

THE

PICARO



MOUNT SAINT VINCENT UNIVERSITY STUDENT NEWSPAPER

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CFS urges date with Feds

OTTAWA (CUP)—With a little help from opposition MPs, Canada's national student lobby group hopes to speak to federal politicians when they hold their economic summit meeting in March.

In a letter to prime minister Brian Mulroney, Beth Olley, Canadian Federation of Students chair, urges the federal government to allow students some representation at the upcoming economic summit in Ottawa, March 22-23.

Olley says CFS wants to impress on the federal and provincial governments that post-secondary education is in a desperate situation and should be funded adequately.

"Continued cutbacks to the funding that is passed on to post-secondary students will damage them to the point of where rebuilding will be a major task, if not impossible," she writes.

"... we are counting on you to ensure that students, through the Canadian Federation of Students, are represented at the economic summit and during any discussions that are held on setting national objectives in the area of post-secondary education."

CFS's attempts to make post-secondary education a high priority at the meeting are being given a boost by opposition MPs, who have frequently pressured the Tories to hear students' concerns since the House of Commons began sitting Nov. 5.

On Nov. 8, Liberal opposition leader John Turner and MP for Vancouver Quadra asked Mulroney to make post-secondary education "his personal priority" at the summit and allow student representatives to help set the agenda.

Replied Mulroney: "I would be delighted to take (Turner's) suggestion and consult further with students."

On Nov. 15, the day hundreds of students protested on Parliament Hill and in the rest of Ontario against government underfunding, Liberal MP Jean Lapierre and Shefford rep said to secretary of state Walter McLean: "The House is aware that the government intends to cut summer jobs, student loans and transfer payments for post-secondary education, and now nearly 1,000 students have been standing out in the cold, waiting to communicate a message to the minister and his cabinet colleagues..."

"I wish to ask the minister how he can justify refusing to meet with Canadian citizens

who want to express their concerns to the government and, instead, has chosen to ignore this demonstration by young people who want to have a say in the debate on their future."

Replied McLean: "I want to assure (Lapierre) that I take very seriously the situation of Canadian students... I will be meeting with the provincial (education ministers) in the near future and will be beginning dialogue about the future of post-secondary education."

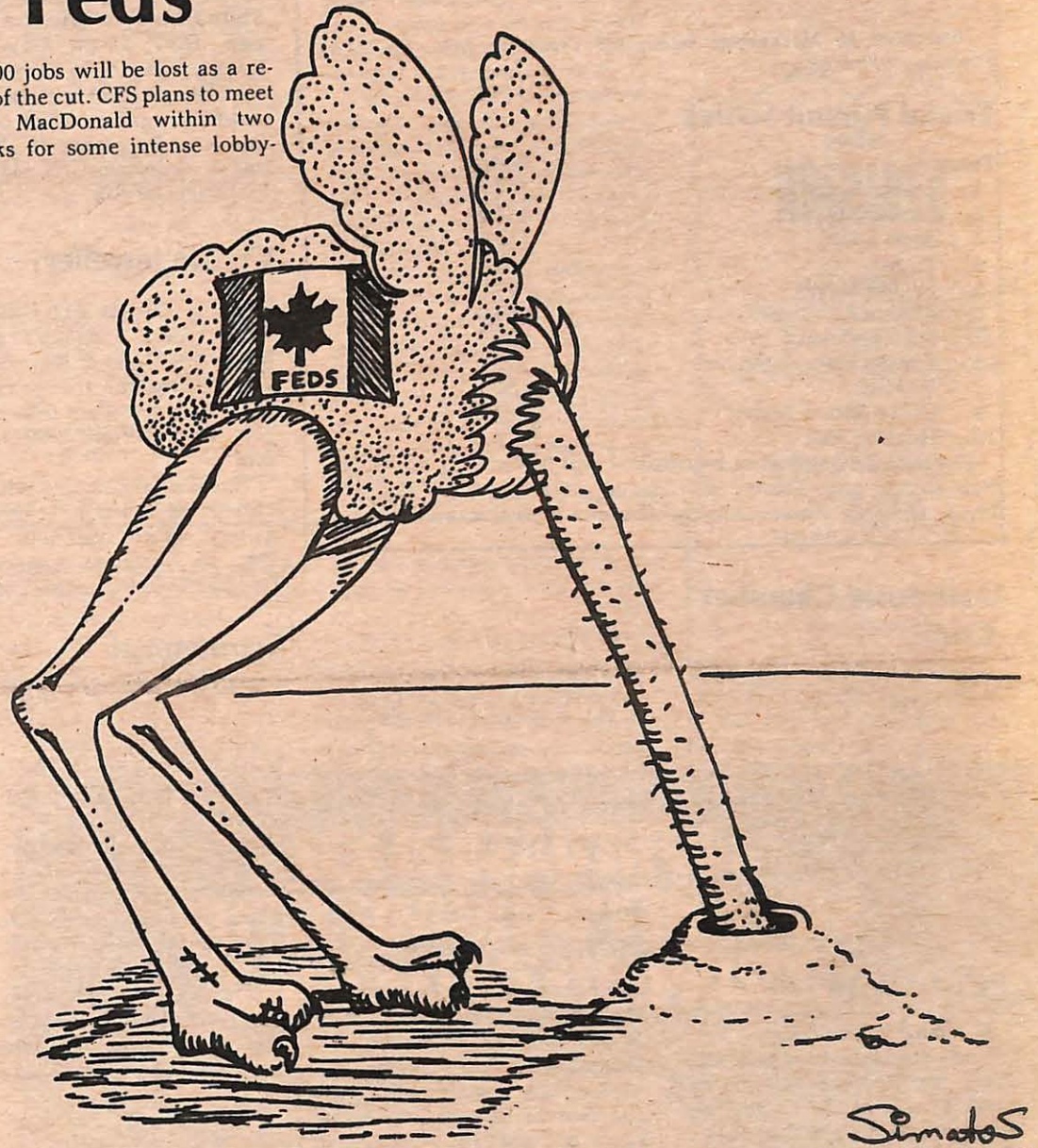
Despite the opposition's persistence, Olley says Mulroney has not yet responded to her letter, dated Nov. 16. But she has received a letter from finance minister Michael Wilson in which he says he will solicit CFS's views on his first economic statement tabled in the House Nov. 8.

In that statement, Wilson announced that the federal government will slash \$85 million from its Summer Works student job creation programme and freeze the amount of money set aside for student loans. Olley says CFS will urge the Tories to restore the funding cuts and pump more money into student aid.

The freeze actually represents a \$5 million cut because inflation is not taken into consideration.

CFS representatives, Olley says, will also ensure that employment and immigration minister Flora MacDonald is made aware that about 20,000 to

30,000 jobs will be lost as a result of the cut. CFS plans to meet with MacDonald within two weeks for some intense lobbying.



CFS losing support

by Lisa Stutt

HALIFAX—The Canadian Federation of Students (CFS), may weaken substantially if a number of Canadian universities follow through on their talks of pulling out of the federation.

Teresa Francis, president of the Student Union at MSVU, and Anne Hanrahan, External VP, represented MSVU at the general meeting of the CFS in Ottawa, Nov. 4 to 10.

The conference was held at the Chimo Inn where university representatives from across Canada met to discuss CFS amalgamation, elections, budget and campaigns.

Teresa Francis said, "I went there very skeptical because I didn't know much about how the organization was run. I learned a lot as the week went on, there are a lot of problems, but some aspects are good."

Added Anne Hanrahan "I feel

CFS has a lot of problems with the way they run their meetings and their organization. The most important thing CFS can do for MSVU is in the services aspect of the program."

The CFS is divided into two parts, the political side or the central committee, and the services side, including things like SWAP, Travel Cuts, the ISIC card and the Student Saver Card.

Hanrahan said, "Although I feel a few universities may pull out due to various reasons, I feel MSVU should stay in for the duration of this school year and promote their services."

Another problem, according to both MSVU representatives, was in the organization of the conference. Francis said, "They are poorly structured, the meetings went all day and night and the conference was long and tiring. I wish more time had been set aside to meet with other stu-

dent union representatives. There wasn't enough time for that."

CFS is now approximately \$100,000 in debt and the budget was given extensive coverage at the conference.

Said Hanrahan, "CFS is trying to pull themselves together and keep their members from pulling out. They must also stabilize themselves financially."

Elections were held at the Ottawa conference with Barb Donaldson, from the University of Alberta being elected the new chair, and Rusty James of Dalhousie University, elected as the new treasurer. Two new positions of deputy chair and campaign coordinator were also elected. These people will come into office in May 1985. The common campaign theme chosen for the spring will be underfunding in universities.

Details of amalgamation,

which have been discussed for a few years, were finalized at the conference. Each province will now be represented on the National Executive by one person instead of two.

The two former representatives for Nova Scotia were Frank DeMont of MSVU and Caroline Zayid of Dalhousie.

Representatives from Dalhousie, King's College, MSVU, and Nova Scotia College of Art and Design, will soon meet to choose their new representative for the National Executive.

Students of MSVU can expect to see heavy promotion for the services offered by the CFS in the new year. Hanrahan said,

"What we have to do is promote CFS next term and at the end of the year take a look at the situation and make recommendations for next year's council."

Departmental Tidbits

Home Ec Society

Our next general meeting will be held on Fri., Nov. 30 at 12 p.m. in the Gold Room (E-220). All interested Home-Ec students are urged to come and meet the executive, share your ideas and opinions, and help make plans for 1985. If you have any suggestions for guest speakers, fund-raisers, social activities or educational projects, come and voice them at the meeting. It's informal, so bring your lunch and let us know what you'd like.

Keep watching the bulletin boards in the Home-Ec hall and classrooms for announcements of upcoming events, and feel free to leave us a note on the Society bulletin board if you have any comments or suggestions. Remember, the Society is open to all Home-Ec students regardless of concentration, so you're already a member—see you Friday!

Bus. Admin.

Interested in Marketing? B230, 1/2 credit in Jan. '85, M-W evenings 7:30-8:45 p.m.

Trivial Pursuit Scores

Team	Scores
1. Mount Rascals	122.5
2. Business Office	122.5
3. Rank & File	112.5
4. Picaro	95.0
5. English Society	80.0
6. Alumnae	60.0
7. Student Council	57.5
8. Powder Blues Computer Services	52.5
9. Office Admin. Society	32.5
10. Housing Staff	12.5

The next Trivial Pursuit tournament will be Nov. 29, in Vinnies Pub at 7:30 p.m. There's still time to get your society involved. Phone Dilly MacFarlane, Alumni officer for more information.

Dalhousie Chamber Choir

The Dalhousie Chamber Choir wants you to join them as they celebrate the Festival of Christmas in St. George's Round Church on Dec. 1, 1984 at 8 p.m. Tickets are \$6 for regular admission, \$4 for students and senior citizens and are available at the Dalhousie Department of Music (424-2418) and at the door.

ECKANKAR talk

ECKANKAR is holding a free introductory talk titled **ECKANKAR the ancient Science of Soul Travel** at the Dartmouth Library, 100 Wyse Rd. on Tues., Dec. 4 at 7:30 p.m. Subjects include: Soul Travel, the easy way; Karma and Reincarnation; the importance of a living ECK Master in the life of the seeker. This talk is open to the public. For more information phone 435-1002, for a pre-recorded message.

Part-Time Students

The November meeting of Campus Association of Part-Time University Students (CAPUS) will be held Wed., Nov. 14, at 12:15 p.m. at room 442, Seton.

International students take note:

Are you looking for a home away from home to spend your Christmas vacation? How does a week of tobogganing, iceskating, curling, a sleigh ride and evening discussions (challenges of learning to live in Canada, pressing world issues, the variety of culture and why Canadians cele-

all about. There is limited registration though, so sign up early. For more details check the green brochures on various bulletin boards or contact Jane or Susan at 425-8422.

Scarf tying

Dress up an old favourite! At 10 a.m. Tues., Dec. 4, a representative from Simpson's Accessories Department will demonstrate the technique of **Scarf Tying** at the Woodlawn Mall Branch of the Dartmouth Regional Library.

There are dozens of ways to use scarves to give flair to an outfit and add that professional touch. Plan to join us for the latest ideas in this fashion aid.

Fashion and fitness

Margot Butler, Activewear Fashions and our Fitness staff will be hosting a fashion show on Tues., Dec. 4 at 11 a.m. in the Multi Purpose Room.

Margot is from Halifax, Nova Scotia and in May 1984, graduated from Ryerson Polytechnical Institute with a diploma in fashion design and merchandising. Having taken part in the Fitness Ontario Leadership program, she also teaches fitness classes.

With her combined experience in both fitness and fashion, she has developed a line of activewear that is both fashionable and functional. Everyone is welcome!

Coffee house

Gay and Lesbians youth coffee house for ages 16 to 20. Sundays, 1-4 p.m. at Rumours. For further information, call 477-8807.

At the gallery

This week and continuing until Dec. 16: Downstairs—"The Perfect Setting", Upstairs—The Metal Arts Guild of Nova Scotia: A Retrospective 1951-1984. Special presentation by Chef Bernard Meyer of la Grande Restaurant; special table settings and foods appropriate to Victorian, Classical and Contemporary periods on Sun., Dec. 9 from 1-5 p.m., in the Art Gallery.

Illustrated talk

On Tues., Dec. 4, there will be an illustrated talk by Marie Elwood, Nova Scotia Museum—**A State Dinner Service for Canada, 1897**, at the Mount Art Gallery. This is in conjunction with **The Perfect Setting** in the downstairs gallery which continues until December 16. Everyone is welcome. Call 443-4450 for further details.

Create jewellery

At the Mount Art Gallery, Frances Beis, a member of the Metal Arts Guild of Nova Scotia will demonstrate the technique of creating jewellery from wire, Sat., Dec. 1 from 2:30 - 3:30 p.m.

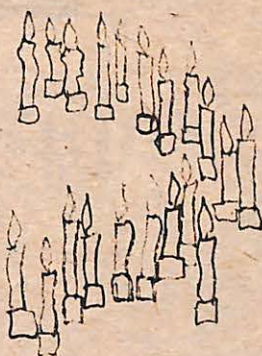
This is in conjunction with the current exhibition in the upstairs gallery which continues until Dec. 16. Everyone is welcome. Call 443-4450 for further details.

Ecumenical candlelight service

This year's Christmas service will be held on Tues., Dec. 4, at 4:15 p.m. in the Chapel in Ev-aristus.

At the conclusion of the service, all are invited to join the Candlelight procession and carolling through the tunnel to the cafeteria for the Christmas dinner.

(Those not on meal plan will be able to purchase tickets for this dinner from the cafeteria prior to the day of the dinner).



Communal reconciliation

Advent Celebration of Reconciliation will be held Thurs., Dec. 6, 9:30 p.m. in Ev-aristus Chapel.

At particular times in the church year, we focus on the reconciling love of God, and the need for it and its working in our lives. Advent, the preparatory season for Christmas is one of these times, and an expression of this focus is a communal celebration of reconciliation. At this celebration, there will be an opportunity for individual confession for those who wish it.

Café de Noel

Marillac would like to interrupt the scheduled program of pre-exam anxiety to bring all Mount students an important commercial message at this critical time of year, known as The Crunch:

Wed., Dec. 5 from 2-4 p.m. Marillac's weekly **Cafe-Francais**, will offer one and all a cup of Christmas spirits—figuratively speaking of course—during its second annual CAFE de NOEL.

Le Cafe de Noel is a time to indulge yourself with Christmas delectables before those New

Year's resolutions hit; to join Marillac in a French Christmas carol sing-along around our—yes, we admit it—artificial Christmas tree (and fear not, French beginners—if you can hum, you can come); and most importantly, a time to take your share of Christmas cheer on this final day of classes, before the onslaught of exams.

Come and enjoy a "seasonal interlude"—à la chaine française—with the students of Marillac.

Appeal for Conference planners

Daily and from all sides we are assailed by the print media and others about the unspeakable horror of current wars, of crime and its consequences.

Often the injustices which are present in our own backyards and which affect us personally, are the news items we don't receive. What is most newsworthy is what is most shocking.

For those starving in Ethiopia, those waiting on death row, those silenced in South Africa, and yes, those homeless in Halifax, feelings of sympathy arise easily when one remains in an armchair. These realities however, demand more than feeling bad, they demand a response. Apathy is as much a response as a conscious effort to deal with a problem.

No, the individual alone can do little to ease the torrent of worldwide injustice. This much seems true. But groups—that is, groups of individuals—can meet to give, receive and share insights and ideas.

Perhaps motivated by that familiar sense of helplessness, this is an appeal to any and all persons or groups interested in helping to create the forum necessary to talk about our role as "respondents".

A Conference of Youth on Canadian Social Justice is now in its beginning stages of organization. While many details are still sketchy, Mount Saint Vincent University could serve as the location and/or accommodations facility, the projected date of which is late September or early October 1985.

Quite obviously, the Conference would not offer a cure-all for the world's ills. Even if not to provide answers, its purpose could be to better articulate the questions, and there are many.

Needed are people to be a part of the planning process. Interested youth, university students or not, may contact me, Patrick Coffin at 443-1905, Maureen Lagan at 443-9950 or Caroline O'Brien at 445-3077.

Reminders

Council meetings take place every Monday at 4:30 p.m. in the council office, and a wealth of information is distributed at each meeting. We invite everyone, especially a Picaro reporter, to attend these meetings and help keep students informed of the issues.

Only NSL I.D.'s and/or University picture I.D.s are accepted as proof of age at Vinnie's Pub and all other liquor events sponsored by M.S.V.U. student union.

THE STUDENT UNION DIRECTORY will be arriving soon! Be sure to watch for it!!!

Graduation Portraits

by

J. J. J. J.
Master of Photographic Arts



6⁵⁰ plus tax

SIX PROOFS TO KEEP

982 Barrington Street

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New hope for basement rock stars

by Karen Toupin

Seven months ago, the Atlantic Canadian Music Industry Association (ACMA) was organized to expose Maritime talent as some of the best in the world. After the realization that the Atlantic music industry was at a standstill, ACMA (not to be confused with the musicians union) was formed.

In early May, a 16-member steering committee was formed and since that time, subcommittees formed to communicate information pertaining to different aspects of the music business.

Various committees of ACMA will be holding seminars to educate interested people. A seminar on how to get radio airplay was recently held at the Holiday Inn.

ACMA's acting chairman Steve Feswick, feels that there has always been talented Maritime musicians, but a problem lies in promoting them. A new marketing approach is needed

and that is what ACMA hopes to accomplish.

"We are living in the age of copy bands," says Feswick, "What we need is to develop some leaders." One of the main reasons that the Atlantic music industry has stalled is the lack of original material played by Maritime musicians.

One group of musicians who are playing original material is the under 19 age group. There is virtually no place in Halifax for them to become well-known because they are too young to play in the clubs. Unless provisions are made, some excellent talent will remain unheard of.

Although ACMA is in its earliest stage, planning is being made to bring about some long overdue changes. ACMA is developing ways to get young bands recognized, and to give them information on how to market themselves.

Eventually, a showcase of Atlantic Canadian talent will be

held. This will allow bands to play original music and to be heard not only by the community but by some major talent scouts as well.

ACMA is not organized just to promote individuals or even one facet of the music business, but to promote the industry as a whole.

"The one thing we don't have is a unified voice," says Feswick. "ACMA is set up as an information service to anyone who directly or indirectly earns a living through the music business." This includes related areas of music including graphic artists, radio personnel, songwriters, club owners, etc.

Feswick feels that the Atlantic talent can eventually be promoted to the rest of Canada as well as the world but the promotion has to begin in the Maritimes. There are many "basement bands" that have star potential.

Halifax's "Steps around the

House" were recently discovered. With their own talent and drive, along with the help of ACMA and the Kirby Charles Organization, they are now one of the most talked-about bands in the Canadian Music Industry. More bands like them need to come upstairs.

Feswick says that Atlantic Canada requires a "star system" of its own talent. One of the long range goals of ACMA is to host an Atlantic awards banquet honouring the best in different areas of the business.

ACMA's objective is to first promote the Maritime talent within the area and then move on to the rest of Canada and other countries.

"We have to look outside of the boundaries of the Maritimes and Canada," says Feswick. "Until some world attention is brought to our market, we will continue to have world class talent, but they'll stay in the Maritimes."

ACMA is open to all suggestions and input. Please send any inquiries or information to:

ACMA
c/o K.C.O.
1757 Barrington St.
Halifax, N.S.

Vinnie's Pub



Brian Tomie entertained a full Vinnie's Pub last Friday afternoon. Tomie is one of the many entertainers to play Vinnie's in 1985.

Dinnerware expresses Canadian identity

by Lori Ryan

We've all heard of national sporting events in Canada, but a national dinnerware competition? That's right, a national challenge to Canada's best potters and glass artists to provide "The Perfect Setting" for Government House in Ottawa.

The current display contains entries chosen by the jurors of the show competition for their confident, original, Canadian statement. There are 15 settings of dinnerware and seven glassware entries. Included in these is the winner, a perfect setting of porcelain by Jan Phelan and glass stemware by Robert Held.

There is a wide range of contemporary forms among all the plates, cups and soup bowls on display. From the clean lines and shiny smoothness of Ron

Roy's entry, to the primitive lopsidedness of Rebecca Rupp's rose/black porcelain. The glassware ranges from squat, thick stemmed crystal by Karl Schantz, to the delicate, "verre soufflé" by Ed Roman.

The winner of the competition is an updated version of an old theme. Pretty flowers border the plates and cups with hues of a pink and blue mother-of-pearl lustre. The stemware is equally attractive with an opaque petal pattern. They complement each other nicely.

There is one setting in the show which seems more deserving of the distinction of being "The Perfect Setting". The slight octagonal shape of Martha Nickloff James' glazed porcelain

with gilt trim is a stunning combination of form and colour. The even-toned olive-green is beautifully set off by the fine gold trim. The crystal by Karl Schantz with shim stem has a complementary angular shape. This duet of pottery and glass seems much more appropriate as an expression of a unique Canadian identity.

But, why not decide for yourself? "The Perfect Setting" is on display until Dec. 16. While you're there, don't miss Chef Bernard Meyer's three table settings ranging from the modern "pasta in shoe" to a formal Victorian setting of brocades and fine china.

Upstairs at the Art Gallery is a thrilling display for anyone who appreciates fine craftsmanship in metals and stones. The Metal

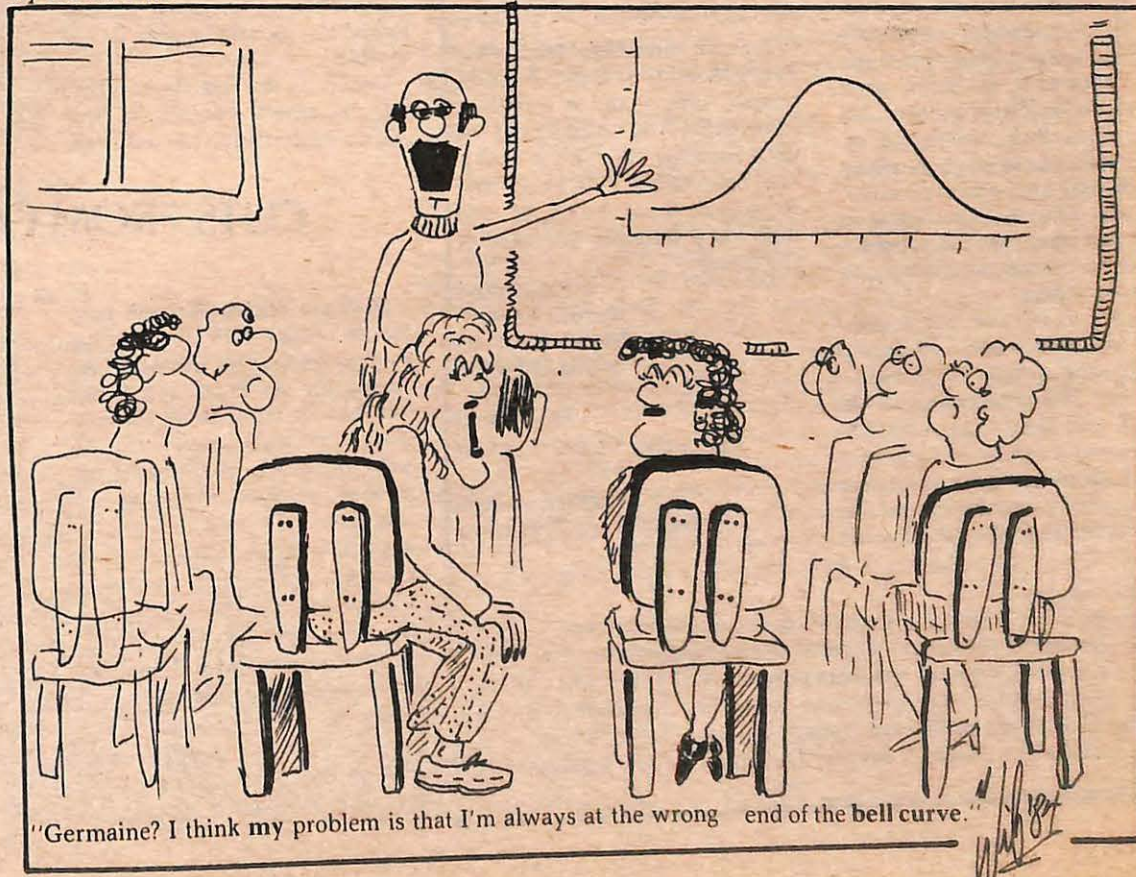
Arts Guild of Nova Scotia has a show called **A Retrospective 1951-1984**. The jewellery pieces are beautifully original creations of silver and agate such as Betty Sawler Goble's pendant, earrings and bracelet. High quality craftsmanship is al-

so expressed in Terry Saunderson's silver and ivory baby rattle.

Both displays at the Art Gallery are very entertaining and would be a pleasant experience to view during your lunch hour or spare, or at the end of the day.



by David Wile



A celebration of healthy living

by Margaret McPherson

Wellness, not illness, will be the emphasis of the half-day workshop entitled Healthfest: A Celebration of Healthy Living, to be held at Mount St. Vincent University on Dec. 1. Open to the general public, the Saturday sessions will run from 8:30 a.m. to 12 noon in the Seton Academic Centre.

"We want to get away from the whole notion of illness and look at the up-side of good health. How to be as healthy as you can be," says Dr. Jane Haliburton, coordinator of the Healthfest. Rather than deal with specific medical problems, the workshops will focus on the wellness of the individual and what is considered normal, good health. "If you know the range of normal, you will know what to look for in the area of preventative care," says Haliburton.

Five members of the Healthfest Nursing Group will present health information on topics ranging from breast self-examination, the menopause experi-

ence, childbirth and early parenting, to asthma self-help and heart attack prevention. Participants will be presented with a brief overview of each session so that they can better choose which of the workshops to attend.

Similar workshops have been presented by the Healthfest in the past. At a recent breast self-examination workshop held in Halifax, approximately 2,000 women were in attendance said Haliburton. Another session which looked at the menopause experience attracted 300 participants.

Registration prior to Nov. 27 is \$7 per person with a late registration fee of \$10. The Healthfest is sponsored jointly by the Mount's Centre for Continuing Education and the Healthfest Nursing Group. For further details, interested individuals can call Jane Haliburton at 424-2535, or for registration, call the Centre for Continuing Education at 443-4450, extension 243.

Letters to the Editor

Dear Sir:

It was nice to see some interest has been shown in Student Council affairs. I say this referring to the editorial in the Nov. 22, 1984 issue of the Picaro, entitled "Who will take the first step."

I think it is good that there are some critics of the Student Council, but I write this letter not to sling mud but as a guide to point the editorial staff of the Picaro in the direction most fruitful to solving the problem of student apathy, and also to point out mistakes in the editorial.

Firstly let me commend the Picaro for taking "the first step" by outlining the problem of student apathy. Secondly let me point out, like any first step, this is only the beginning of a long trek. The writer of this editorial says "My gut reaction is that student council is not providing enough information."

I agree, however, I feel the information Student Council provides is not being used to its full potential.

For example, how many students know they pay \$10.50 to the drug plan? And how many in fact, use the drug plan? Not many I would guess. Do the students realize this money comes out of the \$78 student fee, not \$75 as the editorial indicates. How many students do not know about the drug plan because they failed to read the stu-

Dear Frank:

I really liked your response to my editorial. You pointed out a few issues of which I was not aware.

I would like to point out one issue of which you are not aware. Mount Saint Vincent's editor is a woman, not a man.

Signed, Sir.

Dear Editor:

We are three of the students "not plagued by apathy" who have chosen to respond to the Editorial of Nov. 22, 1984. The Editor raises a number of valid concerns; increasing tuition fees, underfunding, and overcrowding are issues which concern all of us, and students should be informed about these issues just as they should be aware of whatever our Council undertakes. However, disseminating information on our campus is a very difficult process, and it becomes still more difficult when our primary medium, our newspaper, does not print all of the information we provide. Therefore, we try to inform students through as many and diverse methods as possible. Perhaps, now that the first step has been taken, we can work together to inform the students to a greater extent.

Earlier in the Fall, the provincial elections and education were made an issue on this campus, and Mount students did not "miss the boat". At a SUNS-sponsored candidates forum, it was a Mount student councillor who stood up and challenged the candidates as to why the Mount

dent handbook? This information is available on pages 9 and 34. I agree that this information is somewhat inadequate, but it's a start.

The editor asks who will take the first step, well I think by writing this editorial, the editor has taken, if not the first step, the biggest. Now, perhaps, we can spend some time in the remainder of 1984 discussing the inadequacies of the system and those who use it. Perhaps we can somehow improve the information flow from the Student Council through the Picaro to students. Perhaps we will come up with some real solutions that can be put into effect in 1985.

On a final note, I would like to point out that I did, in fact, ask Joel Matheson why MSVU is the least funded of the Maritime universities in light of the Mount's unique situation. Further, I posed a similar question to the Minister of Education, Terry Donahoe, as well as Alexa McDonough, John Godfrey and a member of the Nova Scotia Labour Party, at a debate sponsored by the Students Union of N.S. at Kings College.

I would be interested in response from all interested members of the university community.

Signed,
Frank Demont

is the least funded of all the Maritime universities.

Finally, we must speak in defence of our "apathetic" student body. Apathy is not unique to our campus, nor is it a new problem. As well, apathy can be measured in various ways. This year, for the first time in many, Council is carrying a full slate of officers, supporting at least 23 active societies, and enjoying tremendous participation at all functions. It can be argued that apathy is declining.

Council meetings take place every Monday at 4:30 p.m. is the council office, and a wealth of information is distributed at each meeting. We invite everyone, especially a Picaro reporter, to attend these meetings and help keep students informed of the issues.

Sincerely,
Teresa Francis
President of the
Student Union

Shari Wall
Executive Vice-President

Anne Hanrahan
External Vice-President

Dear Council:

I am glad my editorial sparked Student Council's interest. I agree the Picaro hasn't sufficiently covered Student Union activities, however, a limited number of reporters makes it difficult to cover all the news. Please notice I am attempting to remedy the problem by advertising for a regular Student Union reporter. In 1985, I hope your team will have a louder voice in the Picaro to proclaim campus news.

Viewpoint

Notes on being held prisoner in the SAC

by Joan Vickery

I do it. You do it. Some of us even skip classes to do it. Afraid to admit it? We are all guilty of spending our delinquent daylight hours in the SAC (otherwise known as the Saceteria). How do I love thee SAC? Let me count the ways...

It is the lettuce that is over two feet in diameter that lurks in the salad bar?

It is that vogue interior decorating job that was created to look as if someone has carelessly thrown 800 public service announcements on it? The paint on the walls is a serious experience in the colour yellow.

It must be those early Canadian Tire chairs, practical, yet serviceable.

Or is it that ubiquitous cloud of cigarette smoke hanging ominously over Sacites as they ponder the issues of our time?

Do you want to have a private conversation in the SAC? How lucky we are to have the benefit of those Cone of Silence lampshades that illuminate our every word! Be careful though, these instruments of espionage are capable of inflicting serious head injuries if one attempts a hasty exit.

Why bother, skip that class and have another coffee and a smoke. Let's talk about that workload, but don't get up, that would show enthusiasm. This is not a word that procrastinating Sacites want to hear.

Alas, for those of us who desire to be svelte, the SAC can be a mine field of calories where innocent looking snacks can blow up on the hips. Lest we forget those killer bran muffins, weighing in at two pounds per, whose excess poundage requires the strength of ten men plus two to procure them from their lair.

It is 10:55, time for class. But I am compelled to drop in the SAC for a quick stimulating cup of that delicious petroleum by-product, sold under the guise of caffeine. Whatever it is it is a must, it is an integral part of a Sacite's daily diet as they clamour to keep their eyes open for a day at the Mount after that fifth all nighter. Let's face facts, going to school at the Mount is an uphill experience. If you must see the Registrar, mountain gear is advisable.

Lunch at the SAC is an exercise in crowd control. If you want a hasty trip to the cash reg-

ister, snag a bowl of soup and fore-go those clams and chips. Beware of the cauldron in which the Wicked Witch of Versa has whipped up her brew of the day with a little wing of a bat and eye of newt to tantalize those taste buds.

Perhaps you would like a salad for lunch? Beware of Versa's newest technological innovation, THE SCALE. Is there a need for that computerized demon to grab your salad and spit out a figure that makes triple digit inflation a reality? This has driven many diehard Sacites to the cunning task of stashing those heavier salad items in their pockets, followed by that nonchalant strut to the cash register.

"What... \$10 for a scoop of cottage cheese, excuse me while I run out and sell my car."

The best entree at this eating establishment has to be, what else? Without a doubt, the SAC-burger, the pseudo-meat done to palatable perfection by Versa's chefs de cuisine. The wine list is limited, the finest vintage being a 1984 bottle of Diet Minute Maid.

It must be said that the service in this dining-room is impeccable. The waitresses are pleasant and hospitable, but I beseech you, where is the bus boy? Many a time I have been led to my table by a gracious matre'D', only to be greeted by the sight of a table laden with soggy french fries, smothered in ketchup, garnished with cigarette butts. Yum Yum, does wonders for the taste buds.

I will leave you with a critique of the SAC restaurant that was in last month's Metro Guide, a revered text in the dining-room circuit. Written by Ron Roberts, renowned food critic extraordinaire, it encapsulates the reasons why Sacites are drawn to this mecca called the SAC.

The SAC: A small, yellow, sterile eating establishment located just off the Bedford highway at Mount Saint Vincent University. Lunch for two goes for as little as \$15 including drinks and tip. Reservations not required but recommended at lunchtime. An excellent diversion for the academically inclined, discriminating diner.

CUTS FROM COUNCIL

Hi! I am Wendy Kinney, your Home Economics Representative on the Student Council. I am sitting on the Food Committee and have a bit of news for you! The Christmas Dinner will be held on the 4th of December. A limited number of tickets for this meal will be sold to those not on a regular meal plan. A non-smoking section is being considered for the cafeteria. During exams, the cafeteria will be open from 9:30 to 10:30 p.m. for residence students to drop in for snacks.

As the only non-resident student on the Food Committee, I am very interested in getting

feedback from other off-campus students on food related matters.

Position available: our Treasurer, Jim Grant, will be leaving us in January to go on a Co-op. workterm. The position of Treasurer for the Student Union is open. Anyone interested may apply to the Student Union office, 4th floor Rosaria, Applications close Fri., Nov. 31, 1984.

For more information on Council matters, read the "Cuts from Council" in the Picaro; or better yet—come up to the Council office and see us.



THE PICARO

In ancient Spanish times, Picaro was a little man who ran throughout the Spanish countryside proclaiming the news.

Now, the Picaro is the student newspaper at Mount Saint Vincent University and is published weekly by the MSVU Student Union. The Picaro is a member of Canadian University Press and subscribes to its statement of principles.

Deadline for all copy is Friday noon, the week preceding publication. All copy should be submitted typed, double spaced. Letters to the Editor and Podium pieces are welcomed for publication, but we ask that all submissions be signed. Names may, however, be withheld by request. The Picaro staff reserve the right to edit all copy for reasons of length or legality. Please refrain from sending letters exceeding 200 words in length. Local Advertisers—You can reach us by phone or mail.

Our address is:

The Picaro
4th floor Rosaria Centre
Mount Saint Vincent
University
Halifax, Nova Scotia
B3M 2J6

Phone: 443-4450 ext. 195
or 443-4224

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Helen Gauthier, Gina Connell, Karen
Toupin, Sue Drapeau.



Canadian
University
Press

MEMBER

Campus Comment

Question:

What's the first thing you're going to do after you finish writing exams?



Colleen Hines, 1st yr. BPr. "Probably sleep, then go out on the town!"



Nicole Coderre, 3rd yr. BA. "Pack for my trip home."



Nicole Watkins, 3rd yr. BPr. "Apply for summer jobs, buy my texts for next semester, look for a job over Christmas and relax."



Steve Bishop, 3nd yr. BPr. "Go home to Moncton."

For Good Times This Week

- | | |
|-----------------|---|
| Thurs., Nov. 29 | Trivial Pursuit 7:30 p.m. |
| Fri., Nov. 30 | Willy Hop (Double Decker)
9 to 1 |
| Mon., Dec. 3 | Reception for volleyball
team 10 to 11 p.m. |
| Tues., Dec. 4 | Adventure Night
— The Baltimore Bullet
— Devil at 4 o'clock
Spencer Tracy
Frank Sinatra |
| Wed., Dec. 5 | Free X-mas Pub Party
— Wet Only (HO HO HO!!!) |

EVERY WEEK

Prime Time

Wednesdays
9 to 10 p.m.

Fridays
3 to 5 p.m.

Steak and Fries

3:30 to 5 p.m.,
Fridays \$2.99



V
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National Fish and Seafood Month

Fish and Seafood Month will be the highlight of the Fisheries Department's intensive year-round multi-media campaign to promote fish consumption in Canada.

The first phase of the \$7.2 million five-year generic campaign to increase consumer interest in fish consumption got off to a fast start last January. The Department's highly visible television advertising program, based on the theme, "Today's Dish is Fish", comprised



lively 30-second spots depicting fish and seafood products as part of contemporary lifestyles. Ads for radio, consumer and trade magazines were also included in pushes to reach consumers.

Under the theme "Canada's Seafood Heritage—Then and Now", the Picaro will help promote Fish and Seafood Month by featuring a number of mouth-watering seafood recipes

Prince Edward Island

Oyster Chowder

Cal/serving: 265

Preparation time: 20 Min

Cooking time: 15 min

2 dozen shucked oysters with liquor OR

1 can (5 oz) (142 g) oysters

50 mL (1/4 cup) butter

125 mL (1/2 cup) chopped onion

50 mL (1/4 cup) chopped celery

375 mL (1 1/2 cups) diced potatoes

125 mL (1/2 cup) thinly sliced carrot

375 mL (1 1/2 cups) water

15 mL (1 Tbsp) flour

5 mL (1 tsp) salt

Dash pepper

500 mL (2 cups) milk

15 mL (1 Tbsp) chopped parsley

Poach the oysters in their liquor for about 4 to 5 min or until edges begin to curl. Drain oysters, reserving juice; set aside. Sauté onion and celery in butter. Add potatoes, carrots and water. Simmer slowly until vegetables are tender. Add flour, salt and pepper. Stir in milk and oyster juice. Cook until smooth. Add oysters and parsley, re-heat.

Makes 4 servings

Volume: 1 L (4 cups)

Nova Scotia

Finnan Farmhouse Scramble

Cal/serving: 352

Preparation time: 10 min

Cooking time: 15 min

500 g (1 pound) Finnan Haddie*

250 mL (1 cup) milk

50 mL (1/4 cup) butter

Salt to taste

Dash of cayenne

50 mL (1/4 cup) finely chopped parsley

4 eggs, slightly beaten

25 mL (2 Tbsp) lemon juice

4 slices of bread, toasted

Poaching milk

15 mL (1 Tbsp) cornstarch

25 mL (2 Tbsp) water

50 mL (1/4 cup) grated cheddar or Swiss cheese (optional)

Cover fillets with milk. Simmer, covered, 10 min or until flesh is opaque and flakes easily. Drain, reserve milk and flake fish. Melt butter in the same pan, add fish, salt, cayenne and parsley. Pour eggs over fish, cook stirring constantly until set. Pour lemon juice over fish mixture. Serve over toast. Reheat poaching milk. Thicken with cornstarch mixed with water. Add cheese. Cook and stir until thick and smooth. Spoon sauce over fish mixture.

*Finnan Haddie is smoked haddock.

Makes 4 servings

Volume (sauce) 300 mL (1 1/4 cup)

THE *Secret* POLICE ARE COMING...

NOV. 30

8:30-1AM

wet/dry

\$4

at

vinnies pub

WILLY HOP

SKI

Mont Ste. Anne,
Feb. 24
Super Ski Bash

Accommodation at
Holiday Inn
Only indoor pool in
Quebec City
In conjunction with Dal,
SMU, MSVU and Acadia.
Don't miss out. Pay your
deposit soon

Ski with your friends
Contact:
Paul Henderson
53 Nightingale Dr.
Halifax, N.S.
443-1871

Mount badminton off to strong start

On Sat., Nov. 24 the Mount badminton team travelled to the Nova Scotia Teachers College in Truro to play in the opening tournament of the year. Once again the Mount had a strong team with all positions filled.

Coach Greg Porter said he was very pleased with how all members of the team played and expects even better results as the team continues to practice hard and improve.

The ladies doubles team of Anne Hanrahan and Sonya Aikens, looked very strong and virtually demolished their weaker opponents. They easily defeated UCCB, 15-1, 15-2; NSAC 15-2, 15-1; and NSTC, 15-3, 15-5.

The ladies singles player Marce Bishop won her division de-

feating UCCB, 10-15, 15-12, 18-14; NSTC, 15-1, 15-2.

Mixed doubles, Alex McMillan and Suzanna Crofton tied in game but won the division in overall point standing. The men's double team, Wei Guim, and Paul Card came second defeated only by the team from UCCB, 15-7, 15-8. Eduardo Espjero played men's singles and placed third in a very tough and competitive division.

The Mount won the overall point standings with 17 points, second place was captured by UCCB with 11 and NSAC placed third with 9 points. The Mount is looking forward to their next tournament in Cape Breton on the 1st and 2nd of February.



Sports

Teasers

1. What are the colors of the five Olympic rings?
2. What sport's played on the largest field?
3. What position do baseball's Cy Young Award winners play?

3. Pitcher
2. Polo
1. low

1. Black, blue, red, green, yellow
(These questions were taken from the game "Trivial Pursuit")

Sports schedule

Men's Basketball:

Sun., Dec. 2 at 3:30 p.m., our men's team will be playing against the Mainlanders in their league play. They really need your support. Come out and cheer them on.

Women's Basketball:

Fri., Nov. 30 at 7 p.m. the women's basketball team will be matched against NSTC in our home territory in Rosaria Gym. Come out and cheer them on.

Term's End of Aerobics:

Regular aerobic classes will end Nov. 30. However, there will be a NOON FIT class on Dec. 3, 4 and 5. On Tues. Dec. 4,

there will be a 10-10:45 a.m. class.

Ping Pong Tournament:

Come out and test your ping pong skills in our tournament being held on Mon., Dec. 3 at 4 p.m. See Joanne at the Athletics/Recreation Office for more information.

Athletic Loto:

Drawn on Nov. 21, the winner of \$53 was Mystic, Suzanne Karis' dog.

Men's hockey

The Men's Hockey team is going to look good this season. Over 15 men attended the last tryout. Cuts will be made and the season will start in January.

Mystics undefeated

On Sat., Dec. 1, the Mystics Volleyball team will be participating in an important NSCC tournament.

All teams in the conference will be attending. They are: NSAC, NSTC, TUNS, King's, CGC (Coast Guard College), UCCB, and MSVU. Coach June Lumsden predicts that if they play their best, they should do really well.

The tournament is being held at the Mount beginning at 9 a.m. and continuing until 7 p.m. Come out and cheer our team onto victory.

Cardio-vascular improvement

by Peggy Boudreau

Aerobics is a term that is fast becoming a part of everyone's vocabulary. It's no secret that the latest way to get and stay fit is to participate in aerobic classes.

The whole idea behind aerobic fitness is improvement of the cardio-vascular system. This system, made up of the heart and lungs, must have specific demands placed on it in order for improvement to occur. The goal of most fitness programs is to improve the oxygen intake of the lungs and to decrease the amount of work the heart must do to perform a specific task.

In order to achieve this goal, certain criteria must be met. First of all, the activity that you

choose, whether it be running, biking, aerobics classes, swimming, dancing or whatever, must be done at least three times per week. The amount of time spent active should be at least twenty minutes each time. This twenty minutes must be spent at a high intensity of exercise.

In order to benefit the cardio-vascular system, you must have your heart-rate working within its target zone for twenty minutes. In order to determine your target zone, subtract your age from 200 for your upper limit, and subtract your age from 1700 for your lower limit. So, if you are 20 years old, your upper limit would be: $200 - 20 = 180$; your lower limit; $170 - 20 = 150$.

After you finish twenty min-

utes of exercise, take your pulse for ten seconds then multiply the number of beats you counted by six. If the result is not between 150-180 beats (for a twenty year old) then you were not exercising at an intensity suited for you. If your heart-rate is above your upper limit, slow down, you're working too hard. If your heart-rate is below your lower limit, work a little harder.

If you exercise three times per week with your heart-rate in its target zone for at least twenty minutes, then you are on your way to becoming and staying a cardio-vascularly fit individual.

Volleyball

After their victory over NSTC, Nov. 21, the women's volleyball team stands undefeated at 5-0 in conference play.

MSVU trounced NSTC, 15-9; 15-6, 15-10. The girls played really well, according to coach June Lumsden. Jackie Coyle, Natalie Bird, and Roberta Mentis attacked really well. As setter, Debbie Murray had an excellent game.

Lumsden does not want to get overconfident. "It's early in the season and anyone could lose at anytime."



Top scorer was Billy Andretiek with 24 points.

Notes from the nutritionist

by Jill Smith

Merry Christmas! Happy New Year! As this will be my last column before the Christmas break, I decided to share with you a few hints to help balance your calories during the festive season.

Don't fast all day for a party that night. You will be so hungry you will eat much more than you intended and you could be depriving your body of some of the nutrients it needs in order to function.

Eat smaller meals during non-celebration times . . . then you can indulge at special meals.

Have a taste of your favorite high calorie foods. A small helping gives you the same good sensations as three servings.

Exercise, exercise, exercise!

The more calories you burn off, the more you can eat.

Don't leave candy dishes and cookie plates lying around filled with all sorts of treats. You would have to have a will of iron to resist.

Remember your guests and family don't need just sweet treats—vegetable dips and fruit salads can be a needed change from all the Christmas cake and mincemeat tarts.

If you find among your New Year's resolutions, the need to lose ten or more pounds, mark Thurs., Jan. 10 on your calendar. At 8 in the exercise room for the next four weeks, THE BATTLE OF THE BULGE will teach you how to diet in a safe and effective way!



Step into Wellness

Coping with pressure

by Pat Demont

Are you coping well with the "end of term" pressures? If you are felling tense, irritable, and fatigued and if you feel you simply don't have enough time to do all those papers you are probably not coping well. Here are some ideas to help you through the next few weeks:

First, spend about fifteen minutes at the end of each day making a tentative plan for the next day. Write down everything you want to do in a day. Then set priorities—what must be done that day? Does everything on the list have to be done by you? Can you delegate? Can you shift some of the tasks to another day? Estimate the amount of time needed for each task and allow some time for the unexpected.

Next, look over your list. Are you spending most of your time on low priority tasks and busy work? Have you neglected to allow time for exercise and relaxation?

It is impossible for anyone to sit still studying for hours on end and be a winner at the learning game. Try some of these tips to increase your efficiency:

1. Wear loose fitting, comfortable clothing.
2. Rub away the tension—Sitting, put your feet flat on the floor. Allow your legs to relax and your knees fall apart. Arms lie comfortably in your lap. Close your eyes. Now rub your temples in a slow circular motion, using gentle pressure. After a couple of minutes let your head drop forward. Slowly rotate head from side to side first looking over left shoulder, then right shoulder.
3. Deep Breathing Exercise—This exercise can be done sitting, standing or lying down. Leave your desk and lie down with the knees bent and feet flat on the floor. With mouth closed, inhale slowly and deeply to count of eight. At same time push stomach out. Hold breath for four counts. Exhale slowly through mouth and nose to count of eight. Repeat cycle five times.
4. Efficiency Walk—When you are rushed, feeling crowded or aware of how tense you are, take fifteen minutes and walk in the fresh air. Practice the deep breathing exercise once or twice during the walk. To make this time really efficie' take along an index card of notes to study and review while yo. walk.

These ideas are not new although they may be new to you. Kierkergarde said "never lose your love for walking—I walk myself into my best thoughts". Thoreau said "The length of my writing is the length of my walking". If these great thinkers believed that the human body in motion promotes good learning surely you can take it from them! They were winners. You can be a winner too!

Student Union financial statements



M.S.V.U. Student Union

Budgeted Statement of Revenue and Expenditures

For Year Ending June 30, 1985

REVENUE:

Union fees	
—full-time (1950 x \$78)	\$152,100
—part-time (3000 1/2 credits x \$1)	3,000
	<u>155,100</u>

Less Fixed Charges	
—Project One Contribution (1950 x \$10)	\$19,500
—Drug Plan (1950 x \$10.50)	20,475
—CFS Fees (1950 x \$4.00)	7,800
—SUNS Fees (1950 x \$1.50)	2,925
	<u>\$ 50,700</u>

Income for Operations \$104,400

OTHER REVENUE:

Interest Income	\$ 3,000
Video Games	750
Yearbook (advertising) (10,000 x .75)	7,500
Net Income from:	
—Student Store	7,000
—Bar Operations	5,000
	<u>\$ 23,250</u>

Total Other Income \$ 23,250

TOTAL REVENUE \$127,650

OTHER FUNDS AVAILABLE

Union fees held in trust by MSVU	\$ 3,851
Cash Surplus	17,237
Extraordinary Items	
—Disposal of SHARP SF-750 copier	725
—Disposal of Gestetner Scanner	1,000
—Disposal of Gestetner Duplicator	700
	<u>\$ 23,513</u>

TOTAL FUNDS AVAILABLE \$151,163

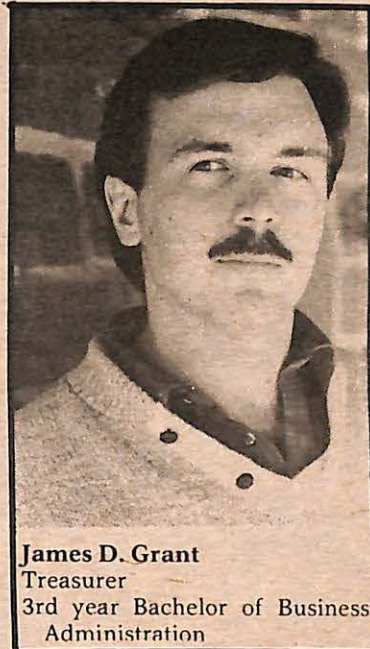
OPERATING EXPENSES:

Audit	2,500
Athletics	1,800
Awards	800
Bank Charges	250
Bonding	82
Communications	1,000
Conference	1,000
Elections	100
Employee Deductions	1,200
Entertainment	3,500
External	2,500
Handbook (Net)	3,500
Honoraria	8,320
I.D. Expense	1,600
Insurance	150
Legal Fees	500
Leadership Conference	250
Maintenance Contracts	
—IBM Typewriter	150
—Canon Copier (60,000 x .017)	1,020
Miscellaneous	500
Office Supplies	3,000
Orientation	500
Photopool	2,700
Postage	450
Pub	1,600
Rent	5,268.30
Salaries	18,020
Senior Class	1,500
Telephone	
Winter Carnival	1,000
Yearbook	13,857
Picaro	20,796
Canon Photocopier	
—purchased Aug. 1984	4,700
Tax	400
	<u>106,513</u>

Total Expenses 106,513

Funds Left From Operations \$ 44,650

Continued



James D. Grant
Treasurer
3rd year Bachelor of Business Administration

The audited statements for the year ending June 30, 1984, are reproduced opposite as they appeared in the Financial Statements supplied by MacKenzie & Company. The statements may be viewed at further length by visiting me during office hours (Tues. and Thurs.—10:30 to 11:30 a.m. and 2 to 3 p.m.) or by appointment. Also appearing to the right is the budgeted Statement of Revenue and Expenditures for the year ending June 30, 1985.

This information may not be complete and may not be self-explanatory. If there is anything that really gets your goat, drop us a line and let us know how you feel.

Student Union Fees

Fees are collected on behalf of the Student Union by Mount Saint Vincent University and held in trust and invested in 30, 60, and 90 day notes by the University's Business Office. Of particular note, I would like to draw your attention to the contribution by part-time students at the top of this year's budget. In my opinion, there is a gross imbalance.

Commitments

The Student Union is committed to a pledge of \$300,000 to Project One, a research and scholarship fund drive of the University. The pledge is being paid at a rate of \$10 per full-time student per academic year. The Student Union is also committed to the Canadian Federation of Students (CFS) and the Students' Union of Nova Scotia, at \$4 and \$1.50 respectfully for the current year.

Applications

As you may be aware, applications close Fri., Nov. 30, 1984, for the position of **Treasurer, Student Union**. My resignation is effective Dec. 31, 1984, and is brought about by my acceptance of a co-op position with IBM Canada in Toronto beginning in early January of 1985.

Jim Grant
Treasurer, Student Union

SOCIETIES:

Business	1,300
POAS	835
Public Relations	688
English	675
Education	420
Circle Square Triangle	65
CAPUS	1,850
History	330
ISA	935
Caribbean	548
Psychology	300
Debating	825.32
Sociology/Anthropology	277
Science	625

Total of Societies 9,673
\$34,977

Extraordinary Items:

Cable	1,500
Contingency —Honoraria	1,000
—Salaries	1,000
Typewriter (IBM)	1,600
	<u>5,100</u>

Net Surplus (Deficit) \$29,877

YEARBOOK:

Publishing	\$11,300
Honorarium (\$75 x 9 months)	675
Office and Miscellaneous	200
Photography	600
Postage and Shipping	815
Rent	267.16

Total Expenses Yearbook \$13,857.16

PICARO:

Revenue:

Local Advertising	4,500
National Advertising	3,000

Expenses

Printing and typesetting	18,000
Telephone	225
Postage and courier	1,050
Office Equipment and supplies	1,000
Honoraria	3,000
Conference	800
CUP Fees	2,261
Ad. Commissions	700
Rent	1,160
Miscellaneous	100
	<u>28,296</u>

Net Gain (Loss) 28,296
(20,796)

WANTED STUDENT UNION TREASURER

For 1985
Apply to the
Student Union office
Rm. 404 Rosaria Centre,
M.S.V.U.
APPLICATIONS CLOSE
FRI., NOV. 30, 1984

**Mount Saint Vincent Student Union
Statement of Revenue and Surplus
Year Ended June 30, 1984**

	1984	1983
REVENUE		
Student Union fees	\$134,296	\$127,105
Miscellaneous (Note 5)	5,578	6,390
	<u>139,874</u>	<u>133,495</u>
EXPENSES		
Audit and legal fees	2,897	2,000
Club funding	1,572	533
Awards	740	661
Bad debts	86	139
Ballot boxes		97
Bank charges	149	75
Bonding	82	82
Conferences	1,946	1,409
Drug plan	18,165	16,040
Entertainment	3,156	4,314
External Affairs	1,822	2,200
Handbook	2,083	2,654
Honorariums	7,825	5,165
I.D.	1,748	1,301
Insurance	150	150
Miscellaneous	1,212	1,124
N.U.S. and S.U.N.S. membership	4,866	850
Office supplies and photopool	6,060	5,380
Rental of equipment	345	2,105
Rent	5,315	14,215
Salaries	16,997	16,492
Telephone	1,767	1,622
Donations to "Project One"	17,300	15,250
	<u>96,283</u>	<u>93,858</u>
	43,591	39,637
Other Income (Expenses)		
Newspaper—Schedule I	(22,109)	(12,101)
Societies—Schedule II	(8,868)	(7,715)
Student Store—Schedule III	2,171	1,029
Yearbook—Schedule I	(6,954)	(5,766)
Loss on sale of equipment	(325)	(2,702)
Excess of Revenue over Expenditures	7,506	12,382
Surplus, Beginning of Year	<u>38,506</u>	<u>26,124</u>
Surplus, End of Year	<u>\$ 46,012</u>	<u>\$ 38,506</u>

**Mount Saint Vincent Student Union
Balance Sheet
June 30, 1984**

	1984	1983
ASSETS		
Current		
Cash—General	\$17,237	\$ 436
—Student Store	5,320	1,961
Funds held in trust	2,294	2,268
Accounts receivable (Note 2)	11,048	26,476
Inventory at lower of estimated cost and net realizable value	4,889	3,932
	<u>40,788</u>	<u>35,073</u>
Furniture and Equipment (Note 3)	<u>12,146</u>	<u>9,989</u>
	<u>\$52,934</u>	<u>\$45,062</u>
LIABILITIES		
Current		
Accounts Payable	\$ 4,284	\$ 3,549
Funds held in trust	2,638	3,007
	<u>6,922</u>	<u>6,556</u>
SURPLUS		
Surplus	<u>46,012</u>	<u>38,506</u>
	<u>\$52,934</u>	<u>\$45,062</u>

Summary of Significant Accounting Policies

(a) Student Union fees are billed to the students through the University. Revenue is recognized on an accrual basis when the final student population has been determined.

(b) The policy of the Union is to capitalize assets which have a long-term life expectancy and which have a cost in excess of \$200. No depreciation is taken on these assets. This is an accepted policy for a non-profit organization.

**Mount Saint Vincent Student Union
Notes to Financial Statements
June 30, 1984**

**Schedule I - Other Expenses
Year Ended June 30, 1984**

	1984	1983
Newspaper		
Revenue	\$ 4,704	\$ 6,803
Expenses		
Advertising		322
Canadian University Press	1,921	1,963
Conferences	452	913
Honorariums	2,385	1,460
Miscellaneous	240	127
Office	966	800
Postage	997	679
Rent	1,000	
Telephone	214	78
Typesetting and printing	18,638	12,562
	<u>26,813</u>	<u>18,904</u>
Net Loss	<u>\$(22,109)</u>	<u>\$(12,101)</u>
Yearbook		
Revenue	\$ 6,034	\$ 5,389
Expenses		
Honorariums	675	600
Office	136	303
Photography	602	
Postage and shipping	769	1,000
Publishing	10,386	9,252
Rent	420	
	<u>12,988</u>	<u>11,155</u>
Net Loss	<u>\$(6,954)</u>	<u>\$(5,766)</u>

**Schedule II - Society Expenses
Year Ended June 30, 1984**

	1984	1983
Societies		
American Marketing	\$ 299	\$ 651
Anthropology & Sociology	279	37
Business	216	455
Caribbean	447	325
Child Study	30	175
O □	10	6
Debating	700	600
Education	492	
English	364	352
Secretaries	633	575
History	343	295
International students	355	160
Graduate students	500	422
Part-time students	1,376	1,273
Psychology society	270	
Public relations	478	351
Science	439	489
Senior class	919	1,351
Winter carnival	718	198
	<u>\$8,868</u>	<u>\$7,715</u>

**Schedule III - Student Store
Year Ended June 30, 1984**

	1984	1983
Sales	\$87,039	\$82,884
Cost of Goods Sold	<u>68,022</u>	<u>66,311</u>
Gross Profit	<u>19,017</u>	<u>16,573</u>
Expenses		
Advertising	155	360
Bad debts	43	69
Bank charges	167	120
Cash short	50	1,586
Donations	809	
Honorariums	750	600
Loss on disposal of equipment	1,653	
Rent	1,419	
Repair and maintenance	100	172
Stationery	297	131
Student Union Fees	1,000	3,500
Telephone	492	492
Wages	9,911	8,514
	<u>16,846</u>	<u>15,544</u>
Net Income	<u>\$ 2,171</u>	<u>\$ 1,029</u>

Women's World 84

Mount boycotts Woman's World show

by E. Cantley

Mount Saint Vincent University refused to participate in the recent "Woman's World" show held at the World Trade Center in Halifax, Nov. 9, 10 and 11.

A committee headed by Dr. Mairi Macdonald, director of the center for continuing education; Dr. Joyce Kennedy, assistant director of the center for continuing education; Dulcie Conrad, director of public relations; and Christine Ball, part-time women's studies teacher, examined the possibilities of entering the show.

The committee objected to the show's illustrations and to pub-

licity directed at the business community feeling it was against the Mount's basic beliefs about the image of women.

"The Mount must be and is careful in allowing themselves to become involved in anything that could discredit women's credibility in society or in the business world," says Macdonald.

The figure of a woman in a man-like suit was a main objection. Macdonald and the committee felt the illustration was definitely subliminal and depicted women's desire to be where men are now. The foot on

the world symbolized supremacy rather than equality which offended the Mount. Further, the most visible word on the illustration was MAN'S which caused further annoyance to the committee.



The publicity sent to members of the business community portrayed a made-up face of a woman on the front page. The Mount

emphasized that this unprofessional approach to the business community would be more appropriate for a cosmetic advertisement.

Conrad says, "Images are meant to reflect and support, which does not include promoting a negative awareness of women."

The Mount felt justified in not participating in the show to uphold and protect its image.



Show too superficial

by Ellen Cantley

A new concept for spotlighting women and their professionalism was held at the World Trade Center Nov. 8-10. The "Woman's World" show provided light entertainment for women seeking a diversion from weekend shopping, but was a disappointment to anyone expecting an enlightening view of women's professionalism.

A display of vacuum cleaners and fridges was one of the first exhibits to welcome visitors to the show. A similar display could have been viewed at Sears without the \$2. admission fee.

Various organizations presented lectures which were poorly attended. The Halifax Police Department provided lectures to inform women on self-defence and safety tips. Air Canada presented the average working day

on an airplane. There were interesting and informative tips on taxes and insurance for women. Various government booths had displays and literature to explain programs and services available in Nova Scotia. Unfortunately, the representatives did not seem to have a working knowledge of any of the information to explain it in any detail.

One spectator commented, "I thought this would be great but it's much too superficial." Another woman stated, "I'm paying a babysitter for this?"

The fashion show was well-attended and some of the booths were entertaining. Desserts Plus was a popular booth with tasty free samples of their wares.

In fact, I spent an hour having an electrode treatment to make myself look younger after only one session. The treatment did make my skin feel wonderful but one can't be 20 forever.

My main concern and lasting impression of "Woman's World" was the thought that a woman's world would always be concerned with fashion, cosmetics and vacuum cleaners.

Pornography studies continue

by Gina Connell

The institute for the study of women at Mount Saint Vincent University recently gave a presentation to the special committee on pornography and prostitution. The presentation involved studies which indicate exposure to undue violence and sex induces aggressive behavior in young children.

At this time, there seems to be no concrete evidence of this finding, although several committees and commissions have been established to deal with the problem of pornography, prostitution and media violence.

The special committee was established in 1983, by the Canadian Department of Justice. They

hold public hearings in cities across Canada and deal with problems presented by public organizations. They also deal with problems in present legislation and the cause and effects of pornography and violence on society.

The Commission on Violence and the Commission on Pornography have supported the findings of the Institute, although they explain the problem by saying, "Sex is fine, and suppression of its depiction is censorship; but violence is bad, and suppression of its depiction is a form of justifiable regulation."

In other words, exposure to media violence does have harmful effects on viewers, while ex-

posure to sexually explicit materials has no harmful effects.

Explicit sex and violence are both considered "evils" and with the belief that "evil causes evil", the Institute's studies will prove correct.

The difference between pornography and violence on TV is not important, it is their effects on society that is important.

Meanwhile, studies continue by all committees and commissions on the subject. The Justice Departments' Special Committee on Pornography and Prostitution will continue with its task force on pornography.

Short Story Contest

sponsored by the Picaro and the Mount English Department



Prize:

The author of the winning story will be awarded a choice of one pair of fashion boots from the **Factory Boot Outlet** and two **Neptune theatre** tickets for January's performance.

Attention:

Contest deadline has been extended to Feb. 7, 1985. Please submit your story to the Picaro office by 3:00 p.m. Stories must be between 800 to 1800 words. The English Department will select the winning story for the Feb. 21 issue of the Picaro. Please type your name, program, and phone number on a covering paper as judges will not be given author's names.



Hop on down to the Picaro and hand in Sicaro ideas. Mockery of any kind is welcomed. Deadline is Mon., Dec. 3 at 4 p.m.

Mount Saint Vincent University

Come and Sing

with the Saint Vincent Singers

Thursday evenings
7:30-9:30 p.m.
Don MacNeil Room
Rosaria Centre

All university students are invited to join

Wanted:

Beat reporters for 1985.

Student Union
Board of Directors
Public Relations
President's Office
Child Study
Women's Studies

Please contact Karen at Ext.195

The American election 1984

"The last time Americans so self-indulgently praised their own piety and patriotism—when tamborine evangelists were in the streets posing as political barons and presidential candidates assured everyone that God ran the country—was back in the roaring twenties. The Deity responded this to arrogant gush with His own droll comment on human folly—the crash of 1929. That was followed, in case anyone missed the message, by World War II."

Walter Greider

The lunatics are running the asylum

Maybe you can't fool all of the people all of the time, but Ronald Reagan managed to fool enough of the people for a long enough time to re-elect him and his coat-tail clinging cronies.

Reagan has called his landslide victory the "second American revolution" and boasted of the "new patriotism" he felt when campaigning for re-election. The results of the 1776 revolution are, as they say, history. The results of the 1984 revolution soon will be, but an intricate analysis is not needed to anticipate them.

One of the areas both presidential candidates focused on was the role of religion in politics. Reagan's connections with the Moral Majority confused many, especially as his personal life contradicts many of the values he preached.

Walter Mondale accused Reagan of "moral McCarthyism" and reminded him that he was "the defender of all faiths". Mondale said America was founded on the ideal of separation of church and state, but this message was lost in the miles of television cables.

Reagan countered by accusing Mondale of advocating "freedom against religion" and reminded him that "politics and morality are inseparable".

Some parallels were drawn between the new right's support of Reagan, and black religious leaders support of the democrats in the 1960's. But the blacks were trying to form a power base to protect their freedoms; the fundamentalists are trying to restrict other people's freedoms.

Normally, men like Jerry Falwell or Rev. James Robison spend a great deal of time shouting and damning, and end up with a small, devoted audience. Most people aren't interested in their rhetoric.

When Reagan appeared at a meeting for fundamentalist preachers four years ago, he gave their right-wing views the official seal of approval.

Reagan single-handedly gave the religious lunatic fringe a legitimate political platform. At best their ideas are intolerant, at worst they threaten to become a catalyst in starting a third global war.

Whether Reagan meant this to happen or not is not relevant. It has happened, and this can be seen when looking back over the election campaign.

"Religion and politics are necessarily related," said Reagan. "We've had something of a hedonistic heyday. But it's passing. We've righted ourselves."

Extreme-righted ourselves. It's interesting that one accusation repeatedly hurled at the democrats was not that they had shaky financial dealings, or no coherent policy on taxes, but that the party was run by homosexuals. Homosexuals! Running for office! Making policies that affect our children!

Two issues the parties polarized around were abortion, and the James Hunt vs Jessie Helms Senate race in North Carolina.

The Helms vs Hunt was the most vicious and expensive campaign in the 1984 election. Over \$25 million was spent by the candidates, much of it on advertisement. And what advertisements! Helms, the pasty-faced incumbent dubbed "the most influential conservative around" next to Reagan by Time magazine, first came to politics by making viciously racist editorials on a local television station. He accused Hunt, who was, of course, controlled by homosexuals, of being out to destroy everything the good Lord gave America.

Hunt, a political golden boy who has already been listed as a possible democratic presidential candidate in 1988, responded with ads linking Helms with the El Salvadorean death squads.

Helms has voted against every arms control treaty brought to the Senate. He supports white regimes in Africa, prayer in schools, and is against abortion. Hunt is a progressive who appointed to his cabinet the first black in the history of North Carolina.

Helms was re-elected.



Abortion was not a new issue this election. What was new was Reagan's promise to appoint to the Supreme Court only judges who agreed that abortion is immoral and should be illegal.

"I don't think a woman who wants to have an abortion should have to stand before judge, hand-picked by Jerry Falwell, and explain herself," Walter Mondale said during the first televised debate. Neither do most Americans. But a vocal, head-banging minority floated to the top again.

When vice-presidential candidate Geraldine Ferraro said she was pro-choice, anti-choice groups chased her around with "Baby Killer" placards.

Prominent Catholic democrats tried to raise their voices above the storm.

"We seem to be in a position of asking government to make criminal what we believe to be sinful, because we ourselves can't stop committing the sin," said the prolific governor of New York, Mario Cuomo. The anti-choice rallies continued, and his donation to home for unwed mothers was returned.

Ted Kennedy rushed in. "We cannot be a tolerant country if churches bless some candidates as God's candidates and brand others as ungodly or criminal." The hysterics continued.

Catholics voted overwhelmingly for anti-choice, Republican candidates. So did Jews, and women. Every group but the black supported the Republicans.

What can they possibly expect from Reagan? He is against the ERA Amendment. One of his friends, Rev. James Robison, defines anti-semitic as "someone who hates Jews more than they're supposed to." And another preacher, R. v. W.A. Criswell, refused to support any Catholic candidate, even John F. Kennedy.

Do people hear these statements without feeling even a passing uneasiness? There is a new "neo-conservative" feeling sweeping the states. Some try to explain this by quoting Irving Kristol "a neo-conservative is a liberal who's been mugged by reality".

Maybe Americans were confused and afraid, but at least one survey shows this was not why they voted Republican. Voters were asked if they thought Reagan was a threat to world peace, and a majority responded yes. A majority of them were still going to vote for him however, because they were making more money. Has Hunter S. Thompson's vision of a nation "of 220 million used car salesmen with all the money we need to buy guns, and no qualms at all about killing anybody else in the world who makes us uncomfortable" come true?

Whatever their reasons, the American people seem content to let the lunatic run the asylum. As for Reagan, the fundamentalists and the republican party in general, their actions and statement during the 1984 campaign forum standing tribute to the saying: no man who can win an election deserves to.

Canada's first nuclear welfare project

by Lois Corbett
reprinted from the Aquinian
by Canadian University Press

New Brunswick could become the proud home of Canada's first nuclear "welfare project" as federal and provincial government bureaucrats are pushing for a second nuclear power plant in a province with no demands for extra power.

Ottawa has already promised to finance 75 per cent of the cost of the new reactor in an effort to flog sagging sales of its CANDU reactor, and provincial government officials say they will go ahead with the project if they can sign up enough American subscribers for its power.

"All you chaps down in New England have to do is sign on, and we'll build a second one," Roger MacKenzie, manager of the existing Point Lepreau nuclear power plant, enthusiastically told a Boston Globe reporter earlier this year.

Janice Brown, executive director of the Conservation Council of New Brunswick, says the province's environmental security is being sold for American nuclear markets.

"The tests which Lepreau II (the proposed reactor) must pass do not address the ultimate questions which Canadians, and in particular New Brunswickers, must ask in terms of what is happening to the (nuclear) industry," says Brown.

New Brunswick Electric Power Commission officials say they want three conditions met before they build Lepreau II. And all three conditions neatly avoid discussion of possible environmental risks involved with the operation of a second nuclear reactor in the province, and also overlook public reaction to the proposal.

It is assumed that because the New Brunswick economy is faltering, and because of the province's unemployment masses are desperate for work, labour for the project would be cheap and plentiful.

Premier Richard Hatfield's government wants definite commitment of federal money for the new reactor before it goes ahead with construction. A 1981 policy paper leaked from the federal energy, mines and resources department stated the former Liberal government was prepared to extend financing for 75 per cent of the delivered cost of a CANDU reactor at low interest rates and with an easy repayment scheme for the province.

According to the policy paper, the federal government would benefit by "increased domestic sales (of reactors), and added momentum for the domestic nuclear programme. Solving federal/provincial problems would also demonstrate to foreign customers a clear Canadian commitment to the nuclear option."

Brown says Canadian politicians are prepared to flaunt the home-grown technology of the CANDU at any cost.

"Never mind that nobody wants it abroad, or at least at cost price and with safeguards," says Brown, "or that provinces don't want to take the financial risks themselves. The fact is that if (Atomic Energy Canada Limited) doesn't sell a few CANDUs in the next few years, the industry will fall flat."

Another condition for building Lepreau II is the securing of customers for its electricity. The domestic market for electricity in New Brunswick is non-existent and, according to the mines and resources policy paper, minor changes to the current electrical utilities would meet the province's power needs for a least a decade.

The department does predict, however, that a new power generator will be needed in the 1990's, and claims nuclear energy is an economically attractive option for meeting part of the load growth.

"Building Lepreau II has nothing to do with needing electricity, or reducing our oil consumption," says Brown. "It's a welfare project designed to keep the industry alive artificially on a life support system, with a direct line to federal coffers."

The federal government's feeding of public money to the starving nuclear power industry goes beyond Lepreau II. Almost 70 per cent of the entire federal research and development budget for energy research goes to nuclear research. Energy, mines and resources studies done at the beginning of the decade are used to show the potential sales size of both domestic and foreign markets for electricity generated by nuclear reactors.

Nuclear research first started in Canada during World War II by the National Research Council and continued for a number of years before Parliament formally endorsed the Council's undertakings. By the time the Atomic Energy Board of Canada was established in 1946 by act of Parliament, nuclear research was well under way at the newly constructed Chalk River Nuclear Laboratories on the Ottawa River, where in September 1945 Canada's first reactor started to produce energy.

The role of the AECB by 1954 had been limited by amendment to that of regulator and licenser, removed from research and removed from the political forum. The federal government established a new crown corporation, Atomic Energy of Canada Limited, to serve as an autonomous body responsible for energy, mines and resources. This creates a serious conflict for the ministers of energy, mines and resources as he or she is responsible for both encouraging continued nuclear research and its applications, and for regulating and controlling it.

In the same spirit, the federal government recently established a corporation to be Lepreau II's administration and to secure markets for its electrical power. While Maritime Nuclear Inc. received \$10 million from the federal government to drum up U.S. customers, it also has a mandate to report to the New Brunswick environment department on the feasibility of Lepreau II.

Government officials see no conflict in the proposed administrators of the second New Brunswick reactor assessing the feasibility of the plant's construction. But environmentalist groups based in the province say the conflict of interest is so strong that some are boycotting the public hearings on Lepreau II.

The Conservation Council's Brown says she is discouraged with the government's laissez-faire attitude towards the importance of public hearings. Brown says the decision to build Lepreau II has already been made in the boardrooms and hallways of bureaucracy.

The Conservation Council wants the environmental assessment review process changed. With a mandate from the federal government to produce feasibility studies and conduct public hearings to gauge opinions on the second reactor, EARP began the second stage of public hearings last month. Brown says the focus of EARP is too narrow, because it concentrates on the feasibility of nuclear power alone, and neglects to consider alternatives to nuclear energy.

Construction costs for Lepreau II have been pegged at \$1.9 to \$2.5 billion by Leland McGaw, the chair of the New Brunswick Electric Power Commission. Ted Thexton, an energy, mines and resources nuclear advisor, gives Lepreau II a 50 per cent chance of finding the necessary customers. Thexton says that is not bad odds for the new plant, and adds the project warrants the \$10 million already spent by his department.

Lepreau II will likely go ahead, despite the high cost to the public and the risk to the province's environment. New Brunswickers will subsidize the sale of power to New Englanders, and will have to work around a nuclear power plant that will not produce one megawatt of electricity for their own use.

CEC-OC can help

by Suzanne Copan

If you are graduating this spring and need assistance job hunting, the Canada Employment Centre—On-Campus (CEC-OC) can help you.

According to Bruna Caracristi, employment counsellor and manager of the Mount's CEC-OC, spring graduates should be searching for jobs now.

Students should plan more and use our available services, instead of leaving their careers to chance, said Caracristi.

The employment centre offers counselling in goal clarification, preparing for interviews, writing resumés, filling out applications, and making first impressions. They also provide current job market information.

It is not too early to begin applying for jobs now, as many companies start interviewing in

October and select people by Christmas. Spring graduates should have a resumé prepared. If they don't, the CEC-OC can assist students to prepare one.

According to Caracristi, when looking for a job, one should not disregard want ads, however, keeping in touch with personal contacts in your field of study, can be a more effective method of keeping abreast of job openings. You should also check employment directories for potential employers. If you discover a potential employer, read their in-house publications for job vacancies created by promotions or retirements.

To assist students in career planning, the CEC-OC will hold a Career Week to begin Jan. 14. Recent graduates will meet with students to tell how they got their jobs and how they made the transition from university to the work force. A series of work-

shops will be scheduled, with speakers from various businesses and groups.

Career Week provides an opportunity for freshmen and spring grads to explore their interests and make contacts. It is usually a dynamic week in which students can learn a lot, said Caracristi.

Many students are taking advantage of the services provided by the CEC-OC, but Caracristi explains no matter how much we publicize our services, there are always people that visit our office in May to find out what they should be doing.

Now is the time to obtain more information by stopping by the employment centre at Room 111, Rosaria Hall. While there, check the bulletin board for part-time, summer, and full-time job opportunities.

A STUDENT EMPLOYMENT PROGRAM

The Halifax Citadel
* Royal Artillery
* 78th Highlanders

ANIMATION UNITS



Candidates are required to portray soldiers of the Royal Artillery and the 78th Highlanders in the garrison at the Citadel in 1869. Successful applicants will participate in various historical demonstrations including foot and arms drill, artillery gun drills, sentry, and signalling. There are prospects for employment and promotion in successive summers.

Application forms and information brochures are available at your Canada Employment Centre on Campus. All applicants must register at one of these centres. Deadline for applications is Feb. 1, 1985.

For additional information contact your Canada Employment Centre on Campus, or phone the Halifax Citadel at 426-8485.



Student Union supports the United Way. Student Union President, Teresa Francis, presents a cheque for \$200 to United Way representative Donita Boyd.

Are you ready for university?

by Katrina Aburrow

"Are You Ready For University?", a three week course instructed by Dr. Susan Drain at Mount Saint Vincent University, was held from November 10-24.

The course helped students apply their writing skills, develop correct study methods, and learn time management. These skills are crucial preparation for those not enrolled in university and also serves as useful information to students.

Drain visits many high schools to teach students these vital

skills, because there is no instruction available in the high schools. She has proposed more university preparation be taught in the high schools yet "there is not enough manpower and the various workshops haven't had a great effect." This is partly due to the expectations of students which exert pressure on teachers and how they instruct the material.

Most high school students don't have the initiative needed to make this program a success.

Students who have made this effort are taught ways of obtaining concentration and motivation essential in studying. Drain says "you must have re-inforcers because positive self-talk is one of the largest parts of motivation".

The course had a huge impact on the students as one commented, "Its effect in three weeks was absolutely mind boggling". Another student said "it was not only helpful, but enjoyable. I now feel prepared to go to university."

Art's Pond

by Steve Jennex

BULLFROG OR NO BULLFROG.
I'M TELLIN' YA THEY AIN'T REAL.



Alumnae Award for Teaching Excellence

Students, alumnae and faculty are invited to nominate a full-time faculty member who has taught at least three academic years at Mount Saint Vincent University.

The nomination requires you to:

- submit two other names of students, alumnae or faculty who support your choice
- explain why your nominee should be considered
- return your nomination to the office of the Vice-President

(Academic) on or before Jan. 18, 1985

All nominations, if accepted by the candidates, will be reviewed by an eight-member selection committee made up of representatives from students, alumnae and faculty. Nomination forms may be obtained from the offices of the Deans, the Vice-President (Academic), Alumnae and Student Council; at Seton front desk; or in the Picaro.

\$ and Sense

Awards for full-time and part-time students

Merit Scholarship: Tuition credits for three units of course work completed in one calendar year. Part-time students currently enrolled in an undergraduate degree program at Mount Saint Vincent University may apply for Scholarship assistance under the Part-Time Students Merit Scholarship Program. Applications for 1985-86 Awards are available at the Financial Aid Office and the Registrar's Office. **Deadline for applications is May 15, 1985.**

Alice Egan Hagen Memorial Scholarship: Value \$500.00 Awarded annually to a woman who has been admitted to Mount Saint Vincent University under the Mature Student Matriculation clause with intent to pursue a full diploma or degree program. Must have completed two full units of course work at Mount Saint Vincent University and who demonstrates scholastic achievement in addition to a contribution to Church and community. Applications for 1985-86 available at the Financial Aid Office and the Registrar's Office (full and part-time students may apply). **Deadline for applications May 30, 1985.**

Leslie V. Sanson Continuing Education Scholarship: Value \$700-1000. Awarded to a woman who has come to Mount Saint Vincent University for purposes of career development and who has a plan to re-enter the work force upon completion of her studies and whose involvements demonstrate a concern for current social issues. (Available to full and part-time students). Applications for 1985-86 are available at the Financial Aid Office and the Registrar's Office. **Deadline for applications is Aug. 15, 1985.**

Mount Saint Vincent Alumnae Association Continuing Education Scholarship: Value \$250.00. Awarded to a woman over 30 years of age enrolled in any program except education. Award is based on involvement in student and community organizations and class participation. Must have average of 70%. **Applications available at Alumnae Office until March 1, 1985.**

Dorothy Neath Scholarship: Value \$500.00. Awarded annually to a woman over 30 years of age who is enrolled in a degree program, full-time or part-time and who meets the usual scholarship. For more information contact the Registrar's Office.

Campus Association Of Part-Time University Students Bursary: Value: a credit voucher for the value of one full unit course. Awarded to a part-time student who has already completed five units of credit in a degree program. **Applications are available, for 1985-86 to March 31, 1985 at the Financial Aid Office, Office of Continuing Education and Registrar's Office.**

Canada Student Loans For Part-Time Students: See Financial Aid Office, Room 119 Rosaria for further information and applications.

Terry Fox Humanitarian Award Program: \$3000, Deadline For Applications Feb. 1, 1985. Based on demonstration of highest ideals and qualities of citizenship and humanitarian service while in pursuit of excellence in their academic amateur sport, fitness, health, community service and related endeavours. **Applications**

available at the Financial Aid Office, Rosaria 119.

Young Canadian Researcher's Awards: Deadline January, 1985. Fellowships for research on third world issues. Candidates must be Canadian citizens or landed immigrants. **Applications available at the Financial Aid Office.**

Commonwealth Foundation Travel Bursaries: Administered by CUSO. Four bursaries available annually (\$4000) given to defray costs for travel, subsistence for the duration of stay abroad for professional working in development programs in third world countries. **Deadline is Aug. 31 each year. More information available at the Financial Aid Office.**

Association Of University And Colleges Of Canada: Fellowships available for research and study at the postgraduate level in Belgium, Yugoslavia, Spain, China, Finland, Denmark, Germany, Hungary, Mexico, Netherlands, France, Portugal, Norway, Austria. **More information at the Financial Aid Office.**

Canadian Federation Of University Women's Awards: Deadline is Dec. 15 each year. Must be Canadian Citizen or landed immigrant. Various fellowships for women university graduates:

Margaret McWilliams Pre Doctoral Fellowship: \$5,500:

1 awarded. Masters degree or equivalent, study well advanced (at least one year into doctoral program). May be studying abroad.

Professional Fellowship: \$4000: 1 awarded. Bachelors degree or equivalent. Intention to pursue graduate work at a recognized professional school leading to practice of a profession.

Alice E. Wilson Grants: \$700: at least six awarded annually. Purpose to assist woman doing REFRESHER work SPECIALIZED STUDY OR RETRAINING in new techniques applicable to their field. Special consideration given to candidates returning after a few years.

Margaret Dale Phillip Award: \$700: 1 awarded by Kitchener Waterloo Club. Bachelors degree required. Canadian resident beginning or continuing studies leading to an advanced degree in humanities or social sciences. Special consideration given to candidates specializing in Canadian History.

Pillsbury Undergraduate Scholarship Program: Approx. \$1200: Limited to students in second year of study in Business, Commerce, Food Sciences and Agricultural Science. Four awards annually. **For more information contact the Financial Aid Office.**

Soroptomist International Awards: \$1500 grants to women either registered in a graduate program of studies or accepted for the final year of a four year undergraduate program in fields which will lead them to working directly with other women to improve the quality of life of those women. **For more information contact the Financial Aid Office. Deadline for applications Dec. 15, 1984.**

CFS hopes Mulroney supports housing fund

OTTAWA (CUP)—Picture yourself next year, bags slung over your shoulder, books weighing down on your back, searching vainly for a place to live.

Suspicious landlords slam their doors in your face when they realize you are a student who will likely wreak havoc on their linoleum. Housing directors shrug their shoulders at the few spots left advertised in their offices and you try not to panic when every call you make through the classified ads turns up nothing.

Even your mother won't let you back home. And when you fear you may have to spend your academic year sleeping in your friend's car or in the library, your spirits sink lower.

It doesn't have to be this way.

It possibly won't, thanks to a proposal passed at the Nov. 4 to 11 general meeting of Canada's

national student organization, the Canadian Federation of Students.

General-meeting delegates at the seventh semi-annual get-together in Ottawa threw their support behind a plan calling on the federal and provincial governments to set up a national student housing fund to student councils could use the money to go into the real estate business.

The money would take care of downpayments for affordable student housing and allow student councils to offer spots to students that are lower than the market price, better quality and more suitable to students needs. Students would not have to continue their nomadic life in the beginning of the school year, wandering from place to place and looking for somewhere to call their own.

The plan also calls on CFS to

enter into negotiations with the federal public works minister to come up with specific Canada Mortgage and Housing Corporation guidelines allowing the government to support student housing ventures. It asks CFS to store housing information in its files with easy access to student councils and distribute a guide to the real estate business for student politicians eager to purchase their own housing.

"Students have got to stop behaving as a band of disorganized beggars and start performing as a group of responsible dedicated members of society," says John Bosnitch, student council president at the University of New Brunswick, whose council proposed the plan.

"One way to do this is to start our own housing plan, which will allow student unions to take their natural role in helping stu-

dents find housing."

Bosnitch says he hopes CFS approaches prime minister Brian Mulroney for his support of the plan soon and encourages student councils across the country to adopt the plan to fit their local situation. He is optimistic about 10 to 15 housing ventures undertaken by councils will spring up by September next year.

"I can see it having an immediate and positive effect on student housing crisis facing Canadian students," he says.

The UNB council has already put the plan into practise. Unhappy with the university administration's response to the housing crisis in Fredericton, the student council sought to buy an old convent. After three hours in negotiations with the university board of governors, and winning the support of the local MLA,

MP and the mayor, the council finally persuaded the board to buy the building. It now houses about 60 students.

"It's our contention that student unions should not have to go through the same sort of hell as we did to get student housing," he says. "The federal and provincial governments, as an incentive to investment and enterprise, should put money in a national student housing fund."

Bosnitch says the details of the plan will be hammered out likely in January, when the CFS 13-member national executive meets to examine mandates set at the general meeting. Bosnitch says he hopes to become New Brunswick rep so he can participate in the plan.

Tories let students eat confidence

OTTAWA (CUP)—The Tories are fiddling with the futures of thousands of Canadian students and slowly strangling post-secondary education, says the NDP critic for education and youth.

Howard McCurdy (NDP MP Windsor-Walkerville) says the Tories' cutting of the Summer Works student job creation programme by \$85 million and the freezing of the amount of student aid money available shows they are not committed to easing students and youth unemployment and boosting accessibility to universities and colleges.

"All we have are promises and we know they may have a good chance of being broken as they are being made," he says.

McCurdy points to the promise made by Flora MacDonald, employment and immigration minister, who assured opposition MPs that the 20,000 to 30,000 student jobs lost as a result of the cut will be replaced by another job creation programme.

"As far as one can tell, Flora MacDonald believes all programmes that are cut will be replaced. The Tories are saying 'Let the poor eat confidence'."

The Tories recently announced a pilot project to help young Canadians find jobs,

called the Youth Training Option, but McCurdy says \$2 million of the \$27 million set aside for the plan is not new money and the rest will not alleviate the mounting unemployment crisis. The \$2 million comes from job creation money allocated in the government's unemployment insurance budget.

The Youth Training Option is expected to create jobs for 4,000 youths as well as classroom and on-the-job training. It has the

same name given to a Liberal job creation scheme shelved earlier this year.

Another job creation programme that might have helped young people find jobs was the First Chance programme, a campaign initiative of former prime minister John Turner, which was frozen shortly after the Tories were elected. The Liberals' bureaucracy had already begun to implement the programme and would have helped

100,000 youths a year.

McCurdy says the Youth Training Option will not help many students because there are thousands of young people out of work who do not go to school and need those jobs. The competition for the jobs will be fierce, he says.

And while the federal government ignores pleas for more employment schemes, McCurdy says the Tories are making veiled threats in the House

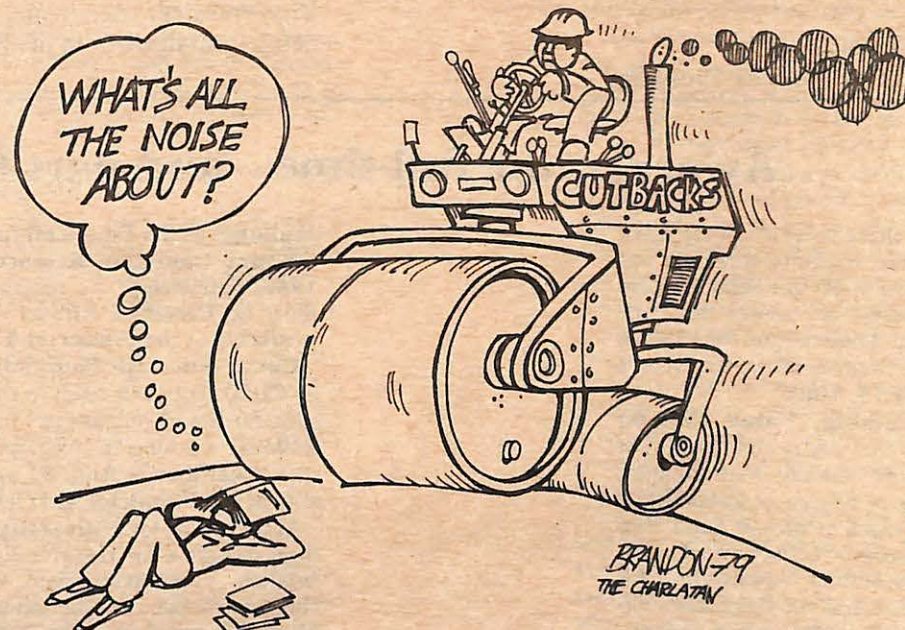
about cutting back transfer payments to post-secondary education.

"On the sacrificial block will go post-secondary education and opportunity. Young people will be treated like coal, oil, wood and light—they will be utilized to ensure economic growth," he says.

Because the provinces will likely agree to the cuts, they are "accessories to the murder" of universities and colleges, he says.

McCurdy plans to introduce the Canadian Association of University Teachers' education financing act as a private member's bill this week to stave off the attack. The financing act calls for federal education grants to be earmarked, for a post-secondary advisory council comprised of politicians, teachers and students and for a new parliamentary standing committee on science, research and education.

The act also allows the federal government to offer financial incentives to provinces that give instructions enough money. McCurdy says he has no idea how the Tories will react to the bill.



"Turbobusters" break Acadia computer system

WOLFVILLE, N.S. (CUP)—Two Acadia University students have been suspended for breaking into the computer system containing the school's exams and student marks.

Derrick Zinck and Chris Rizzuto, second year computer science majors, used their classroom training to gain access to private files stored in the university's main computer. The two spent 3 or 4 nights working on breaking the security code before gaining access to the heart of the system.

The computer centre staff suspected a security breach and advised all users to change their passwords.

Once Zinck and Rizzuto re-entered the system with the old password, the words "security breach" appeared on the screen. The two replied "and we're proud of it", and signed themselves "turbobusters".

The computer staff took this to mean someone was out to destroy the system and vigorously pursued them. Zinck and Rizzuto were tracked down in no

time, and confessed to the security breach.

"Apparently they didn't take the hint or see the movie Ghostbusters," Rizzuto said when he learned the administration failed to see the humour in his actions.

"Students should have better things to do," said professor Steele. "They complain about workload yet they spend time on projects like this."

Rizzuto and Zinck deny they were trying to get at the faculty files, exams or student marks in the system, saying they only

wanted to prove someone could break into the system.

They admit, however, that they were offered money to obtain certain exams. They say they turned down the offers.

Steele said he knew flaws existed in the system and getting access was not a difficult task. Since the break-in, operating systems have changed and passwords can no longer be tapped by the process the "turbobusters" used.

In addition to the suspensions—which last until Janu-

ary—neither Zinck nor Rizzuto will ever be eligible for an academic assistant position at Acadia.



Birth Control — Which method is best for you?

by Cathi Wagner

"Oh no . . . I'm pregnant!" The beginning of a potential tragedy, one that is becoming all too familiar to women. This scenario does not just happen to other women, it could happen to anybody.

According to Planned Parenthood, 319 women between the ages of 17 and 23 became unwed mothers in 1982. Statistics Canada states that an additional 1,691 abortions took place the same year. These phenomenal numbers come from our own province, Nova Scotia. The only way to prevent an unplanned pregnancy is with birth control.

For Mount Saint Vincent students, birth control advising is available at the Health Services Office. Any person seeking information will be met by a well informed counsellor.

Health Services Nurse, Sandra Cook is one of those counsellors. In discussions with Cook, it became apparent that anyone seeking advice would be made comfortable in a potentially uncomfortable situation.

The goal of counselling services is not to tell people what birth control method they should or should not use, but rather to relate pertinent information enabling individuals to make the wisest choice.

Cook says it is mostly females who make use of the service, however this is a predominantly female university and our society abides by the idea that birth control is mainly a women's concern. She says most women approach the office with a specific method already in mind, usually the pill.

It has also been pointed out that perhaps women do not question their chosen method thoroughly. It is important to ask questions concerning potential side effects and other associated health risks.

Another important consideration is to ensure that the chosen method suits one's lifestyle. For instance, few people are aware of the pill's side effects and the symptoms that indicate the occurrence of these side effects. Women should be aware that the pill suppresses ovulation even after it has been discontinued. This hampers a woman's ability to become pregnant if she so chooses. Also, deaths from the pill soar from 1 in 63,000 to 1 in 16,000, if a woman continues smoking while using oral contraceptives.

Since the pill, diaphragm, I.U.D. and cervical cap are prescriptive methods, they require examination by a physician. However, it is up to the individ-

ual, not the doctor, to ask questions relating to side effects; to report any negative symptoms and to give a complete personal and family medical history. There are several hand-out pamphlets available at the Health Services Office concerning potential risks and warning symptoms of birth control.

All birth control methods have potential side effects. Condoms, foams, suppositories and jellies may cause irritation and infections, though this is not usually a long-term problem. I.U.D.'s may increase bleeding, cramping and escalate existing problems. It may also cause infections which could ultimately cause infertility. For this reason, the I.U.D. is not usually advised for young women wanting more children.

The diaphragm may cause bladder pressure, pelvic discomfort or cramps. Weight gain or loss must be watched carefully because problems in fitting may occur and possibly lower the device's effectiveness. Certain drugs taken simultaneously with other types of birth control lower the effectiveness of the method.

The cervical cap may cause secretion retention, promoting infectious, malodorous, discharge. Weight gain is also an is-

sue. Fertility awareness methods such as rhythm, mucus method or the basal body temperature method cause no side effects. The withdrawal method is not recommended for women not wishing to become pregnant.

The pill and I.U.D. are very popular because of their high effectiveness rates; (refer to chart following) and they do not interrupt "the mood" or cause embarrassment. This takes into account your lifestyle and whether or not you will use the method 100% of the time to ensure full effectiveness. A method does not work if it remains in your purse. Sacrificing a few moments could be a lot easier than sacrificing a greater part of your physical and mental life later.

If you have difficulty remembering to take pills, oral contraceptives are not for you. If stopping to insert a diaphragm, jelly, foam or to hand someone a condom is too embarrassing, then consider this.

If you require a method of birth control only occasionally, then choose a method most suitable. Cook points out if you have several sexual partners, perhaps a condom along with something else would be best. Condoms will also protect you against venereal disease.

Awareness of birth control

should not be only the concern of the female. Couples should go to counselling together. After all it affects both their lives.

Ultimately, a shared responsibility, or at least support from both parties, will increase the likelihood of both to use the method chosen. It may also aid in forming a positive emotional attitude, as well as add to the comfort of the act itself. One of the most important factors in choosing any birth control method is those concerned must learn all they can about the method and feel comfortable with it.

First-year failure rates of birth control methods

Method	Lowest Observed Failure Rate*(%)	Failure Rate In Typical Users†(%)
Tubal ligation	0.04	0.04
Vasectomy	0.15	0.15
Injectable progestin	0.25	0.25
Combined birth control pills	0.5	2
Progestin-only pill	1	2.5
IUD	1.5	5
Condom	2	10
Diaphragm (with spermicide)	2	19
Sponge (with spermicide)	—††	10-20
Cervical cap	2	13
Foams, creams, jellies, and vaginal suppositories	3-5	18
Coitus interruptus	16	23
Fertility awareness techniques (basal body temperature, mucus method, calendar, and "rhythm")	2-20	24
Douche	—	40
Chance (no method of birth control)	90	90

*Designed to complete the sentence: "In 100 users who start out the year using a given method and who use it correctly and consistently, the lowest observed failure rate has been _____."

†Designed to complete the sentence: "In 100 typical users who start out the year using a given method, the number of pregnancies by the end of the year will be _____."

††There are inadequate data to know the lowest observed failure rate of this new method of birth control.

AM I GOING TO LIKE THIS METHOD OF BIRTH CONTROL?

Circle Your Answer

Are you afraid of using this method?	yes	no	don't know
Would you rather not use this method?	yes	no	don't know
Will you have trouble remembering to use this method?	yes	no	don't know
Have you ever become pregnant while using this method?	yes	no	don't know
Will you have trouble using this method carefully?	yes	no	don't know
Do you have unanswered questions about this method?	yes	no	don't know
Does this method make menstrual periods longer or more painful?	yes	no	don't know
Does this method cost more than you can afford?	yes	no	don't know
Does this method ever cause serious health problems?	yes	no	don't know
Do you object to this method because of religious beliefs?	yes	no	don't know
Have you already had problems using this method?	yes	no	don't know
Is your partner opposed to this method?	yes	no	don't know
Are you using this method without your partner's knowledge?	yes	no	don't know
Will using this method embarrass you?	yes	no	don't know
Will using this method embarrass your partner?	yes	no	don't know
Will you enjoy intercourse less because of this method?	yes	no	don't know
Will this method interrupt lovemaking?	yes	no	don't know
Has a nurse or doctor ever told you not to use this method?	yes	no	don't know

Do you have any "don't know" answers? Ask your clinic counselor to help you with more information.

Do you have any "yes" answers? "Yes" answers mean you may not like this method. If you have several "yes" answers, chances go up that you might not like this method. Ask your clinic counselor to talk this over with you. You may need to think about another method.

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Condoms aren't hard to find or difficult to buy. In fact, they're available without prescription at drug stores everywhere. So think it over.

And keep in mind that VD is the surest way in the world to bring a beautiful relationship to an ugly end.

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Oh no—not exams again!

Reduce exam anxiety

by Lynn Wilson

In two weeks, students will gather in groups outside the multi-purpose room and auditorium to write their Christmas exams. Some students will be relaxed, ready to pour out their knowledge. Yet, others will be anxious, jittery and scared, predicting each exam to be their death. Do you belong to this second group of students? If so, why not try to reduce this anxiety now?

On Tues., Nov. 20, approximately 35 students attended

Ann Wetmore-Foshay's lecture on reducing exam anxiety. "At least 20 per cent of the students become very anxious about exams," says Wetmore-Foshay. Tension can cause even the most well-prepared student to blank or freeze-up.

"We are concerned with tension that interferes with a student's performance on exams," says Wetmore-Foshay. The lectures do not emphasize eliminating exam anxiety, but rather, teach students what anxiety is

and how to manage it.

There are two components to exam anxiety: the physical reaction and the cognitive or worry dialogue. The physical reaction is characterized by sweat, weak knees, tense muscles, a faster heart rate and stomach knots. Negative predictions and threats are included in the worry dialogue. They include statements like, "I'm doomed even before I start" or "If I fail, my mother will kill me."

In order to reduce this tension,



Wetmore-Foshay says students should think of themselves as 'academic athletes'. An Olympic athlete never predicts failure in his event. Thus, students should rehearse for a positive performance. In doing so, they develop coping statements that are calming and relaxing. Students should avoid others who are worried and negative. Wetmore-Foshay explains, "As soon as students concentrate on how they are feeling, they forget

what they are doing."

The exam anxiety lectures are part of the student success program which include skill building lectures. The Mount is one of the few universities to be involved in this program.

Wetmore-Foshay says that most people only need to attend these lectures once, however, if you do seek further advice, contact the counselling center.

Learn to ace exams

by Kathryn Dickson

December is a terrific time of the year. The dreary drizzle and depressing blackness of November is over and Christmas is on its way. I wait with excited anticipation for the first snowfall, seeing good friends and family and of course Santa Claus with the precious loot he brings to all good students. But even the holiday season has its downfalls; it is also the dreaded exam time.

Exam time does not have to be a rotten time if you know how to study properly; acing an exam is actually possible. The Mount counselling offices, located in the Rosaria building, sell a handy book called 'The Anti-Flunk Book'. Now any student can learn the fine art of studying for a mere dollar.

Chart your week's activities in advance says the 'Anti-Flunk' Book. Schedule study times into this chart. It is important to be realistic while scheduling these study times and allow time for short coffee breaks while studying. To make this time work, you must be dedicated and stick to your schedule as much as possible.

Concentration is important during studying; distractions can result in doom. Plan to study in a quiet place and learn to ignore everything but your work.

The 'Anti-Flunk Book' also offers helpful hints for effective note-taking, essay and exam writing and stresses time management techniques.

"Remember to eat regular

meals and follow Canada's Food Guide", said Jill Smith the student services nutritionist. "You cannot study if you are running on empty".

Smith recommends students stay away from junk food like candy, chocolate and pop. The high sugar content of these foods will give you quick energy but in the long run they will leave you feeling drowsy.

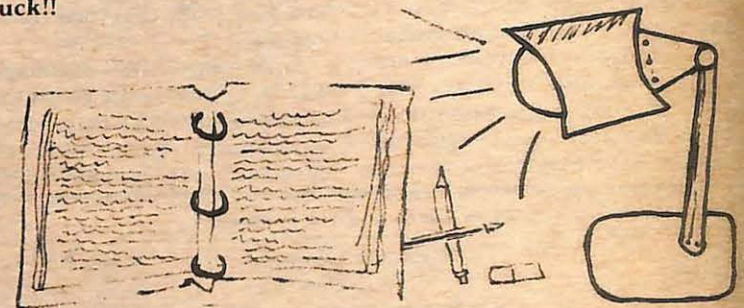
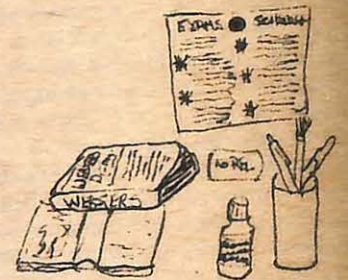
Caffeine products like coffee, tea, cocoa and coke should also be avoided. "Too much caffeine will make you edgy, and keep you awake; loss of sleep will result in poor exam performance," said Smith.

If you become nervous and tense during exam time, foods with vitamin B will help control

stress. Carbohydrates like bran muffins, popcorn and cheese and crackers contain vitamin B.

Writing exams will never be fun, but it can be bearable if you have good study habits and if you are prepared.

Good studying and good luck!!



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