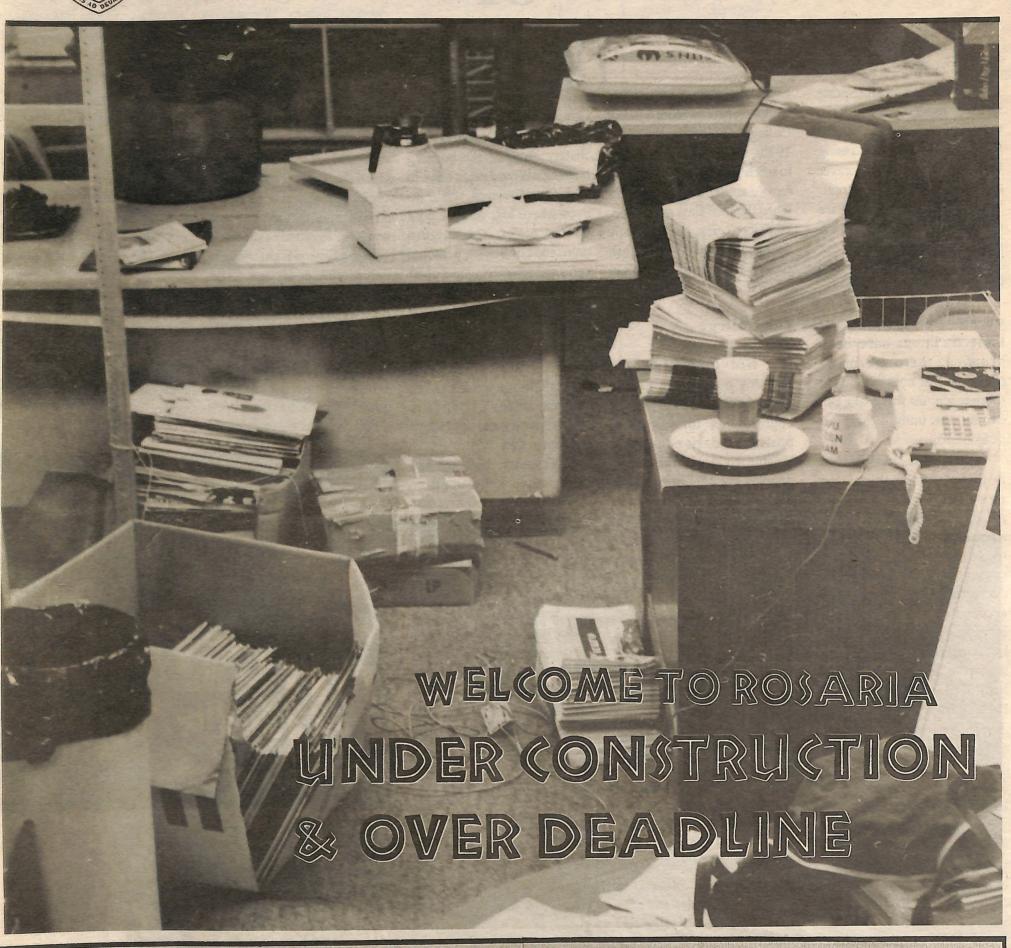


The Picaro

Mount Saint Vincent University

September 12, 1995 Volume 31 Number 01



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History

THEMOUNT

Susan Hennigar

Imagine spending Spring Break in residence filling in the cracks of your intellectual and social education, or passing three days in silence and prayer as part of a students' retreat. Well, believe it or not, these are examples of what life as a student was like at Mount Saint Vincent College, as it was then known, only 50 years ago.

Although today's students are happy some of these traditions have been dropped, there are many practices that continue. It is these traditions that make the Mount the unique learning institution is.

Mount Saint Vincent has a different meaning for everyone. For some it may be a place to learn and expand as a person, for others it is a place to develop friendships and spend four years undergraduate fun. But to fully appreciate and understand this institution of higher learning, it is important to examine its history. Over the past 120 years Mount Saint Vincent has evolved from a small catholic junior school to a well recognized university devoted to the education of women.

The Academy

The Sisters of Charity arrived in the United States in 1808. Later, in 1845, a student of their school in Maryland, Sister Basilia, led a band of Sisters from New York State to Halifax to establish the first convent in the city.

In 1873 the doors of the Motherhouse opened to teach girls in a small private school setting. Named Mount Saint Vincent Academy, students from the Maritimes as well as from provinces throughout Canada and from the North Eastern United States arrived to

gain a good Catholic education. Although Mount Saint Vincent College opened in the early 1920s, the Academy continued to teach primary and secondary female students up until 1972 when the final class graduated. Until its closing, the Academy was one of the oldest English speaking residential schools in Canada.

The College

Not long after the academy opened the Sisters recognized the need to provide opportunities for women in post-secondary education. Unable to grant their own degrees, the Mount signed an agreement with Dalhousie, enabling students to study at the Mount for the first two years of their bachelor degree and to finish up at Dal, at which time the women would be granted a degree from Dalhousie.

In 1925, the Nova Scotia Legislature awarded Mount Saint Vincent College the right to grant its own degrees. This was an important point in the Mount's as well as in women's history; Mount Saint Vincent became the only independent women's college in the British Commonwealth.

At first the college was very small. The first graduating class to receive the new Mount degrees consisted of two women. At that time, and until the 1960s, the Sisters made up most of the faculty. There were visiting professors from Dal, but since the nuns gave their services as gifts to the college it was them who helped the Mount survive through tough economic times

The Fire

In the early hours of the morning on January 31, 1951, a sleeping Mount community was awoken by a blaze that would destroy much of the The University campus, but would claim no lives. Some 400 students and building with no serious harm to anyone. However, while no lives where lost on that cold winter night, there were thousands of books, personal items and priceless works of art that could not be replaced. Luckily, the one thing that the fire could not take from the women was their will and determination.

Within a week classes had resumed at various locations around the city and the students and Sisters left homeless after the blaze had found shelter. Help came from the community, from across Canada and from the United States. Everyone was eager to repay the Sisters and students for all the charity work they had done in the past.

The Motherhouse that now sits at the top of the hill is the replacement of the structure that was destroyed by the flames. The fire did not reach Evaristus Hall, which was under construction in 1951. Classes resumed at the Mount in the fall in the new building.

In 1966 a new charter Sisters escaped the burning was approved by the legislature which changed the name of the school to Mount Saint Vincent University and the following year men were admitted as students. Nineteen Eighty-Eight brought with it another change. The Mount's ownership was transferred from the Sisters of Charity to the Board of Governors.

> evolved to meet the changing education and opportunities for times. Agreements have been women. signed with Dalhousie and other

institutions, allowing students to share facilities and to offering joint degrees. New programs and cooperative education options have also been introduced to meet the changing demands in the market place.

Throughout the last 120 years, the Mount may have changed a lot. Some of the early Catholic traditions have been replaced with pub nights and DUET classes. But what has remained is the Mount's The University has commitment to provide higher





Mount engulfed in flames in 1951. Left: Women's field hockey team in the 1930's.

Above: The

The University Archives



The Lowdown on Rosaria Renovations

Pic Staff

It's the first week of classes - almost a year since renovations were started in Rosaria.

Although Physical Plant is remaining tight lipped about the status of the construction, the Picaro has found out what's being built behind that "Keep Out" sign in Rosaria.

Yes, there is going to be a Games Room, complete with pool tables, video and pinball games. There may even be tables with games built on them, such as backgammon or chess.

The new Vinnie's Pub is almost completed. After the frosh week concerts, workers arrived in the early morning hours to paint the pub. The Pub will be one level, not two as originally planned.

As the resident students have noticed, the cafeteria is not finished yet. The big empty room with the tiles on the walls will become a "food court" with three kiosks, each serving different food. Both resident and off campus

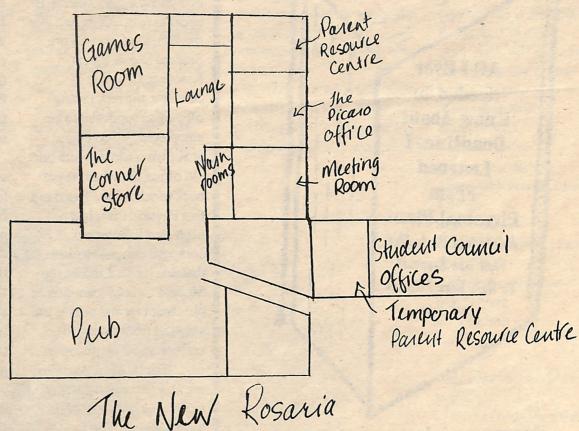
students will be able to take advantage of this after the new debit card system is put in place.

Off campus students can buy a debit card and use it to get food at the cafeteria and the Sacateria. There's also been some talk on having food available at the Pub. We'll keep you posted.

The Corner Store is not going to remain a Corner Counter forever. They have a brand new space on first floor Rosaria. Rumour has it that the new Corner Store actually has the walls up now. Presently, the Student Council offices are being relocated downstairs.

Until the renovations are completed, the Parent Care Resource Centre is setting up in the Student Council boardroom. This temporary location will open up on September 25th.

Will the new one open - who knows?



Obviously this is not a blueprint.
Our apologies to the architect.

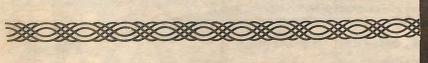
'Cause no news is bad news.

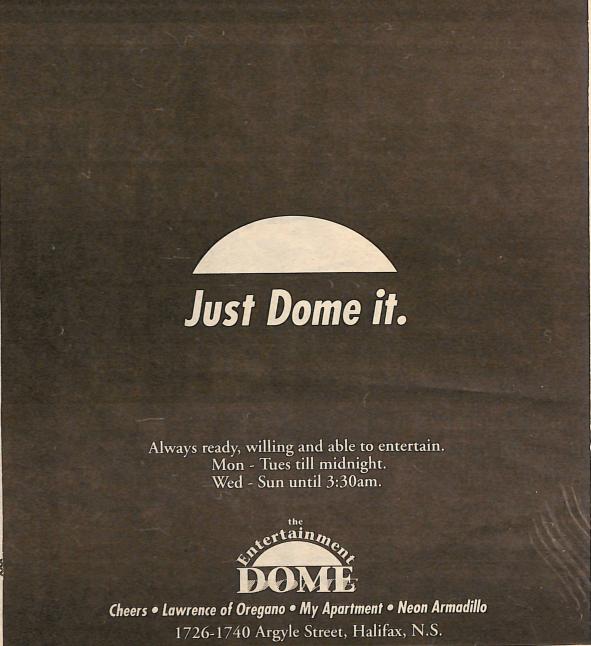
Got a nose for news?

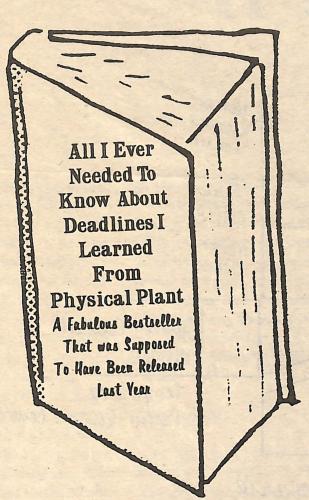
The Picaro is looking for a News Editor and news writers.

Exciting stuff does happen at the Mount, honest!

Drop by the Pic office on 4th Rosaria for more info!







This cartoon is by last year's Editor, Alana Wiens. Isn't nice to know that some things never change?



Got a beef?
Having a Cow?

Write a letter to the Editor!

OR If you are feeling especially wordy, write an opinion piece (not more than 500 words) for our new column

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The Picaro, like the everything else in Rosaria, is under construction. And like the Pub, the Corner Store, Student Union, Parent Resource Centre and cafeteria, the new Picaro office was supposed to be completed by September. O.K., we could live with our old office, but when we got back to school and found out that Physical Plant had neglected to order our computer equipment, well, that was tough. Luckily, the Student Council loaned us an old computer and printer and saved us from having to use

For those of you who are new to the university, let me tell you, the renovations have been going on for a long time. About a year, in fact. It's funny. Here we are at a university, where deadlines are stressed, as practice, we are told for the "real world." It's hard to take that seriously when I'm standing in the middle of Rosaria chaos inhaling dust and paint fumes.

I think Physical Plant needs to learn a new word. D-E-A-D-L-I-N-E. And when was the renovations deadline? Well, a Pic writer tried to get information from Physical Plant, but no one is talking. Their spokesperson isn't giving interviews just yet.

But despite the setbacks, we are looking forward to the school year. New staff, new equipment, new ideas. The Mount has a diverse student population and the Picaro is here to reflect that. We need stories about science, nutrition, education, women's issues, non traditional students, the list goes on. We also have editor positions open for news, features, sports and classifieds. It's a learning experience, the cheapest course you'll ever take at the Mount. No experience is necessary. You just need ideas, interests - and, of course, you need to know the word D-E-A-D-L-I-N-E.

Andrea Bannister



Restrictions apply, for complete contest rules call or visit your nearest Travel CUTS.

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The Picaro
Volume 31 Issue 01



Coordinating Editor
Andrea Bannister

Managing Editor Sarah Jeffrey

News Editor
Position Available

Layout Editor
Shelley Manderville

Arts & Entertainment Editor
Shawn Miner

CUP Editor Ceri Young

Sports Editor
Position Available

Features Editor
Position Available

Classifieds Editor Position Available

Advertising Sales Craig Smith

Proof Reader
Position Available

Distribution Manager Rob Ogilvie

Contributors: Andrea Hurley, Susan Hennigar,

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

Athletic & Recreation Dept.

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

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

The views expressed are not necessarily those of *The Picaro* or its editors.

Staff meetings of *The Picaro* are held every Monday & Tuesday at noon in Rosaria 403.

The Picaro

Rosaria Hall Room 403

166 Bedford Highway
Halifax, NS
B3M 2J6
(902)445-3584
fax - (902)457-0444
email - picarops@linden.msvu.ca



Please Recycle This

The "Pic" Wants You

Sarah Jeffrey

The Picaro warmly welcomes all new and returning students for the 1995 - 1996 school year. There are many activities around the campus for all to enjoy, but we would like to take the time to tell you a little about The Picaro and how

you can become more actively involved.

The Picaro is your student newspaper that is designed to inform and keep the interest of the its readers -THAT IS YOU! How would you like to be part of our

staff? This year we want to make sure that every aspect of our campus is at least mentioned in our paper. It is very important NOT to exclude any part of the university. In this effort we hope that if anyone has any

story ideas and / or would like to contribute to the newspaper, please feel free to do so.

The Picaro is published every two weeks to 2500 keen readers. Copies can be picked up at points around

campus and at Dal, SMU, Kings, and TUNS

Staff of The Picaro is:

Co-ordinating Editor -Andrea Bannister

Managing Editor -

Sarah Jeffrey

Layout Editor -Shelley Manderville

Arts and Entertainment

Editor -

Shawn Miner

Advertising Sales Person -

Craig Smith

Distribution Editor -

Rob Ogilvie

CUP Editor -

Ceri Young

The following positions are still available:

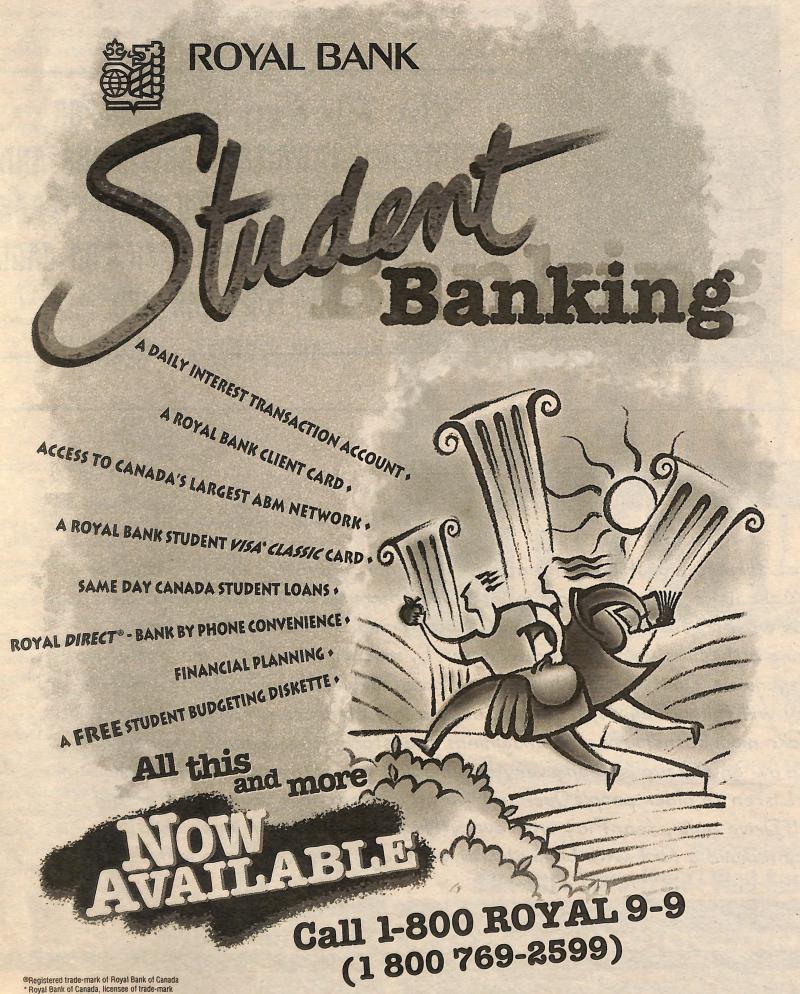
- 1. Event / Classified Editor
- 2. Features Editor
- 3. Proofreader
- 4. Sports Editor
- 5. News Editor

There are a few requirements to be part of The Picaro staff:

- 1. Must be a team player.
- 2. Must attend one of the two scheduled staff meetings.
- 3. Must know how to have fun.
- 4. Must be able to meet deadlines.
- 5. Must be able to accept an honarium for a job well done at the end of each month.

If you would like more details about the above positions or the paper please feel free to drop by our office or call us at 445-3584. We are temporarily located on the 4th floor of Rosaria Centre (1st door on right down the small hallway beside the water fountain).

If you would like to be a part of our staff please see either Sarah Jeffrey or Andrea Bannister. Please have a résumé in hand or a letter expressing any qualifications that would be useful to The Picaro. We look forward to seeing you!



ENTERTAINMENT

Fringe Festivities Shawn Miner

The Atlantic Fringe
Festival presented its fifth
season August 30 September 4, 1995.
Featuring forty-three shows
on nine unique stages, the
Fringe provided an
opportunity to sample a
diverse range of theatrical
genres. Performances
featured dance, voice, drama,
comedy, drama, poetry, and
spoken word.

During the festival, Neil Sampson, the box office manager, said "...people are coming down to find out what's happening and staying" to see the shows. Spontaneity and a sense of adventure are both for Fringe-goers as they partake of the intensity and diversity that is the Fringe.

World Without
Shadows: The Illuminated
Life of Mand Lewis, by
Lance Woolaver and Walter
Borden, delighted the mind
and appealed to the soul as

the life of Maud Lewis,
Canada's most famous folk
artist was articulated through a
dramatic reading of the play.
Using only their voices, the
nine performers finessed the
gorgeous, lush text to create
vivid images of this portrait of
an artist.

The logistics of the Fringe allow startling contrasts to occur. *Human Rituals*, presented by Azzizz Theatre, based in Brooklyn, N.Y., featured spare, stark, bare-

bones theatre. Characters were frequently hindered by societal restrictions and self-enforced expectations.
Throughout the play, I was compelled to examine my own safety-nets. The intensity of this play was both mind-numbing and mind-freeing.
Quite a feat, indeed.

Dance and spoken word melded in *Of Fire and Sword: A Highlander's Tale*, performedby DUODANCE

COMPANY. Combining, thereby transforming Jeopardy!, Scottish history, and Shakespeare, the tale's combination of vibrant intensity and raw energy transfixed the spell-bound audience.

Overall, the Fringe provided Halifax audiences forty-three opportunities for fun and self-discovery. By the

way, next year's Atlantic Fringe Festival is already being planned. If you would like to volunteer or perform at the sixth Fringe, contact Ken Pinto at 902-435-4837.





The Picaro IS Looking for entertainment writers, reviewers and other creative types. You can get free stuff! come up to the pic office or call 445-3584 for more info.

How To Be An Artist

Stay Loose Learn to watch snails Plant impossible gardens Invite someone eccentric to tea Make little signs that say Yes! and post them all over your house Make friends with freedom and uncertainty Look forward to dreams Cry during movies Swing as high as you can on a swingset, by moonlight Cultivate moods Refuse to "be responsible" Do it for love Take lots of naps Give money away Do it now The money will follow Believe in Magic Laugh a lot Celebrate every gorgeous moment Take moonbaths Have wild imaginings, transformative dreams, and perfect calm Draw on the walls Read every day Imagine yourself magic Giggle with children Listen to older people Open up Dive in Be free Bless yourself Entertain yourself Drive away fear Play with everything Entertain your inner child Be innocent Build a fort with blankets Get wet Hug trees Write love letters

FEET ON THE GROUND,

HEAD IN THE CLOUDS

Susan Aglukark

Shawn Miner

Susan Aglukark,
Canada's "best new solo
artist" will be performing at
Mount Saint Vincent
University on September 23
before a sold-out audience. I
recently had the opportunity to
speak to Susan Aglukark and
discuss her life, her music, and
her desire to help all people
"heal together", all of which
weaves and intertwines to the
point that there are seemingly
no separations.

Born in Churchill Falls,
Manitoba and raised in Arviat,
N.W.T., Susan Aglukark's
Inuk heritage, in part, has
provided much inspiration for
the singer/songwriter/
humanitarian's music.
Possessing a voice which is
both knowing and sweet,
Aglukark and her "messagebased" songs have inspired
and enabled uncensored

dignity for her listeners.
Through her sincere music,
Aglukark has honestly
confronted and addressed
issues such as sexual abuse
and suicide, both of which
form part of the "normal stuff"
she confronts in her music.
Aglukark, who says "I've
never been more than I can be
every day" has been able use
her pain to help others and is
truly a noble individual.

However, do not expect Aglukark to toot her own horn. Despite the music and humanitarian awards she has received, Aglukark believes that she is no different from, the "normal, average person on the street". Yet, her latest record, *This Child*, which included the hit songs "O Siem" and "Hina Na Ho (Celebration)" has just reached platinum (one

hundred thousand copies) and *Maclean's*, for example, named her one of "Canada's 100 Leaders To Watch For". Aglukark's proud modesty makes such successes and triumphs powerful.

Being non-judgmental of inspiration, whether prompted by great pain or "cloud formations that trigger a melody", allows Aglukark to touch souls through music. Though aware of "the fine line between pressure and recognition", the subject of "Breakin' Down", the third single to be released from This Child, Aglukark embraces her music knowingly, as joy emanates at the opportunity to share to the word her message, "for all cultures", that "human is the priority".



THE WATCHMAN REVIEW

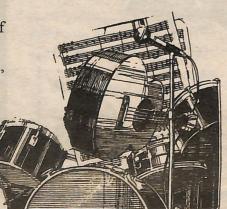
Andrea Hurley

To kick-off another year at the Mount, students gathered at the newly-renovated pub to watch *The Watchmen*, and quite the show it was.

Those who had come to watch and patiently waited as the first act, Blue Meanies launched the opening set. Blue Meanies was fantastic setting just the right tone for the evening's live performances. And as Blue Meanies left the stage, the crowd appeared to be warmed up and had plenty of energy to burn.

From beginning to end, The Watchmen played vigorously, and frenzied the previously hyped-up crowd. Between the slamdancing in "the pit" by the stage and the chanting of "The Watchmen" to incite an encore performance, Mount students laid bare their great appreciation for the talent present.

The only negative part of Frosh Tuesday night was that there were not more people at *Vinnie's*. However, the students who were there made presence and pleasure known.





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PROGRAMS

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WHAT THEY NEVER TELL FROSH ABOUT MSVU

By Ceri Young



Well, it's September again, and you know what that means: dazed looking

frosh walking around campus, looking for classes, looking for the bookstore, looking for an exit to the Seton Academic Centre, which seems to lead you around and around in circles. But I was a frosh once too. I looked exactly the same way. I was confused—there are so many things that you don't know when you get here, but no one ever thinks to tell you.

So I'm going to help all of you first-years out there. I'm going to take you on a tour of the Mount and show you all of the things that everyone but you seems to know. Everything that confuses frosh from the very start...and a few other things that you might not mind knowing about.

We'll start off with the Seton Academic Centre; you may also hear it called "Seton" and "SAC".

The first thing you'll see when you walk in the door is an information desk. Don't ever expect to see anyone sitting there. So far the only information I've ever found there is what got posted on the glass.

To your right you will see the Art Gallery. You can go in and take a look at what's in there any time it's open. Don't worry, it's for Mount Students. You're SUPPOSED to go in and look

There are two ways to get to the upper floors of Seton - the stairs, and the elevator. Only take the elevator if it's absolutely necessary. It's really, really slow...and I have personal

doubts about its safety. The stairs will probably get you there faster and a little out of breath. What the heck, it's good exercise.

On the second floor are the student lounge (those tables out front by the window), the non-traditional student lounge (for MANUS members), and the Sacateria. The Sacateria's two entrances are carefully hidden back by the elevators. One of the doors says "Do Not Enter" but you can ignore that. Everyone else does.



Once you're in the Sacateria, you can buy food...but it isn't really advisable. (You don't know what's in those nanimo bars!) If you start seeing things like 90-watt bulbs in sockets that say "maximum 60 watts", or doors that have an exit sign above them and a "Do Not Exit" sign on the actual door, you should leave as quickly as possible. Be careful not to hit those low-hanging table lights on your way out.

On the third floor you will find the two computer labs. Seton 345 is the VAX computer lab, which connects you to the Internet. (Some courses will give you an account, otherwise you can apply at the Computer Services desk)

The Microlab is just around the corner from the VAX lab. It's mainly used for word processing. You will need your Student ID to get in. It's also used for various classes, so check the schedule on the door before you go in. If you plan on using these computers for typing assignments, don't leave typing until the last minute.

I'm told it gets pretty crowded.

The fourth and fifth floors are where you'll find the entrances to the auditoriums. (For those of you with classes there, I hope you've found them already) The exits at the back of the fourth floor take you out in front of Seton Annex, down the hill from Evaristus.

Back down on the second floor is something that I didn't mention earlier. The entrance to the Link, which connects Seton to the Library. There are "No Eating" signs posted in the Link, but again, these seem to be ignored.

Once you enter the library (also known as the EMF building) you will find the photocopying machines. Yes, I know you've seen photocopying machines before, and they're on almost every floor of Seton, but most of the photocopying machines require that you have a photocopy card.

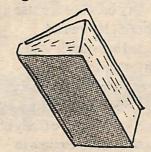
You can get a card in the library, right around the corner from the photocopying machines. I would strongly recommend getting one of these cards. The do come in handy. Bring a loonie and a \$2, \$5, \$10 or even \$20 bill, depending on how much you think you'll want to photocopy. (You can always add more money later.) Whatever you do, don't leave your card in the machine! Trust me, it isn't hard to do.



A note about the library: the books here are, in general, as old as dirt. You can use the computers to find the books you want, which are probably all at another university (Dal, for example). Just so you know.

You can also rent a study carrel/locker at the library. Ask about it at the desk, if you're interested.

Downstairs in the library are the DUET classrooms, and the Computer Services desk. You can register for a VAX account there. Also the lower level of the library is a great place to study. You don't have to have your own study carrel, there are some without lockers above them that you can use, without being asked to move.



If you exit through the back door of the Link, you can walk up the hill to the side door of Rosaria. The floor you enter on is actually the Second Floor. This is where you'll find the Corner Store, gym, and weight room. You can use the weight room free of charge if you're a full-time student. For information about everything else, ask at the information desk, or the Athletics and Recreation office at the end of the hall.

On the third floor, to the left of the stairs, you'll find the tunnel to Evaristus. Just walk through the doors on the right side of the hallway. If you walk straight down the hall, you'll find the lobby of the Assisi residence. You can get lockers here.

The Mount's bookstore is also on the third floor, for those of you who didn't need books and therefore haven't already found it.

The fourth floor contains the soon-to-be-moved (we hope) Student Union and Picaro offices. (Eventually they'll be on the second floor, along the hallways that's closed for

construction right now) If you want to help out at the Picaro, just stop by for a staff meeting Monday or Tuesday at noon, or whenever the door's open.

Moving on up the hill to Evaristus...On the first floor you will find a second VAX computer lab (usually less crowded than the one at Seton). The Mount's student employment centre and the Financial Services office are on the second floor. (Yes, this is where you find the people you give all of your money to)

Back down the hill in the Seton Annex is the Registrar's office. If you don't already have a student ID, you can get one here. If you have to register for or drop courses, this is where you do it. It is NOT, however, where you get your student ID renewed. (Just to make things difficult for all of you second-year students) You have to go back up the hill to Financial Services for that.

As you walk around campus in the next few months, keep an eye out for the "Closed for the Winter" signs that will appear on various paths. Remember: those signs are there for your safety... even though the iciest paths never get closed. If you're worried about the ice, you can scoop up a handful of salt and take it with you...it'll be everywhere. Here at MSVU, we don't have snow drifts, we have salt drifts.

That completes our tour of the university. I hope it's been helpful. I know what it's like not to know. I was a frosh once too.



CAMPUS INTRAMURALS:

All programs run on a drop-in basis and are <u>Free</u> for Mount students and members. A small fee will be charged for tournaments.

MONDAY

12-2pm Badminton
3-4:30pm Manus
(activities begins Oct.2)

TUESDAY

12-3pm Badminton
8-11pm Badminton Club
WEDNESDAY

12-2pm Badminton
3-4:30pm Co-ed Indoor
Soccer

THURDAY

12-3pm Badminton 8-11pm Co-ed Volley-ball FRIDAY

12-1:30pm Badminton 1:30-3pm Pick-up Co-ed Volleyball

3:15-5pm Society Challenges

SUNDAY

5:30-7:30pm

- Men's Basketball Leagues, begins Sept. 24th 7:45-11:45pm

- Co-ed Volleyball Leagues, begins Sept. 24th

MOUNT MYSTICS

The Mount athletic teams are known as MOUNT MYSTICS. The teams compete within the Atlantic Colleges Athletic Association formally the Nova Scotia Colleges Athletic Association. There are currently 10 members schools of the ACAA including Nova Scotia Teachers College, Nova Scotia Agricultural College, University of New Brunswick at Saint John, Mount Allison University, Saint Thomas University, Technical University of Nova Scotia, University of Kings College, Universite Sainte Anne. What is a MYSTIC you ask? A number of years ago with the opening of Rosaria Hall and the new Athletic/Recreation Facilities, the university held a competition to choose a new

name for these teams.

The new name selected was MYSTICS. But just what is a MYSTIC?

"Down through the ages a Mystic has been a seeker of truth. Our athletes seek that same truth through athletic excellence."

Our athletes are a group of dedicated individuals who represent their university to the best of their ability, attend all team practices and games, participate in fundraising projects while carrying a full course load and maintaining good grades.

Our coaches are also a group of highly trained, dedicated individuals who coach for the love of their sport and who recognize the positive effects of participating in athletics. They give freely of themselves and their time to ensure their athletes have a positive and rewarding experience as it was for them. This combination of dedicated athletes and coaches has made the MYSTICS a competitive force in the past and this year will be no exception.

Check out the tryout schedule and become a part of the team either as a player or a fan. It's a great game being played out there within the ACAA. Don't miss it!

MSVU MYSTICS TRYOUTS

The Mount Saint Vincent University MYSTICS compete within the Atlantic Colleges Athletic Association in five sports. The teams have been very successful in the past in their bids for provincial titles as can be seen by the number of banners hanging in the gymnasium. This year should prove to be another competitive year as the teams get set to hold tryouts. All fulltime students are eligible to tryouts for our varsity teams on the following dates: WOMEN'S SOCCER' Camp Sun Sept 10 10am-12noon & 2-4pm

Mon Sept 11 4:30-6pm (meet at 4:15pm) Tues Sept 12 4:30-6pm (meet at 4:15pm)

MEN'S BASKETBALL Wed Sept 20 8-9:30pm Coach: Rick Plato Fri Sept 22 4-6pm Tues Sept 26 6-7:30pm

WOMEN'S BASKETBALL Mon Sept 18 4:30-6pm Coach: Patsy Pyke Wed Sept 20 6:30-8pm Mon Sept 25 4:30-6pm

WOMEN'S VOLLEYBALL Tues Sept 26 4:30-6pm Assist Coach: June Lumsden Wed Sept 27 5-6:30pm Fri Sept 29 4-5:30pm

BADMINTON Tues Oct 10 4:30-6pm Coach: Mike Hingston Fri Oct 13 5:30-7pm Sun Oct 15 3:30-5pm

If you have any questions please contact the Athletic/Recreation Office in Rosaria just off the gymnasium or call 457-6420.

Join the winning tradition...the time is right to be a MYSTIC

More about the facility and services:

GYM: 1 Basketball
Court 2 Volleyball
Courts 4
Badminton Courts
Recreational Programming,
Intramurals, Instructional
Classes, One to One Weight
Training, Over 25 Fitness
Classes/Wk, Fitness
Appraisals, and Worksite
Wellness Programs.

WEIGHT TRAINING & CONDITIONING CENTRE:

State of the "art" equipment. Treadmills, Stairmasters, Lifecycle, Free weights and stations, Professional Staff, Exercise Room and Dance Studio.

HOURS:

Mon-Thurs 7:30am-10pm Fri 7:30am-7pm

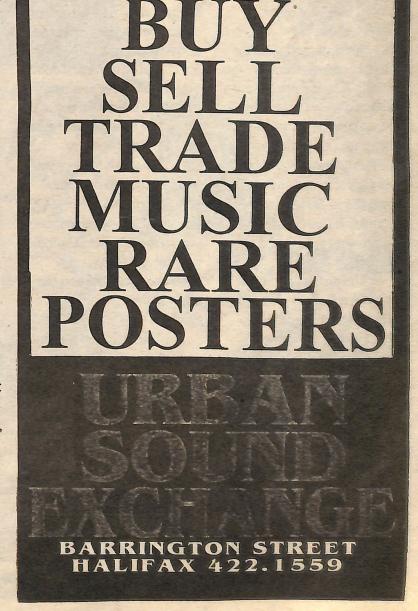
Sat 9am - 5pm Sun 1Pm - 10pm



ATHLETIC/RECREATION
UP-COMING EVENTS
SEPTEMBER 13-20 1995

WED. 13TH, THURS. 14TH 11:30-1:3PM0: STUDENT INFO FAIR, SETON THURS. 14TH, 7:00-9:30PM: WEN DO (WOMEN'S SELF DEFENCE) FREE INFO NIGHT, MOTHERHOUSE **GYM** THURS. 14,8:10-9:30PM KARATE BEGINS. MOTHERHOUSE, FIRST **CLASS FREE** FRI. 15TH, WOMEN'S SOCCER UNBST AT MSVU AT SMU FRI. 15TH, 8PM: TGIF MOVIE NIGHT; SETON **AUDITORIUM** SUN. 17TH: WOMEN'S SOCCER TRYOUTS TUNS AT MSVU AT TREMONT SUN. 17TH, 6:30-7;30PM: PARTY & SOCIAL DANCE BEGIN, ROSARIA EXERCISE RM. OFF GYM

MON. 18TH, 6:30-8:30PM: YOGA BEGINS, MOTHERHOUSE, FIRST CLASS FREE MON. 18TH, 8:10-9:10PM: ADULT JAZZ DANCE BEGINS, ROSARIA EXERCISE ROOM, FIRST **CLASS FREE** TUES. 19, 10:45-11:45AM: TAI CHI BEGINS, ROSARIA EXERCISE RM., FIRST **CLASS FREE** WED. 20, 12:05 12:55PM: YOGA BEGINS, ROSARIA STUDIO OFF GYM, FIRST **CLASS FREE** WED. 20TH, 4:00-5:00PM: ATHLETIC/RECREATION SOCIETY MEETING, STUDIO, ALL WELCOME WED. 20TH, WOMEN'S & MEN'S BASKETBALL **TRYOUTS**



2222222222222222222222222 eat on the

cheap

Andrea Bannister

Whether you are new in town, or just don't get out much, here's some places you might want to try.

The Mediteraneo Restaurant on Barrington Street serves ethnic food, like falafels and tabouli and for the less adventurous. North American food at low prices. You can get a delicious falafel sandwich for just over \$3. They also have combination plates if you want to try a little bit of everything.

If you're on Quinpool Road, skip McDonald's and head to Hungry Harry's across the street. They have hamburger & fries for \$3.99. You also get unlimited amounts of pickles, bread and coleslaw and your choice of beverage (including draught). Hungry Harry's has nightly "All-you can eat" specials for example a roast chicken dinner with all the trimmings.

Peddler's Pub in Historic Properties has great nightly specials with the purchase of a beverage. They also have an Italian buffet every Wednesday night for only \$3.99. For big meat eaters, they have "man sized" steaks at low prices.

Next Picaro submission deadline is WED. SEPT. 20

THIS SPACE FOR RENT!

It's free! Societies, send us your meeting notices. Students, do you have a message for our personals or something you want to sell? Drop it off at the Pic office, marked Attn: Classifieds by Wed. Sept 18. This is your newspaper!

Parent Care Lounge

is looking for volunteers to help with children 1 to 4 years old. Child & Youth Studies students, this is a great way to get volunteer hours (1 to 2 hrs a week minimum). Contact Tracey Cochrane at Student Union at 457-6123 for more details.

The History Society's first meeting! Wednesday Sept. 13th. Elections will be held.

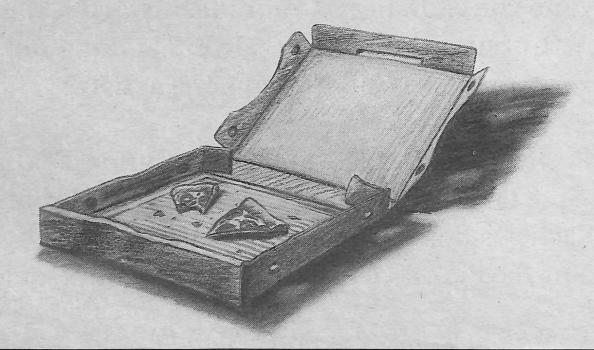
DUMB LOGO OF THE WEEK



Can everyone say "seventies?" This week's award goes to a logo you may recognize. This logo, designed in 1971, belongs to none other than the Mount! Our staff was curious about the meaning behind this symbol. From the Mount's identity sheet: "The symbol, skillfully combines the letters "M" "V" and "U" to provide a distinctive pattern that is both visually appealing and easily remembered. The circles above this pattern immediately adds warmth and the awareness that the symbol portrays as well. This, it was felt, was the essence of a university; young people, alert people who are working together towards common objectives." Who knew?

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Your school. Your newspaper. Your voice.

What do you want? Let us know. This is MSVU's newspaper, here to reflect your views, your interests, your voice. Bring us your ideas, stories, comments and questions. The Pic is always looking for writers, photographers, artists.

Positions are available for News Editor, Features Editor, Sports Editor, Events/Classifieds and Proofreader. \$\$ Each position has an honorarium \$\$. To apply, please drop by the Pic office on 4th Rosaria with a resume or letter.

Staff meetings are every Monday and Tuesday at 12. Everyone is welcome.

The Picaro