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MOUNT SAINT VINCENT UNIVERSITY STUDENT NEWSPAPER

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Halifax, Nova Scotia

Symposium discusses peace education

by Colette Robicheau

A symposium on peace studies, sponsored by the Arts and Science Promotion Committee, met Thurs., Mar. 14, in the Don MacNeil Room, Rosaria, to discuss the present state and future prospects of peace studies at the Mount and other universities.

The panelists, Bill Hunter, Department of Education; Frances Early, Department of History; and Larry Fisk, Departmet of Political Science, discussed the meaning and purpose of peace studies in a university setting, and teaching and research activities of Mount faculty in the area of peace studies.

Hunter said little at present existed at the Mount, but at least there is a start. He cited only two courses which related directly to peace studies; Political Science 224-Politics and The Arms Race, and Antrhopology 370-The Anthropology of War and Aggression. Several other courses in the history, literature, psychology and sociology de-partments touch upon the sub-

Hunter explained the growing need for peace studies in university programs. "War is something we are capable of turning on and off. We are in a position to take control," said Hunter.

Peace studies emerged following World War Two (WWII) because of heightened knowledge about the capabilities of the atomic bomb. Early said many of those who became involved in peace studies have a tragic view of the past and anxiety about the future's source to resolve conflict.

Early described peace studies as a form of conflict management with three components, teaching, research and advoca-

Early quoted Carolyn Stevenson, political scientist and peace studies director of Colgate University, "While there has not

been a direct military confrontation between the super powers, there have been 130 wars and combined casualties at 30 million since WWII."

At present there is only one peace studies program in Cana-da, at Conrad Grable College, Waterloo compared to the United States which has over 60.

Although agreement was that peace studies is a good idea for universities, there was also agreement that the task would not be an easy one. Fisk asked, "With a task so enormous, significant and complex is it possible to facilitate the achievement of knowledge?" The question of

expertise in a subject that involves so many disciplines arose and there are also academic and political pressures. "Is it possible to be objective and apolitical," asked Fisk.

Discussion followed of what was happening at many of the other universities with pro-

Susan Drain, member of the arts and promotion committee said interest at the Mount spurred about a year ago, by a group of faculty, which organized the symposium to address questions about a peace studies

Books banned in Sac

by Katrina Aburrow

Versa Foods is hard at work trying to avoid problems that could arise for many students when a new rule prohibiting books in the Saceteria between 11:10 and 1:30 goes into effect.

David Cushing, off-campus representative, Maureen Coady, Housing Officer, and Chef Rene met on March 18 to discuss possible solutions before they will be needed.

"I'm not doing this to increase sales because I'm completely happy with them right now, as they probably won't increase," said Rene "but I do want to have better service for the students who want to eat in the Sacete-

At present there are many problems with the proposal because many students already have a pattern which includes socializing or studying in the Saceteria. The Saceteria is not there for that purpose yet it has been used this way for so long that this change could anger

those who are misusing it.

Coady says "On the one hand, people with classes in Seton don't want to leave to go elsewhere, yet it is frustrating for the students who are forced to eat in the Saceteria."

This is a problem that Council will have to look into, as Cushing will present some of the ideas for them to discuss. There has already been some investigation into space problems as it is one that is long-range and will definitely affect future students.

Part of the problem is students who wish to congregate can't do so in the halls of Seton because there are doors nearby to the professor's offices and they can't have that atmosphere in case they disturb their work.

It was suggested that the University set aside a place in Seton for studying, a place to socialize, and retain the Saceteria as a

place for eating.
At present the Education Library is closed at lunch time but it could be a place for those who wish to study if a student could be employed at this time to take the place of the monitor whose break is at this time.

The pub could be utilized as a place for students to relax together at lunch times if it could be reserved at this time. Other alternatives included having bookshelves installed inside the Saceteria, having a sound system installed so that the rule could be enforced, and having the Coffee Shop in Rosaria enlarged.

Any suggestions from students would be greatly appreciated as all alternatives must be considered in order to find a solution that would please as many people as possible. They can be taken to the Student Council to be given to David Cushing.

"As the situation is now, I could live with it in indefinitely," commented Rene "but the Saceteria isn't a study hall. It is a cafeteria that stresses service.'

Mount charms touring students

Mount Saint Vincent opened its doors to graduating highschool students during Open Campus Days Mar. 11-13.

Susan Tanner, Admissions Officer at the Mount said, 200 students attended this year's open house.

Tanner said, the largest number of students came from the Halifax-Dartmouth area, and the second largest from Cape Breton. Students also came from Saint John, Moncton, Riverview, and Fredericton, all New Brunswick cities.

The Admissions Office with

the help of the French department, provided workshops, campus tours, and evening entertainment. The workshops allowed the students to listen to representatives from Finance and Housing, Student Council, the Co-op Programs, and the Athletic department.

These workshops helped students find out about applying for residence, what is involved in the co-op programs, and the types of recreation available at the Mount.

Students were welcome to attend an Open Campus Coffee House in Vinnies Pub, where they could enjoy the music of Cheryl Gaudet and Danny Mc-Kinnon. Open Campus Movie Night was held on Monday and students watched "Romane The Stone" and "Trading Places", while munching free popcorn.

The French department did their fair share of work by providing a Fiesta on Wednesday night, where students in the French department performed skits and short plays. The French department also provided a slide presentation outside the department, throughout the three Open Campus Days.



Alumnae Notes

Pick Grapes in France this summer

If you've ever wanted to pick grapes in France, teach scuba diving in Tahiti, build bridges in Turkey, work on a housing development in Korea or be a nanny in Greece, then Working Holidays/1985 is your guide.

Thousands of opportunities for short-term work in developed and developing countries are listed in the 1985 version of this popular guide, published annually by the Central Bureau for Educational Visits and Exchanges in England. The 320page guide also describes a comparable number of voluntary positions in conservation, archaeology, community work and workcamps, and tells how to obtain both types of employment.

Detailed practical information on work permits and visas, accommodation, medical requirements, passports, customs, identity cards, insurance, useful publications and addresses abroad are also provided. In addition, workcamp organizations and housing or information facilities equipped to accommodate blind, deaf or physically-handicapped individuals are listed. The travel section includes specific infor-

mation on air, sea, rail and bus transportation systems through-

Canadian Bureau for International Education 141 Laurier Ave. West, Suite 809, Ottawa, Ontario, Canada, K1P 5J3

out Europe. A specialized supplement to Working Holidays designed for Canadian and American job seekers is prepared by CBIE and will accompany all orders. Prices are \$8.95 for regular mail and \$10.35 for first class mail. The guide is available only through mail or-

tion on a more formal basis. Alumnae awards

Alumnae awards will be

First alumnae branch

The first official branch of the

Mount alumnae association,

opened in Toronto in February,

and the new Halifax Metro Area

branch will be formalized on

Mar. 26 in the faculty lounge at

Seton Academic Centre. Branch

by-laws, which determine mem-

bership, committees, finances,

etc., allow previously informal

associations of members to func-

among those given out at the awards banquet on Mar. They include the Sister France d'Assisi prize for history, the S ter Rose Celestine prize French, and the Sister Mari Agnes prize in English.

Fulton visits west

Dr. Margaret Fulton met with alumnae groups in Calgary and Edmonton recently to bring them up-to-date on Mount activ ities, and to encourage attendance at this year's Homecom ing, May 31 - June 2.

Attention all graduates

It is time to select those two special people among you, who will speak on behalf of all the graduates at the convocationthe valedictorians. Two people will be chosen, one for each the morning and afternoon convocations. The criteria used in past years to select the valedictorians has been broadened this year to allow a greater segment of the grad class access to this honour.

All 1983/84 Dean's List students will automatically receive nomination forms in the mail.

These must be returned to the Registrar's Office. They allow these students an opportunity to state whether or not they are interested in the position. All other students who have achieved an average of at least 70 per cent in his/her last five units of credit may also submit nominations.

This process allows for a system in which students may be recognized for activities (i.e.) athletics, student government, volunteerism and any extra-curricular activities that contrib-

uted to the quality of the Mount community.

All graduates are encouraged to think about their choice, obtain a nomination form from either the Student Union office or the Registrar's Office, and return it no later than Fri., Mar.

A list of candidates will be mailed to all graduates for voting. This selection will then go before the Committee for Academic Affairs for final approval.

Don't wait, do it now!

Wormwood theatre

The Nova Scotia Photographer's Co-operative will be having a group photo show entitled Nightworks, from Fri., Mar. 15 until Thurs., Apr. 4. The show will be on display at three locations in Halifax: Wormwood's Cinema, the 2nd floor of the Bean Sprout Building, and Cafe Prague in the Brewery Complex.

Nightworks will consist of over 100 black and white and color photographs centered

around a theme of 'night photog.

The Nova Scotia Photo Co-on is a group of 25 photographers who share a dark room facility at 1579 Barrington Street. The Co-op has been in operation for eleven years and has between two and three group shows each year. Members of the Co-op have received national and international awards for their work

DUET tests love I.Q.'s

by Janet Robertson

Do you know your love I.Q.? If not, come with pencil and paper to the DUET (Distance University Education via Television) room in the Seton Annex on

Mar. 25 at 7 p.m. to find out.
"I hope adults and students will participate in the experi-ment and won't be shy," said

Dr. Jacques Goulet of the Religious Studies Department.

The experiment will emphasize desires, love and human interaction with the participants by sharing their own experiences. Goulet wants the experiment to be spontaneous and says, "you will discover who you are, your strengths and your weaknesses".

An analysis of the experiment will bring in the best insights of today's contemporary psychology, sociology, philosophy and theology. The show will be broadcast live via DUET and viewers are encouraged to call in with their own questions, objections and responses.

Neptune Theatre

Neptune's Grand Finale will be Michael Frayn's Noises Off, which will run from Apr. 19 to May 12.

Noises Off is one of the most complicated farces written and one of the funniest. Michael Fray's long-running London success is currently playing on Broadway.

Theatre Director, Tom Kerr although disappointed that Brighton Beach was not avail able for this season is thrilled that the Theatre will conclude the season with a current Broadway and West End success.

Human development program

A non-credit program on human development for early childhood educators will be offered on 10 Tues. evenings from 7 to 10 p.m., at Mount Saint Vincent University, starting on Mar.

Instructor Harriet Field, M.S.W., M.Ed., will provide an

Judy Collins has been one of

the top luminaries in the world

of music since the sixties.

Through folk music and through

protest songs, Collins originally

captured North America, but un-

like so many others, she grew

and developed as a musician and

singer into a unique artist with

her own following of devoted

fans. Throughout the seventies

and into the eighties, Collins

pursued her musical career,

each album a gem of sound and

insight into this fabulous per-

Judy Collins will be in Hali-

fax for one performance only at

Rebecca Cohn Auditorium,

Thurs., Apr. 4 at 8 p.m. Patrons

are encouraged to buy tickets

former.

At the Cohn

introduction to human development with special emphasis on the first five years of life. Topics will include physical, social personality, language and cognitive development; play and development; and day care and develop-

A certificate of participation

the Dalhousie Arts Centre

Box Office. For further infor-

Bert, Ernie and the Cookie

Monster are an integral part of

the award-winning television

show Sesame Street along with

one of the program's hosts and

Known and beloved by over

10 million children and adult

fans alike, Bob is singer Bob

McGrath who will be in Halifax

this month for two concerts at

Rebecca Cohn Auditorium,

Sun., Mar. 24 at 1 p.m. and 3

p.m. Over thirty local children

will perform on stage with Bob

Tickets are available at the

Dalhousie Arts Centre Box Of-

during the March 24 concerts.

big kids "BOB"

mation, please call 424-2298.

will be issued on completion of the 30-hour program which is co-sponsored by the Department of Child Study and The Centre for Continuing Education at the

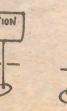
For information and registration call 443-4450, extension

Oxfam-Canada is presenting the riveting 1983 film on Guatemala called When the Mountains Tremble on Tues., April 2, at the National Film Board. Screenings are at 7 and 9:30. Tickets are three dollars at the

Art's Pond by Steve Jennex



Oxfam—Canada



Education conference at Mount

"Current Trends in Education", a conference organized and hosted by Mount Saint Vincent University Education students, will take place in Seton Academic Centre on Mar. 22

The keynote address will be given on Mar. 22 by the Honourable Terence Donahoe, Minister of Education, at 8 p.m. in Seton Auditorium B, followed by a wine and cheese reception.

More than a dozen workshops

will take place on Mar. 23, cov ering subjects such as child abuse, the teacher's role and responsibility; speech, language and hearing disorders; myths and realities about French immersion; newspapers in the ele mentary classroom; and drugs and the classroom.

The conference is open to the public and registration for all events is \$15. For further infor mation and registration call 443 4450, ext. 178.

First aid instructors needed

St. John Ambulance Provincial Headquarters will be conducting an Instructor's First Aid Course from April 15-19 inclusive.

We are looking for mature individuals who wish to become St. John Ambulance First Aid Instructors during the daytime period in the Halifax/Dartmouth and surrounding areas.

Those interested are requested to please contact Helen Smith, Training Coordinator for further details at 5516 Spring Garden Road or by telephone 454-5826.





5240 Blowers St. 423-6464

4 concert are now available at

early to avoid disappointment. Tickets for Judy Collins Apr.

Francis reflects on presidential term



Towler Phot

by Shonna Ward

Student Union President, Teresa Francis, reflects on a year of dedication, hard work and extensive planning directed toward improving the long-standing communication problem at Mount Saint Vincent University.

Francis believes that the diversity of the student body makes it difficult to reach everyone and a continuous process of strengthening relations must remain a major concern. "The Mount is made up of many off-campus, part-time and mature students, each needing a different and complete communications approach", said Francis.

Placing photographs of counsel around campus, increasing the visibility of societies, using the **Picaro** more extensively, inviting students to meet with members of counsel and installing new bulletin boards are a few of the projects undertaken by counsel this year to improve communication.

Frances, whose presidential term will end, May 1, 1985, realizes there are no quick solutions, but instead an ongoing process of strengthening relations must take place.

"Raising the consciousness of the students is important. The more aware they become of their problems, the more likely they are to bring them to counsel," said Francis.

Francis, who graduates with a Bachelor of Home Economics this spring, hopes that her plans and efforts will be continued next year.

"Many of the activities for next year are in the planning stage now and I hope the new counsel will follow through on them," she said.

"The planning of the Student Orientation Committee for the fall, a survey for developing a new health plan and taking the revised constitution to referendum are some of the activities hoped to be continued by the next counsel."

Francis can sympathize with the candidates in the time, dedication and pressure demanded in running for counsel. Her words of advice to the candidates who will join counsel are "keep in touch with the students. It is much easier to look from the outside in than to look from the inside out."

Although all the student counsel's problems are not easily solved, Francis said, "My presidential term has been the best learning experience of my life and the highlight of my university career."

Grants encourage young people

by Katrina Aburrow

If you are like most students looking for summer employment you may be interested in a new alternative called the Youth Entrepreneurial Skills Program for Students (YES) which is sponsored by the Department of Development and the Royal Bank of Canada.

The program offers an interest-free loan for five months so students can operate a small business by starting with a maximum amount of 2,000 dollars. It is interest free from May 1 until Oct. 1 and offers a grant rebate if the loan is repaid before the Oct. 1 closing deadline.

Since last year when the program was started there have been 100 participants in the province of Nova Scotia, with

other similar programs in other

This program is open to students between the ages of 16 to 24 who are residents of Nova Scotia or have parents who reside in Nova Scotia if they are students eligible to work in Canada.

Applications must include you and your partners (if any) and a personal information form which must be filled out separately in the case of partners. Businesses are expected to be an independent private business in operation three weeks after the date of receipt of the loan.

The students are given some assistance in planning their business, "but in order to be successful the idea should be their own," said Mr. Les Stewart, YES

Program Co-ordinator.

This year the organizers expect more applicants because this year the program has received more publicity which

will hopefully result in more

Campus papers like the Picaro are just beginning to gain knowledge of the program

which will increase the number of applicants because the majority of them are university students.

Portfolios mandatory in public relations

by Nicole Watkins

At a workshop held Mar. 5, four public relations practitioners stressed the importance of having a portfolio when looking for public relations work.

Len Caulfield, Jim Dickson, Michael Patrick and Mount Professor Ron Pearson discussed how to assemble a portfolio and what employers expect to see.

Len Caulfield, of Agriculture Canada, suggested a two-part portfolio. In the first part, essential materials such as a resume, a list of course descriptions, and samples of written work.

The second part should contain what Caulfield called "specialized materials", which in-

clude samples of more detailed work. Broadcast scripts and term papers with relevant remarks made by professors can be displayed.

He emphasized brevity and conciseness to be the most important factors, and said the portfolio should not be "flashy". The time and effort spent should be immediately obvious, he said

The key to a good portfolio is "to accurately identify your portion of the work on any project", said Jim Dickson, of Dickson, Young and Associates.

During the question and answer period, the speakers covered some fine points they had

missed. They insisted the portfolio be put together by the student, not a graphic designer. A small photograph of the applicant was suggested, and the portfolio should be sent to someone in management for special attention

The Portfolio Workshop was invaluable to public relations students, especially now that a portfolio has become a prerequisite for graduation in public relations. The professional development committee, which organized the workshop, plans to sponsor a workshop on photography in the next few weeks.

Voters support education cuts

TORONTO (CUP)—Education funding cutbacks are not the whim of the Tory Government but the fulfilling of the people's mandate in Ontario, says Edmund Bovey, a former Burns sausage salesperson.

Bovey, who chaired a commission into the provinces' universities, says the 19-22 per cent decrease in education funding reflects the desire of the majority of Ontario's voters. "The majority vote does not support education budget increases."

Bovey was asked why the commission did not demand more money for the education

"Where should the money come from?" he said. "The hospitals? Defense spending? Ontario doesn't spend money in defense."

Bovey also insisted that lower and middle class students would not be shut out of universities as a result of his commission's recommendation that fuition fees increase by \$500 to \$600. "[The report] insisted that tuition fee increases be accompanied by a loan plan which would apply to everyone and be repayable out of one's income."

of one's income.

Bovey also said the report recommended later more money be ommended into the education syspumped into the education syspumped.

tem, a suggestion he said was outside the commission's terms of reference.

Wendy's wins top spot

by Denise Martell

Wendy's fast-food outlet was rated number one overall in a survey conducted by Consumer Reports magazine.

In determining this, the typical fast-food meal of burger, shake, and fries from McDonald's, Burger King, and Wendy's was tested. Items tested were comparable in content and price. Each item was judged on price, taste, and nutritional value.

Wendy's single burger had the most meat and cheese, weighing 3.5 ounces. Burger King had slightly less than 3.5 ounces. McDonald's had less than 3 ounces.

Wendy's fries were the best buy at 58 to 72 cents for a 3.5 ounce portion. McDonald's sold at 3 ounce serving for 60 cents. Burger King sold a 1.75 ounce serving for 59 cents.

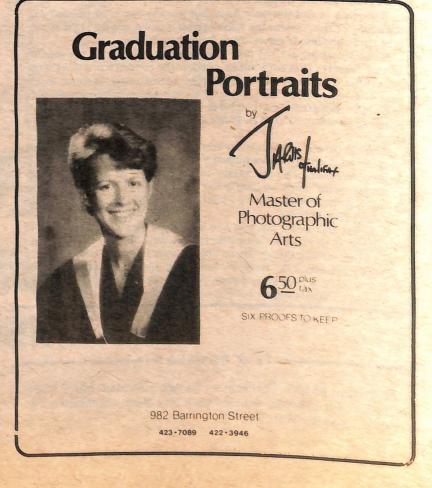
McDonald's shakes cost 79 cents for a 10.25 ounce serving. While Burger King and Wendy's shakes contained less for the

same price

Taste testers found Wendy's burger the best tasting. McDonald's, however, served the best fries and chocolate shake.

Nutritionally, fast food was found to be much like the typical Canadian diet: too much protein, fat, sodium and not enough complex carbohydrates and fiber. The big disadvantage of fast food was calories. The average meal of burger, shake, and fries supplies about 1150 calories. That's about 40 per cent of the number needed to maintain the weight of a 165 pound man, 60 per cent of that needed by a 128 pound woman. For a person on a diet, 1150 is virtually an entire day's allowance.

All in all, Wendy's was the favorite if taste and price were important. But the survey showed that if atmosphere or to please children were the reasons for eating out McDonald's was the place chosen.



What is "Real?"

by Joan Vickery

Patriotism may be the last refuge of the scoundrel, but feminism has become a strong contender. How many times has feminism been thrown into an argument lamenting the androgyny of our society or the destruction of femininity?

Since Gloria Steinem and the Ms. Generation first breezed onto the scene proclaiming women's rights in the 1960's, the word feminism has undergone a metamorphosis of sorts. Once used to label an earnest battle to gain equality and recognition, the word has been twisted and contorted to suit those who call women everything from man-haters to lesbians.

Real Women is an organization who insist that feminism is a desperate effort to drive a murderous stake in the lawn of that little house with a white picket fence complete with mum fixing hot lunches for the kids. Nothing is wrong with 2.5 children if it is by choice, but for those women who seek other directions for their lives, Real Women have nothing but disdain.

Any woman who would dare to venture outside the home is guilty of going against the natural feminine impulse "to be submissive" This "real" bunch even cast a condemning eye on Gloria Steinem's stagnant hairdo. Her aviators and straight hair might not set the Sassoon community on fire, but since when did physical attributes merit snide observations?

Part of the Real Women's platform gives the axe to equal rights of any kind, abortion and career-oriented women. Abortion is frowned upon because it gives women too much control over their bodies. Subservience is their mandate because they feel that women are not capable of making decisions on their own.

It doesn't stop there. This group has yet more tidbits of guidance for the little woman. Females who choose to ignore the guiding hand of their mate are allowed to be struck down by it. After all, if you are physically abused you deserve it.

To discuss the issue rationally, it is necessary to remove the word feminism from its much-maligned pedestal and dig underneath the myth of the man-hating dyke. We might be sick of hearing the tirade of "equal pay for equal work". But this is no tirade. A woman's working dollar is not equal to that of her male counterparts. Boardroom doors are still straining under pressure from the Old Boy's School who feel threatened by talent in a skirt.

The real issues are frightening. Since Jan. of this year, over 23 abortion clinics, physician's offices and pro-choice headquarters have been bombed or set on fire. In one magazine article covering the events, a photographer has aptly captured the steely snear of a young protester brandishing a sign reading, "Abortion: A Woman's Right To Kill"

This unknown protester makes a mockery of the entire pro-life movement. These people take vital concerns like abortion and use them to suit their own mud-slinging fighting style. How much does a 20-year-old man know about women's issues? On the slim chance that he is not a specialist on the subject, it is safe to assume that his knowledge has limits.

Do you think he was around when a British suffragette threw herself on the racetrack at the Darby in the late 1800's in a suicidal protest for women's voting rights? Or maybe he held the door open for Phyllis Schlafly when she emerged triumphant, her campaign for squelching the ERA a success. Perhaps he was standing around the Planned Parenthood office when workers arrived at work on Monday only to see their offices ripped apart by a bomb, compliments of the Army of God, an American group who claim to have blasted four Maryland abortion clinics.

Abortion is not the only issue, but it is the one most painfully indicative of the violent backlash against women and the right to control their bodies, from the clinic to the boardroom.

Real Women are the only group guilty of destroying the sanctity of the family. It is difficult to swallow the concerns of an organization who would like to see women permanently chained to the stove, whether they like it or not. If a woman is lucky enough to escape the doldrums of complete subservience, Real Women are content to know that at least she is not earning as much money as a

Real Women have built an obstinate wall around themselves that smacks of ignorance and stupidity. The beauty of Real feminism is choice. Women who opt to stay at home should be praised as much as those who want to dazzle the corporate world. Motherhood is grossly underestimated . . . after all, what job is as important as

Women shouldn't have to live with these Realities. They should be allowed to wage a fair battle for equality. The word "Real" has joined the ranks of those abused by argumentative scoundrels.

Organizations like Real Women, The Moral Majority and The Army of God are putting a pathetic dent in the legitimate existence of one of society's most precious commodities—women.

- Our mistake -

Nutrition Month Committee, Lorraine Haddad, Mary Little and Shaundra Hayes, not the Birch Five Nuts, organized a rollerskating party Mar. 5.

Podium

Science Society wrongly accused

Over the past two years the Science Society has developed an inferiority complex, and recently it has become increasingly clear that many of you feel we are apathetic towards our members. This, however, is just not true.

The Science Society executive, for the most part, has been comprised of dedicated people. Dedicated in developing a new and fun means of communication between students and faculty.

We have had to battle many obstacles to get where we are today. The largest obstacles being: our mythic indifference and your lack of participation. With an approximate active membership of 30 (i.e. students, faculty and executive) we have accomplished a great deal and made many activities available to all science students. How can you call us apathetic when we have provided: 1. Sports Days-on the first Friday of each month students and faculty would get together for a game of soccer. This activity was enjoyed by all those who attended, faculty and students alike. 2. Biology Conference In Truroall student expenses were picked up by the Science Society. 3. Pizza Parties-this event was provided at no cost to all those who attended. 4. We were the only Society to sign up to participate in the Winter Carnival touch football game. We also had a team for the scavenger hunt. 5. Crests were designed and purchased on the pretence that 130 students wished to purchase such an item. To date only 70 crests have been sold.

Besides the crests we have also initiated several fund raisers that have included three bake sales and a T.V. raffle. This activity (T.V. raffle) appeared in the Nov., 5 issue of the Connection.

You may at this point be wondering just what do we do with the money we raise? The money is divided into two parts: one part going to our annual Pot Luck Supper, the other part going into Project One under the heading of "The Science Society Award"

The award was established in 1984. It was through the support, time, hard work, and contributions of students and faculty that approximately \$3,000 was raised. From this total \$150.00 is to be presented to a Science Society member. On Feb. 4, the Connection ran a picture of our first recipient.

We hope that we will be able to continue with this presentation in the future, but unless we have the support of our members it will not be possible. The Science Society has been anything but "apathetic" We may be a society that tends to keep a low profile, but is this rea-

A low profile does not mean invisability. All of our events have been advertised. Profs have made announcements and posters have been placed on bulletin boards. Remember we are an organization that provides the opportunities for involvement, but it is your responsibility to read the posters, it is your responsibility to listen to the announcements and it is your responsibility to get involved.

So get involved now, it's not too late. We are always around, if you have any ideas or suggestions let us know about it. If you can not find us, ask your professor, they'll give us the message.

Yours. the Science Society

Cuts from council

by Janet MacBeth, communications officer

Annual General Meeting: The Annual General Meeting of the Student Union will be Wed., Mar. 27, 12 noon in Seton (Room will be posted). End of year reports will be presented and the newly-elected Council will attend.

Orientation Committee: You want to SOC it to the Frosh next year? SOC or the Student Orientation Committee is being organized for the first time by the Mount's Student Council. SOC will ensure that next year's frosh will have a fun and memorable orientation week.

According to Teresa Francis, Student Union President, the Orientation Committee would act as a pep group to "promote spirit during orientation and get new students involved and familiar with university life.'

Each year there is a Frosh Squad made up mainly of Student Councillors. The Frosh Squad organized the Annual Frosh Wash and other Orientation events. Unfortunately, this group was formed in the fall so planning was always rushed.

With this new committee, Teresa hopes that planning for orientation events will be completed over the summer and the SOC can go into action as soon as the Frosh arrive in the fall. Teresa invites all fun-loving students who would like to make sure next year's Frosh also have fun, to contact Student Union. She stresses that students would not have to reside in Halifax as contact could be maintained throughout the summer months by mail.

The Trivial Pursuit Championship match will take place Thurs., Mar. 27, at 7:30 p.m. in Vinnies.

The six teams who finished at the top of the standings and will be squaring off are: the Mount Rascals, the Business Office, Rank and File, the Alumnae, the English Society, and the Powder Blue Computer Services team.

Come out to Vinnies Thursday and cheer on your favorite



PICARO

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

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 sub-scribers 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:

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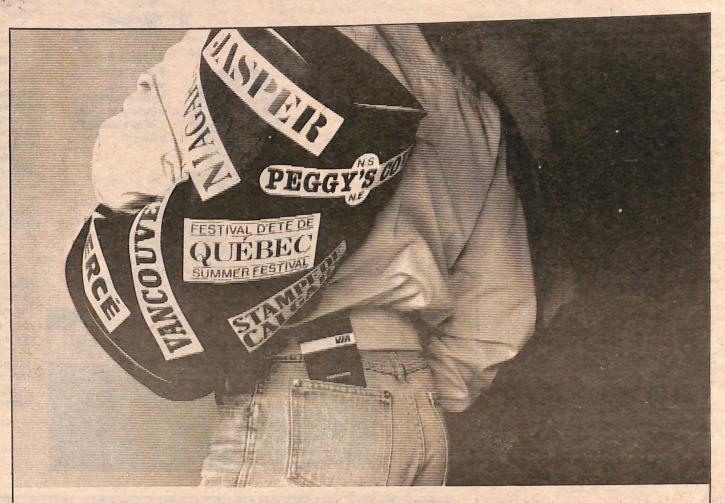
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Profile

George Patterson—"eternalizes memories in poetry"

by Taylor

"My body, jammed up against the ledge, was what saved him from falling. If that one piton (metal peg) had come out, he'd have fallen, I'd have fallen, and we would both be dead."

George Patterson, a french professor at Mount Saint Vincent University, saw his life and that of his close friend, David Rhine, hang by a piton during their ascent of Grassi Ridge on Wiwaxy Peak at Yoho National Park, B.C.

During their ascent, Patterson and Rhine found themselves off-course and in extremely tough terrain. For the first time, Patterson confronted an overhanging ledge. Because Rhine was a more experienced climber, he attempted to work his way over the ledge while Patterson watched from below.

Unable to tie in properly, Rhine suddenly slipped and fell. The ledge acted like a pulley and as Rhine fell to one side, the safety rope tightened, pinning Patterson beneath the overhang. If the one piton which held the safety rope to the ledge had come loose, they both would have perished.

If one scare on this climb had not been enough, during their hike down the other side, Patterson slipped on one of the steep snow patches. "I slid completely out of control for a good hundred feet or more. At the bottom of the ice patch, my feet hit the rocks, my body pivoted around, and I free fell headfirst over a ledge. I said to myself, "this is the last song for George."

the last song for George."

He landed on some snow and although very shaken, managed to complete the five-mile journey home. Later, Patterson discovered that he had a fractured vertebra and a fractured ankle.

Although Patterson enjoys the physical challenge that comes with mountaineering, his love for nature extends much further. He adores nature's sublimity and understands how it can build a special sense of camaraderie and communication between those who experience it together.

Apart from mountaineering, he is an avid hiker, canoeist, art collector, poet, and most recently, needlepoint artist. Patterson's love for nature blossomed during the summer of '72 while teaching a French emersion program at Sunshine Village ski resort in Banff, Alberta.

"When I got there, I discovered all of the vegetation, particularly the wild flowers located on the Alpine tundra, only a three-minute walk from where I was staying. So I started walking to identify the flowers and by the end of the summer, I was spending many hours hiking," said Patterson.

During his third summer teaching in Banff, Patterson met David Rhine, a medical student, with whom he has shared many astounding adventures. Rhine's hiking skills blended with Patterson's appreciation of nature's simple beauty were the ingredients for a special friend-ship. Taking out a photograph of Rhine and himself sitting on a mountain peak overlooking Grizzly Lake, Alberta, Patterson explained that Rhine's interest in mountaineering quickly captivated him.

"In climbing, ever more so than in hiking, you develop a special sense of bonding with the people you are with. Life literally depends on each other," said Patterson. Together they have conquered many mountains, the highest of which was Mount Hector at about 11,600 feet, and have been on countless hikes, some of which lasted over a week.

These adventures have prompted Patterson to capture his feelings and experiences with nature in poetry. In a poem titled Tu me manques (I miss you), special moments shared with Rhine are remembered.

"His poetry is a working-out of personal feelings in certain atmospheres such as nature," said Elizabeth Jones, a Mount French professor and poetess.

Catherine Rubinger, a French professor who has known Patterson for eight years, said, "George is such a nice person and it comes through in his poetry. He expresses moods and his affection for people and nature."

Even those who know him only as a French professor are aware of his sensitivity. Craig Munroe, a fourth year public relations student whom Patterson had taught, recalled, "I knew that he was committed to his students. He made class entertaining by using comical mannerisms to explain things he sensed the class did not understand. This reduced our nervousness."

Although he loves teaching, Patterson would someday like to work in a field that will bring him closer to nature. "I have fantasies about working as a warden in one of the mountain national parks or becoming a biologist.

"Patterson said that while many French professors travel to France during their subbatical year, he drove to Inuvik in the Yukon. Inuvik is the most northern place in Canada and the second most northern in the world to which you can drive.

While there, he went to Kluane National Park with the hope of seeing some Dall sheep. "There are only 4,000 in Canada and I thought that I'll never see them," said Patterson. "Oh God, Jeez, What a day. After spotting some through a telescope, I creeped up the mountain and as I peered over a ridge, suddenly I saw one only 15 feet away."

Patterson's unique appreciation of nature's simplicity and his understanding of how it can enrich our lives is best expressed

II The vacant pattern in his poetry . . . Two hikers, friends, on the seat ahead dances with return your image quietly smiling walking sharing slipping, laughing the joy of discovery. sliding striding, hiking. I miss the rolling meadow flowers streaming sun from your friendly Eyes that smile through the smoky rain swirling in the shelter of our plastic Tipi.

A heavy hollow arm hangs from each shoulder as my throat swallows a farewell regret wells from each eye wanting to stay to go
I'm flying here alone good-bye, take care.

Sharing meadows memories we know a mountain mix of friendship plunging fording through mint cool living streams.



Sexual harassment-hazard of the workplace

by Lois Corbett reprinted from the Aquinian Canadian University Press

When Leslie and Maureen talk about their work, they complain about the backaches, swollen legs and feet, cold hands, and ringing ears brought on by hours of tedious labour at a New Brunswick food processing plant.

But the hazards do not stop there as the two assembly line workers describe a more serious safety threat in the workplace.

"When you see the foreman coming down the line you know he's going to grab your breasts or pinch your ass, and it's not the first time that day," says Leslie. "Your stomach starts to tighten up, and you get dizzy, and you want to puke."

Lunch break is a particularly rough time for women at the plant, says Maureen. "You work all morning, sometimes five hours in a row, and you look forward to half an hour off. Then you go to the dining room and all the men there gawk and yell things across the room at you—really appetizing."

Leslie and Maureen say they have no power at work. Employees at the plant are not unionized, and there is no grievance committee the women can appeal to. "It's like everyone knows there is a problem, but because we can't do anything about it, can't tell anyone who could do something about it, then we just try to pretend it will go away," says Leslie.

Both Maureen and Leslie asked to keep their identities hidden, as well as their place of work, for fear of losing their jobs.

Sexual harassment has become a fact of life for women like Maureen and Leslie, as it has with 1.2 million Canadian working women who, according to a Canadian human rights commission survey, say they have been victims of unwanted sexual attention in the workplace.

Sexual harassment in the workplace is easily defined, according to Maureen. "Sexual harassment is when my work is not appreciated at work, and I'm just there to give some fun for the men," she says. "It's when they grab and pinch and tell stupid jokes. It's when they ask you out and you say no, but they won't stop asking. And it's when you do go out and they brag the next day they got it, whether they did or not."

"They (men) always complain about how women like to get together and gossip," says Maureen. "But the men are thicker at work that way. If I say something back to a man who grabs me, then he just goes to my boss and tells him I'm on my period, 'So be careful'. They never take anything seriously, and they never believe me over some man."

Acting against sexual harassment is usually difficult, according to Sue Read, a British author who recently surveyed English labourers and employers on the subject. She says much of the difficulty stems from the misconceptions people hold about sexual harassment.

"They think it is just a joke, that it is healthy and normal and that it is flattering, that women ask for it. That attitude does exist," says Read.

It is hard for women to act against sexual harassment when they are second class workers in the labour force. While women represent more than 40 per cent of Canadian workers, they are concentrated in lower-paying community, business and service sectors. Women work in socalled pink ghettos such as clerical work but are for the most part barred from high-paying male-dominated industrial jobs. Women earn 60 cents for every dollar earned by men, and men receive higher average incomes for every age group and in every region of the country.

Women have to also overcome barriers of education, marriage, and child-rearing and social stigma to work outside the home.

Small wonder once women do get outside the home and into the workforce that they are met with sexual harassment by male bosses and co-workers.

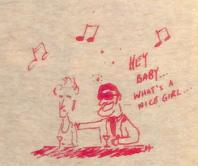
Debbie Fields says men, with all their power in and out of the workplace, often succeed in making women quit their jobs.

"They have the social power to physically and sexually intimidate women," says Fields, "and the collective power as a group to drive women out of the workplace by persistent harassment."

Leslie has since quit her job at

the food processing plant, but Maureen continues to work her

"What can I do?" Maureen asks. "There is no place else to work, and we can't support our family on just one salary—besides, I like to work. What can I



Final exam schedule

	Busine	ess				
		J. Young	Thurs., April 11	1:30 p.m 4:30 p.m.		
	211(2)	J. MacAulay	Thurs., April 11	7 p.m 10 p.m.		
	211(3)	S. Gapski	Fri., April 12	1:30 p.m 4:30 p.m.		
	Child Study					
			C-1 A	0.15 12.15		
3	3118	A. Thomas	Sat., April 13	9:15 a.m 12:15 p.m.		
Gerontology						
	330B(3)	G. Gasek	Wed., April 17	1:30 p.m 4:30 p.m.		
	2200(2)	G. Gasek	vveu., April 17	1.50 р.ш 4.50 р.ш.		
-	Public Relations					
1			The Amel 10	7 10		
	303B(1)	D. Carl	Tues., April 9	7 p.m 10 p.m.		
	Policie	ous Studies				
	rengio	us studies				

All the Wile by David Wile



"No. I meant styling mousse!"

1985-1986

TAKE HOME

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Campus comment

Question: What is a concern of yours that you would like to see the new Student Council deal with in 1985/86? Pisko Photo



Jennifer Campbell 2nd year BBA—I want them to fulfill their campaign promises as well as concentrate on the issue of male residences. It's not a necessity on campus but it should be seriously considered.



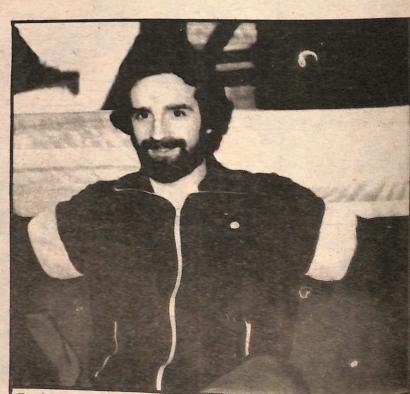
Heather Rand 3rd year BPR—I want them to work more on the off-campus housing issue. It's a top priority because good housing is so hard to find in this area.



Darrell Montegomery 2nd year BSc—I think we should form a socialist government because most people promise the world and can't deliver once they get into power.



Joan Baker BPR—I would like to see us get an insurance plan.
This would also help in discussions for a better medical and dental plan for the full time students.



Paul Shreenan 1st year BA—I would like them to make sure that student loans are created because if there aren't I can't go to school.

Production only "Touched" lightly

by Christopher Williams

"Intense" was the word buzzing around during rehearsals of Stephen Lowe's Touched, which played at the Mount's Seton Auditorium C March 14-16.

Directed by the Mount's professional acting/directing team of Barry Dunn and Caitlyn Colquhoun, the play exploded with several high-charged scenes bearing some strong anti-war messages, but the performance itself did not radiate the extreme levels of emotion which many expected.

Touched was set in the industrial Midlands of England during the summer of 1945, between the Victory in Europe and Victory in Japan. It focused on the experiences of working class women, awaiting their husbands' return from war.

This female perspective made the play very appropriate for the Mount, but its profound symbolism and ambiguous ending left the audiences dry and only moderately moved. A play that deals with horrors of past war and the capability of destruction to come, should have shook the crowd by the neck! Touched only nudged, subtly rubbing some mud in our faces.

The sound effects used to create the Japanese bombings were really the only successful attempts at sending shivers up the audience's spine. Lowe's script had plenty of opportunities for the actors to tear at your soul, but when tears should have flown, the audience only sighed.

Patricia Goyeche, who appeared in last year's Barry Dunn production, Top Girls, held the

leading role this time, as Sandra. She was a pretty young wife whose mind was beginning to fragment over the loss of her child and missing husband. Sandra is desperate, often withdrawn, but Pat is just too healthy and sexy looking to get anyone worked up. She should have appeared worn like John Hurt in the film 1984.

Her parts were well rehearsed but the audience seemed sympathetic everytime she had to fake a drag from her Players. She also held back too much of her character's bottled despair. She could have balled her eyes out several times, knocking the crowd right into a Kleenex box. However, without real tears, the audience was left thinking, "boy is she ever trying hard to be in-tense". Mary the neighbour, played by Maureen Banks, was actually the only actress that made you forget that she is an actress.

Husband and wife, Dunn and Colguhoun, made some wise character selections with Nancy Moar and Karen Toupin, along with Mark Neima and Nick Hamblin. These talented Mount students were exciting naturals, molding well into their roles.

The tape effects of Winston Churchill quotes and other war speeches were effective in threading the show together. The music and costume design also helped establish a sense of the period.

A bathtub scene showed some set creativity by Patrick Coffin and Jeff Whitman, but the orange extention cord leading to an authentic old radio didn't quite make it in the prop department. The radio itself would have been more captivating had the sound actually eminated from its body via a cued tape recorder, rather than through the large P.A. A bare stage floor trimmed with purple carpeting was also a small distraction. Blood-stained sheets or army blankets, hundreds of open letters or planks might have been an adequate covering.

Overall, the production showed a strong effort by all those involved. Other members

Quigley, Rebecca Kneen, Belinda Trenholm and Michael Cork-

It's not easy to recreate the excitement of V-day and the hell of D-day with limited time and resources. Perhaps Dunn and Colguhoun could have directed a play more like Margaret Hollingsworth's Ever Loving, which played at the Neptune a few years ago. It too was about war brides and was packed full of messages, yet it zipped with freshness and Canadian style which might have been more adaptable.

Nevertheless, the Mount's Speech and Drama department is producing some fine shows at a low cost and has given many gifted students a chance in the spotlight. It's nice to see that the department is not afraid to produce this little-known play which has been performed only twice in Britain and now twice in Canada



After Saturday's final performance, the acting/directing team of "Touched" gathered on stage for a group shot.

Bongos bring euphoric umph to Halifax

by David Cushing

Although the Bongo's began in Hoboken, New York in 1979 and released their first album, Drums Along the Hudson, in 1982, few people in the Metro area seem to have heard of the Bongos.

That is definitely a loss for those unlucky enough not to be caught up in the excitement and thrill of their music, which reflects the influences of the Velvet Underground, the Stooges, T. Rex, and numerous other bands of the sixties, along with a cutting edge from the punk bands of New York city.

Last weekend the Bongos began their North American tour by delivering the most honest, enjoyable, and infectious rock and roll Halifax has had the pleasure of witnessing in years. That such a musical delight should occur in the intimate confines of the Odeon Ballroom made it that much better.

From the tumultuous explosion of In the Congo to the superb encore of Barbarella and Space Jungle, the Bongos managed to deliver straight ahead rock and pop with a euphoric "umph!" for the entire 80 minutes of their performance:

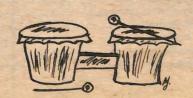
Lead vocalist and guitarist Richard Barone, dressed in blue sweat pants and a loose white dress shirt, was evidently enjoying himself (and so was I) as he delved into his songs, leaped in the air during his guitar solos and ended off songs with feedback improvisations.

Guitarist James Mastro, in his yellow Elvis T-shirt, bassist Rob Norris, and drummer Frank Gianinni were each giving their all as they dished out their furious attacks of powerful Hoboken pop. Percussionist Steve Scales, who has joined them for their tour, added the necessary accents for the new Latin flavoured music of their new album, Beat Hotel, and provided

a new edge to earlier Bongo songs, especially the T. Rex song, Mambo Sun, Numbers with Wings, and Barbarella.

The entire show was a nonstop display of music which kept the dance floor full and the excitement meter at peak levels all night long. There were no cheap attemps at showmanship-the show was exciting because of the music, and the Bongo's obvious enjoyment in playing their

It was great. Hope you were there! And to the Bongosthanks for the show! If I had known that they were this good live, I probably would have been in New York a long time



Let me entertain you . . .

The following bands are playing in Metro this weekend.

Odeon-Joy Askew Misty Moon—Parachute Club

Palace—Rob Hanna (a Rod Stewart cover) and Sam Moon Billy Club—Rox

Ice House Lounge—Armageddon

Lucille's—Al Halliday and the Hurricanes(a Bruce Spring steen cover)

Lower Deck—Michael Ross and Randy McInnes, Saturday matinee with Tony Quinn

Middle Deck—Cecile Frenette Sailloft Lounge—Thumbs Up Village Gate—Aviators

On Stage ... Neptune—A Moon For The Misbegotten Theatre Warehouse—Fool For Love

Wormwood—"Sunday in the Country" Mar. 22-31 NFB-"Women of the Dunes" Mar. 22-24 Ostar Awards, Mar. 27

Nuns—Old habits reveal new ideas

by Nicole Watkins

Hoe do nuns feel about sex and love? What role do they play in the Catholic Church? How long have there been nuns? A new film from the National Film Board answers these questions, and gives back to women some of their history.

Behind the Veil: Nuns combines some of the extraordinary history of women in the Catholic Church with interviews of today's nuns to create fascinating narrative.

Add this to the beautiful cinematography and voila! Another award-winning documentary from the award-winning Studio D. Every woman should see this poetic film regardless of her religious affiliations.

The film is the result of four years of research, interviews, writing and filmmaking. Gloria Demers wrote and narrated the script, and Margaret Wescott directed the film. They came upon the idea together during a conversation in which they realized nuns are an area of women's history which was relatively unexplored by filmmakers.

The enormous amount of research done is evident in the historical content of the film, and in the variety of locations on which they filmed. The film is two hours long, divided into two parts. It is suitable for either television or theatre.

Part One contrasts the experience of cloistered nuns with that of active nuns living in the communities. They talk about their initiation into religious life and the changes brought about by Vatican II.

Part Two continues a theme introduced in the first part, that of the paternalistic attitude of the Church toward women, and male dominance in the hierarchy. It describes the power some women had as abbesses of the monastaries throughout the Middle Ages, and in pre-Christian Celtic religions.

Part Two also covers the education of religious women in these periods in the fields of medicine, the arts, and education. Tapestries, inventions, paintings, books, and manuscripts which survive these women are testaments of their eloquence and education, and the great contributions they made to their societies.

The writings of great thinkers such as Thomas Aquinas reveal, however, why women did not continue to be scholars. Their writings, based on those of Aristotle, reveal the early misogyny of the Catholic Church. How that affected the lives of later re-

ligious women is discussed throughout the film in the interviews.

In spite of the widely held ideas of feminists regarding the Church, this film has a positive feeling, and it ends on an optimistic note. Activist nun Sister Donna Quinn, O.P., says "The Church is in a sinful state as long as it is sexist," but also says that in spite of her feelings on this, she will remain with the Church as a nun because she feels it is worthwhile and wishes to change it from within.

Tapestries depict Inuit life

by Joan Baker

Pangnirtung, a community situated on the east coast of Baffin Island, 48 km below the Arctic Circle, is the home of the unique art of Inuit women.

During an informal talk and slide presentation Sunday afternoon, Deborah Hickman, former Head Weave Shop, Pangnirtung, discussed women's work from the area.

"The Inuit tapestries and handcrafts are a by-product of cultural pride," said Hickman.

Hickman spent two years in Pangnirtung as an art advisor at the Weave Shop working with the artists and their ideas.

Hickman was hired by the Department of Economic Development and Tourism to develop the art and give instruction to the Inuit women. "The Inuit women are very good with their

hands and give meticulous attention to detail," she said.

"A wide variety of colours are matched to create the tapestries which depict Inuit life as it was and for many still is," said Hickman. Each Inuit figure, polar animal or colourful scene is created from original drawings provided by the famous artists of the Pangnirtung Print Shop.

The Weave Shop consists of women who vote on new members who can enter the shop to work. Many of the women learn the skills when they join the shop. Approximately 90 tapestries a year are created on floor looms. "After the tapestries are completed they are hung in the shop. If a project is well done, the excitement is apparent," said Hickman.

The prices for the tapestries

range from \$800 to \$2500 depending on the size and complexity of the patterns. The tapestries are sold exclusively in galleries in the south, Canada and the U.S. and to tourists and workers who come North. The craft shop's money goes back into accounts of the shop. The shop is subsidized by the government.

The exhibition of the women's work from Pangnirtung will be displayed in the Art Gallery from March 15 to April 7. This display of women's work from Pangnirtung offers a refreshing new option for the quality and fashion conscious student, and will be of interest to Home Economic students and in particular, students involved with clothing and textiles.



Debra Hickmon, former Head Weave Shop Pangnirtung, stands by an Inuit tapestry and costume displayed in the Mount Art Towler Photo

2nd Annual Spring (Let's Party) Bash



See Spot Run in the MPR
9-1 a.m.
Hopping Penquins in Vinnies

Festival fanatics freak out

by Debbie Flinn

The spirit of Fiesta 1985 filled the halls of the Mount as oddities such as Boy George, Cinderella, and men and women of the Klondike eagerly awaited their debut. The Fiesta, held in the Art Gallery on Wed., Mar. 13, was a celebration of modern languages. Spanish, French, German and English were featured in an entertaining array of short plays, songs and dramatic readings.

Students from the Modern Language and Speech and Drama Departments utilized the skills learned in their classes to provide the entertainment.

"The educational benefits were enhanced by the fact that the entire class participated, uninhibited, in an atmosphere of fun," said participant Robbie Poirier.

Students performed enthusiastically on stage in the lower gallery, to a capacity audience of approximately 150 people. A mastery of language skills mixed with a hint of acting ability generated humour and excitement among both the audience and performers.

"The fun and enthusiasm of the performers in testing their new-found language skills, was transmitted to the audience to make for enjoyable entertainment," said viewer John Turner. The audience also enjoyed a short intermission during which they sampled a variety of "international delicacies" ranging from brownies to chocolate chip cookies



Student Union Annual

General Meeting

Annual General Meeting for 1985 is being held in Rosaria Board-room—3rd floor Rosaria, MSVU.

- 1. Approval of Agenda
- 2. Approval of minutes
- 3. President's report
- 4. Treasurer's report5. Entertainment report
- 6. Corner Store report
- 7. Priorities/recommendations for next year
- 8. Open session/question period
- 9. Adjournment

Volleyball team off to the Nationals

by Claudine Fougere

Tradition has always been important at Mount Saint Vincent University and this year was no exception. With crowds cheering and suspense in the air, MSVU went on to win their fifth consecutive Women's Volleyball

Just a week before the team headed off for the Nova Scotia College Conference finals at the University College of Cape Breton, they went through a rigorous weekend volleyball camp.

Four guest coaches attended, including Lois MacGregor, head coach of the Dal Women's team for nine years, Jody Myers, a past player for Dal, Howard Jackson, coach of the 1978 Canada Games team and international official and Ken Bagnell, present coach of the Canada Games Boy's Volleyball team. The clinic had drills on stress, relaxation and concentration.

This year's team is made up of four veterans and nine rookies. Coach Lumsden reports that though her team is young and inexperienced, they play tough. The team's starting line-up has three veterans and three rook-

The girl's team left for UCCB with a perfect 20-0 win-loss record during regular season play. 'We were a little nervous because we were ranked number one going into provincials," commented starter Debbie Mur-

ray.

This fear proved unfounded as the girls won their semi-final

round against TUNS in three straight games, 15-4, 15-3, and 15-8, MSVU player Roberta Mentis was named game MVP.

'Before the final we talked about the game and keyed in on NSTC's weak players and made our game plan which the girls executed excellently," said Lumsden. MSVU defeated NSTC 15-3, 15-3, and 15-2 in the final. Mount's Debbie Murray was named game MVP.

Heading the list of all-conference all-stars were Natalie Bird and Jackie Coyle of MSVU. Coyle was also named league MVP. June Lumsden of MSVU was named coach of the year.

As coach June Lumsden says, "Volleyball is a game of momentum and anyone can win at any

As they say in the movies, 'May the force (or momentum) be with you girls." The team left for the Nationals in Regina on Mar. 18.

Birds fly at the Mount

by Claudine Fougere
'Birds' are flying at Mount Saint Vincent University as three Mount students prepare to go away to Saskatoon for the Canadian College Athletic Association Badminton Championships this week.

Marci Bishop, a Home Economics student, will represent the Mount in women's singles while Sonja Atkins, an education student, and Anne Hanrahan, a

public relations student, will take part in the women's dou-

All three girls won their respective divisions in the Nova Scotia College Conference Championships held two weeks

Though the badminton team does not have a league to compete in, they have attended tournaments all over the province. This year the team placed in the top two spots in all three of their tournaments. The women have been training under coach Greg Porter all year.

Porter has brought much experience to the team being an elite provincial player himself. He has a level 1 in coaching and is on the executive of the Nova Scotia Badminton Association. With Porter's guidance, the team has been able to train at the National Badminton Training Centre in Bedford and compete against some of the best players in Nova Scotia.

"We are the only team in the Maritimes to compete in this conference. In a way we will be representing the Maritimes, competing against seven Western teams," said June Lumsden, Mount athletics officer. "Sonja and Anne have both been to Nationals before in women's doubles so we hope they can take

their experience and use it to their advantage.

The toughest competition is expected to come from Quebec and Alberta as they have placed well every year. Last year all the titles were won by Quebec athletes, both male and female. The Mount team is very optimistic about their chances this year but as the saying goes, 'The game's never over until the last whistle blows.

Mount defeated by King's

by Dan Chamberlain

The Mount's women's basketball team lost 59-37 to the King's College Blue Devils in a semi-final game Mar. 16.

The Mount scored nine points before the game was three minutes old. King's came roaring back, taking a 17-15 lead with four minutes left in the half. The Blue Devils added six more points to take a 23-17 half-time

King's dominated the second half, both offensively and defensively. The Mystics were down by four points at one time. The Blue Devils went on a tear, swelling their lead from six points to 19 points.

Carolyn Spence hit for 21 points to lead King's attack. Sherry Jackson contributed nine points. Ruth Ann Saxon scored 11 points. Kathleen MacDonald contributed nine points. Ruth Ann Saxon and Alison Colyle scored seven points each.

Charlotte Peters and Cynthia Andrews hooped two a piece. Alison Sarty pumped in 14 points in a losing cause. Other Mount scorers include: Kathleen Hernon-12 points, Kathy Hodgeson-five points, Marci Bishop-four points and Nancy Rudback-two points.

Fit tips — Homemade fitness

You can get fit simply by grabbing the opportunities for fitness that surround you . . . even in your home.

In the morning, for example, after your shower, exercise with your towel as you dry off. Hold the towel behind your back and do "The Twist." Then hold the towel around the back of your neck and push each arm out as if punching a bag. Add lively music and fitness becomes fun.

Keep standing while you get dressed. To increase body flexibility, tie your shoelaces with teet on the tloor rather than propping one leg up on a chair. Bend your knees as you reach

A few exercises mixed with morningtime activities will make you feel more alive, more ready to tackle the problems of the day. At night, exercise will help soothe stiff or tired muscles. For example, rise up and down on your toes when doing dishes. It strengthens ankle and calf muscles. If you drop your tea towel on the floor, avoid picking it up the regular way. A

lax. But don't just throw yourself into a chair. Back into the chair slowly, then bend your

Fitness opportunities are all around you-at home, work or play. Use your imagination to find them. They help make fit-

tea towel beside your right foot should be picked up with your left hand, keeping your back After washing the dishes, re-

ness fun.

Notes from the Nutritionist

Nutrition Month is. It is the month designated by the Canadian Dietetic Association with its main objective being to promote sound, healthful nutritious eating habits along with physical fitness.

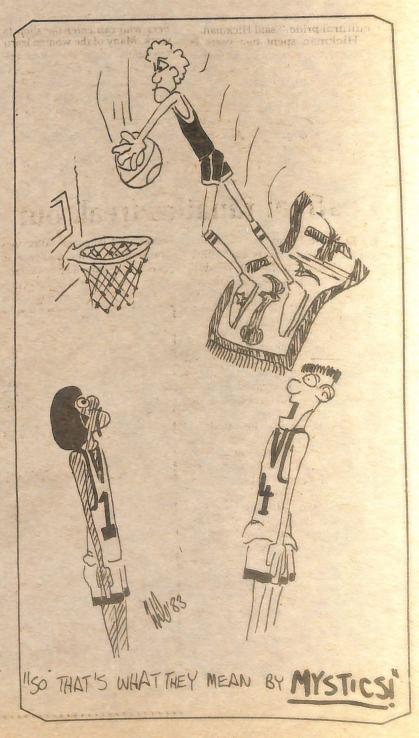
In establishing good eating habits and physical fitness, remember there is no magic formula to good nutrition, it's simply a matter of choosing foods

You may be wondering what , according to the suggestions of Canada's Food Guide. Canada's Food Guide is based on four food groups, each one providing key nutrients necessary for good health. The four food groups include: milk and milk products, breads and cereals, fruits and vegetables, and meat and meat alternates. Within each food group, a certain number of servings are suggested.

The following are the recom-

mended food intakes for university students, 2 servings of milk and milk products; 3 - 5 servings of breads and cereals; 4 - 5 servings of fruits and vegetables; and 2 servings of meat and meat alternates.

Following Canada's Food Guide in combination with physical activity can help you 'Spring into Good Nutrition!!"



U.S. Tory paper founders proud

MONTREAL (CUP)—Dan Polisar's eyes start gleaming and he leans far forward when you ask him what will happen in the U.S. in the next 10 years. He pushes away his companion, Yoram Hazony. "I've got this one," he tells Hazony.

"Abortion is going to be outlawed," he says quickly. Then he adds "except in cases of rape or incest."

"Growth in government spending is going to slow . . . -"

"-We're going to get a balanced budget amendment," cuts in Hazony.

"High tech defences and space defence are going to gain credibility," says Polisar. Polisar and Hazony,

respectively, are business manager and editor of the six-month old Princeton Tory, the "moderate monthly conservative revue" at Princeton University in New Jersey. They spoke to a reporter during their visit to Mon-

tréal as the school's representatives at the world debating championships, held at McGill University.

Polisar and Hazony say they started the Tory because they were frustrated by the Daily Princetonian's "slanted coverage of the presidential election race in favor of the Democrats."

"They write about liberal issues, they are not interested in other perspectives," Hazony said

The two say Dan Rather and other television journalists and stations "support liberalism—the idea that social theorists and social scientists can solve the world's problems."

And this attitude permeates all the northeastern universities, they said. "Academics believe that because the early changes (of the '60's) were good, we should continually have change. But we are a little more moderate," Hazony said.

The Princeton Tory does its best to cover Canadian news. The first issue contained a long article entitled "Tory landslide in the North," as well as a quote from Irving Layton: "In Pierre Trudeau, Canada has finally produced a political leader worthy of assassination."

The Princeton Tory gets 85 per cent of its \$15,000 budget from the U.S. Industrial Council Education Foundation and the Institute for Educational Affairs.



WARNING: Health and Welfare Canada advises that danger to health increases with amount smoked — avoid inhaling. Average per Cigarette — Export "A" Light Regular "tar" 10.0 mg., nicotine 0.8 mg. King Size "tar" 10.0 mg., nicotine 0.8 mg. Export "A" Extra Light Regular "tar" 8.0 mg., nicotine 0.7 mg. King Size "tar" 9.0 mg., nicotine 0.8 mg.