Young Reader Favourites

- Babbitt, Natalie.  
Ouch! A Tale from Grimm.  
Illustrated by Fred Marcellino.  
HarperCollins/Michael di Capua.

Banks, Kate.  
And If the Moon Could Talk.  
Illustrated by Georg Hallensleben.  
Farrar Straus & Giroux/Frances.

Heap, Sue.  
Cowboy Baby.  
Candlewick Press. 0763604372.

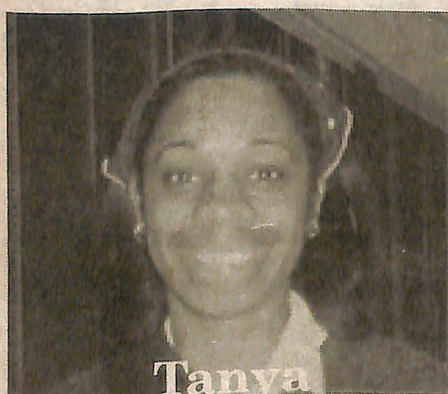
Krensky, Stephen.  
How Santa Got His Job.  
Illustrated by S.D. Schindler.  
Simon and Schuster. 0689806973

San Souci, Robert D.  
Cendrillon: A Caribbean Cinderella.  
Illustrated by Brian Pinkney.  
Simon & Schuster. 068980668

## Picture Book Favourites


- ANIMALS SHOULD DEFINITELY NOT WEAR CLOTHING by Judi Barrett.  
Illustrated by Ron Barrett. Atheneum.
- BROWN BEAR, BROWN BEAR, WHAT DO YOU SEE? by Bill Martin Jr. Illustrated by Eric Carle. Holt.
- CHICKA CHICKA BOOM BOOM by Bill Martin, Jr. and John Archambault.  
Illustrated by Lois Ehlert. Simon & Schuster.
- CORDUROY by Don Freeman. Viking.
- THE DAY JIMMY'S BOA ATE THE WASH by Trinka H. Noble. Illustrated by Steven Kellogg. Dial.

## What was your most memorable moment in practicum?




Tanya

"Being mistaken for a student 6 weeks into practicum."




Chris

"Being with students at a hockey game, not just in the classroom."



JoAnne

"Making my class cheer for math!"



Trish

"When a student noticed something about me that I myself wouldn't have noticed-seeing the importance in non-verbal actions."





# Man on the Mount

## The Mount's Most Wanted

**Name:** Mike Geislinger (*the only one in the phone book*)

**Age:** 21

**Height:** 6'3"

**Weight:** 212

**Home Town:** Bedford

**Status:** Looking Hard!

**Degree:** BBA

**Major:** Marketing

**Favorite Movie:** Dazed and Confused

**Favorite Book:** My Stats Textbook

**Favorite Song:** Baby got Back, by Sir Mix alot

**Likes:** bikes, beer, big butts and long walks on the beach

**Dislikes:** Mount Security, Non-drinkers, skinny girls

**Quote:** "Blaze your own path in life, lest you be enslaved by another."

If you know someone you would like to be "Man on the Mount" then drop off suggestions at the Picaro office room 114 Rosaria or e-mail us at [thepicaro@hotmail.com](mailto:thepicaro@hotmail.com)



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# New Year's resolutions means more gym goers

By Beth Whyte

It's that time of year again, time to forget about 2000 and welcome in 2001. With the first month of this new year almost over people are getting ready to start working on their resolutions. They majority of these are to get in shape, and to start going to the gym.

The MSVU gym saw this coming and are now offering a variety of programs to newcomers as well as those who have been going to the gym for some time now. They have started off with a welcome back special that gives full time students half price on instructional fitness classes, twenty dollar unlimited classes and sessions with a trainer for ten dollars. Students can also take advantage of the free intramural and gym facilities that have always been offered.

Johanne MacKinnon, who works at the front desk of the gym, says the best way to start if you are new to the Gym is to, "Come down and set up a one on one with the trainer. They can take you through the machines so you'll feel less intimidated." MacKinnon goes on to say this will help newcomers feel less out of

place when they first get there.

The fitness instructor will work with you for one hour to help decide what goals you might have, learn how to use the equipment, and get to know what weights to use on the different machines. They also start a record book where you can keep track of what you do on a daily basis.

Joanne Burns-Therriault, who is in charge of the athletics department, is very excited about the new year.

"Everything is way up this time of year. We even had to get two busses for the ski trip, a first for us."

The ski trip will take place on Caritas day.

The athletics department is also planning some new activities starting in February. They are going coasting on the Motherhouse hill and invite everyone to come along. They will also be starting golf lessons for anyone who is interested, and on Valentines Day there will be a leadership program at 2:00 in the Gym. All are welcome to check it out.

## Tips For New Year's Resolutions:

1. Pick something you know you can do. If you say you are going to do something unreasonable then you probably will not do it.
2. Keep at it. If you say you are going to go to the gym, don't come back and keep putting it off until "next week"
3. Make it fun. Find a friend with the same resolution and work on it together. Make a competition out of it.
4. Reward yourself for every month that you achieve something on your resolution.
5. Don't get discouraged if it didn't work out. Remember, there's always next year.

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Volunteer Opportunity with  
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**CAMPUS COORDINATOR POSITION**

Best Buddies Canada is a national charitable organization dedicated to enriching our communities through one-to-one friendships between students and adults with developmental disabilities. We have over 30 chapters on University and College campuses across Canada.

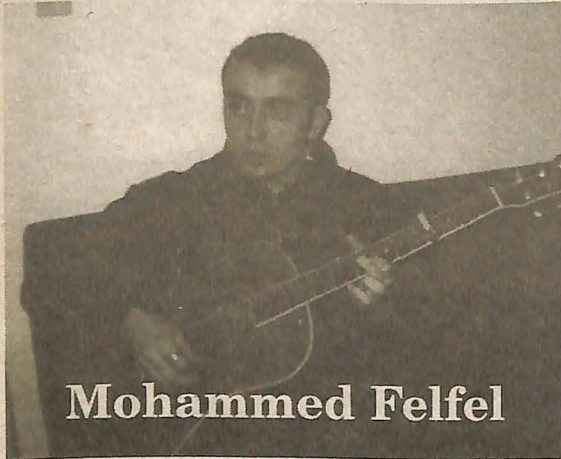
Best Buddies is currently searching for a Campus Coordinator to establish and manage a Best Buddies chapter on your University/College campus for one academic year, beginning September 2001. Applicants should possess good organization and communication skills, have creative ideas about starting a new group on campus and be interested in having a friend with a developmental disability. Campus Coordinators attend an all-expense paid Leadership and Training Conference in Barrie, Ontario in August 2001.

For more information on this challenging and rewarding volunteer opportunity, contact Nicole at 1-888-779-0061 or by E-Mail: [bestbuddiescanada@yahoo.ca](mailto:bestbuddiescanada@yahoo.ca)



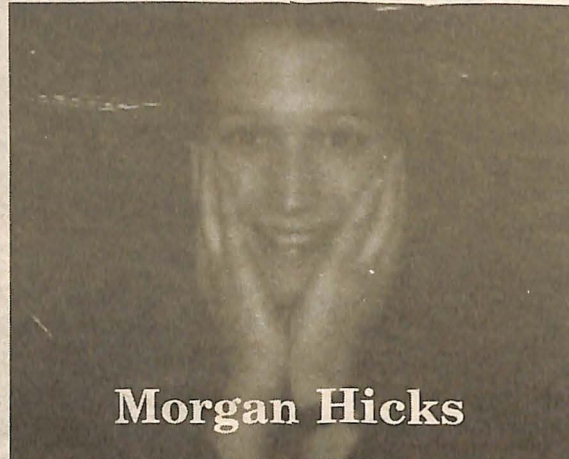
# Vox Populi

What dose Caritas  
Day Mean to You?



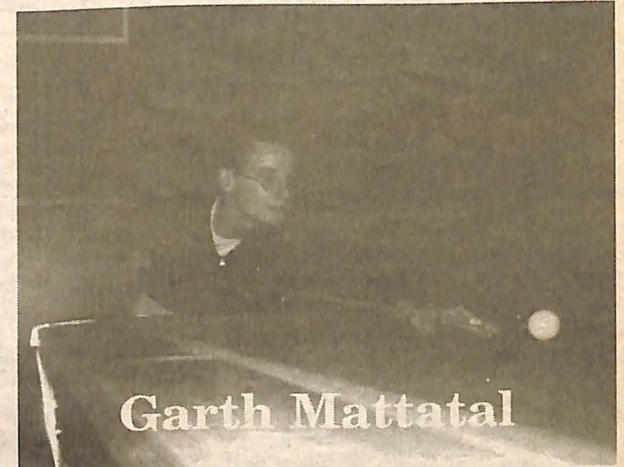
**Mohammed Felfel**

"When ever something happens  
it just seems we get a day off."



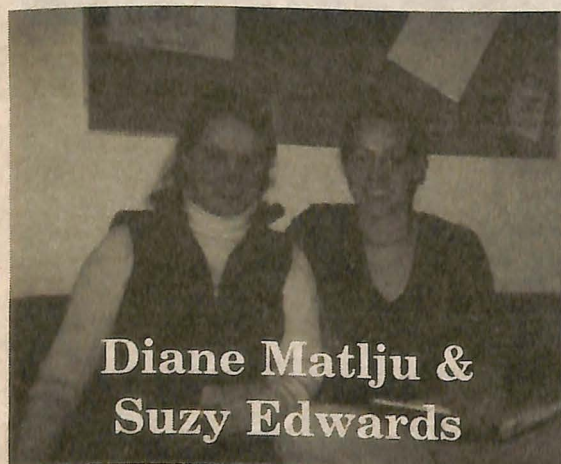
**Morgan Hicks**

"Sleeping in and watching  
soaps."



**Garth Mattatal**

"A day off school."



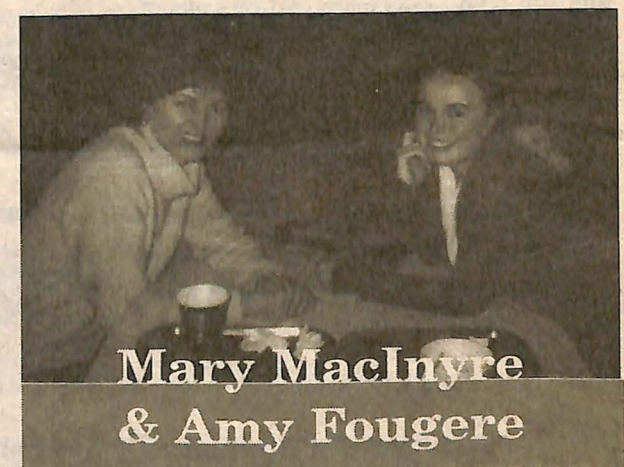
**Diane Matlju &  
Suzy Edwards**

"Remembering the nuns  
and charity."



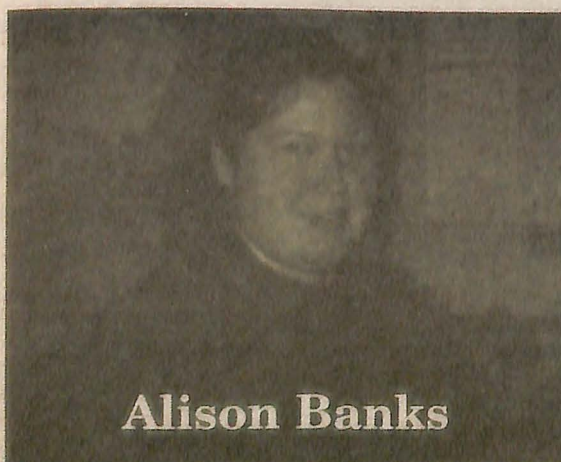
**Rachael Pineo**

"A study day."



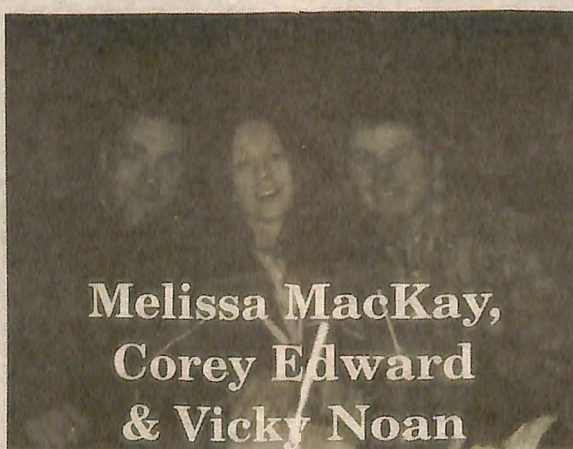
**Mary MacInyre  
& Amy Fougere**

"Giving back to the community  
and doing volunteer work."



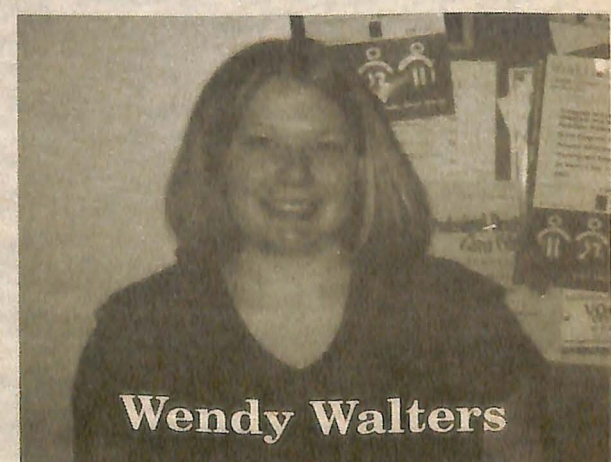
**Alison Banks**

"A day to give back to  
the community."



**Melissa MacKay,  
Corey Edward  
& Vicky Noan**

"It's my (Melissa's) birthday and  
I'm going downtown."



**Wendy Walters**

"My Dal roommates call it  
'Be nice day'."