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Volume 30, Issue #1

Mount Saint Vincent University

Early September

The Picaro

Inside:

Vinnie's closed for good.

Hemp: The World's Most Valuable Resource

Surviving life in residence.



Former Mount Student Reaches New Heights

Jay Perry, pictured above, displayed his talents at this year's Atlantic Earth Festival, last Saturday. Perry was a part-time student at M.S.V.U. last year.

Mount Saint Vincent's Official Student Newspaper for the past 30 years.

2 / Editorial Page

The Picaro encourages submissions from all members of the university community. Letters to the Editor will not be considered for publication, without a name and telephone number.

The *Picaro* is once again the official student newspaper of Mount Saint Vincent. In October, you will be asked to vote on the fate of your paper. A referendum is scheduled for October 17 & 18. When you go to the polls, remember that we are your only voice on campus.

Any student newspaper is only as good as the individuals involved. We encourage everyone to help

out. We need your ideas, and your creative input in order to make this the best paper we can.

If you are interested in writing, editing, lay-out, photography, or the stardom involved with being a staff member, come to our General Meeting....

Please.

**Tuesday
September 20th
12:00 noon**

Are you planning to opt-out of the Student Health Plan?



Here's the
Top 5 List



of Reasons not to:

- 1 The Student Health Plan offers benefits that have been specifically designed to meet the needs of students - your needs. Better double check your benefits to make sure you aren't missing out on important coverage.
- 2 The Student Health Plan is completely confidential - no one will know what medical expenses you are claiming, or why.
- 3 The Student Health Plan reimburses YOU directly, for any medical expenses.
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- 5 The Student Health Plan helps those students most in need. By everyone paying a little, you can reduce the costs for students with need.

The Student Health Plan is your Health Plan



The National Student Health Network
Le Réseau national d'assurance-santé étudiant
A service of the Canadian Federation of Students
Un service de la Fédération canadienne des étudiants et étudiantes



The Picaro

Volume 30, Issue 1

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The *Picaro* is a bi-monthly newspaper published for Mount Saint Vincent University students by the *Picaro* Publishing Society.



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 a libellous, racist, sexist, or homophobic nature.



Submissions may be dropped off at the *Picaro* office, 4th floor Rosaria, or mailed to:

**The *Picaro*, 4th Floor Rosaria
166 Bedford Highway, Halifax, NS B3M 2J6
Phone: (902) 445-3584**

Price Tag Rises For Mount Students

by Colleen Trevors

The 1994-95 academic year will cost a full time Mount student more than \$3,000.

Ultimately, it is tuition which causes the greatest depreciation of a student's bank account. However, a close look at a student's receipt points to other items which will rack-up the bill, specifically Student Union fees.

The Student Union represents Mount Saint Vincent's student body and is its voice.

It provides financial and administrative support to all societies and institutions on campus, such as the Parent Care Lounge and M.A.N.U.S. In addition, the Corner Store and Vinnie's Pub operate under the Student Union. Each of these services has a cost, which this year, totals \$100.

This year's Student Union executive are faced with a \$150,000 liability from past student governments.

An ancillary charge of

\$2 per half credit to a maximum of \$20 per year has been implemented this year.

"This is a one time levy," Joe Stroltz, President of the Student Union said. "It will allow us to cut costs,

but at the same time provide services to Mount students. By the end of this year, the Student Union is aiming to be a stable financial institution."

The Student Union medical insurance is next on the list of costs for students; totalling \$164.28. Students with other coverage may opt out of the plan up until September 30.

The Learning and Leading Campaign adds another \$15 to the tally. In its final year, the campaign was established to provide materials for students' courses.

One final debt that most students pay is Financial Services' Installment Fee. Tuition must be paid in full or students pay this \$25 charge to divide payment.

"This year's Student Union executive is faced with a \$150,000 liability from past student governments".

New "Student Social Centre" In the Works

by Colleen Trevors

Vinnie's Pub closed its door permanently on September 10. The popular campus bar will be undergoing major renovations and a name change this term. By year-end Mount Saint Vincent will boast a new "Student Social Center".

"This will be a place students can get away from the pressures of university to relax and take it easy," said Scott McKay, General Manager of the Student Union.

Construction of the centre, has begun with the aid of a government grant.

"The top floor will be the games room. It is going to be bigger and better than it ever was," McKay said. Alcohol will only be served on the first floor.

"It will encourage a social atmosphere that is not surrounded by alcohol,"

Students will once again be able to smoke in the pub after the renovations are completed. "We lost approximately 55 percent of our business because of no smoking," McKay said. To

stay competitive we must have it. That's why we are getting the new ventilation system."

The "Social Center" will have a great deal to offer the Mount. Isabelle Roger, an R.A. at Evaristus agrees. "It will encourage a social atmosphere that is not surrounded by alcohol," she said. "Students can go and enjoy themselves at the games room if they don't like to dance or drink."

The doors to the centre may not open until December leaving some students looking elsewhere for jobs and entertainment.

"I think resident students will turn to their resident assistants and to the resident council for some of their activities or entertainment," Roger said.

Vinnie's employed approximately 25 students on a part-time basis last year. Kevin Fraser, the DJNn-House Technician, says that the closure will hurt the employees' pocket book. "But when the place opens," he said, "it's going to be a better place to work and an absolutely fabulous place to hang-out."

There is a change to the drug portion of your Health Plan.

Find out about the Student Managed Drug Formulary.

**Contact:
the Students' Union
4th Floor, Rosaria
Centre
443-4224**

Be a part of your student newspaper.

***The Picaro* has the following positions available for the 94-95 Academic Year:**

**Distribution Manager
Office Manager
Layout Editor
Classified Editor**

Our first meeting of the year is Tuesday, September 20th, at 12:00 noon in the *Picaro* office.

Fourth floor Rosaria.

Nifty Things To

by Andrea Simmons

To someone who has lived in Halifax all of their life, this may not seem like an exciting city, but to a newcomer, it can be a blast. With, what seems like an endless supply of cafes, bars, and restaurants, there is always something to do. But how do you choose where to shop, eat, or go on a Saturday night? I'll give you a quick run down of some of my favourite places in Halifax.

Cinema:

The ever popular Empire Theatres are everywhere (Bedford, Parklane, and Dartmouth), and a good place to go when you're not sure what you want to see, as there is always a great variety.

For the more adventurous, I'd recommend Wormwood's Dog and Monkey Cinema, on Gottingen Street. They show a number of rare domestic, and foreign films, and sometimes rerun popular mainstream movies. Prices are designed with the student in mind, with a student membership at only \$10.00, and admissions for members, around \$4.00 any night. I would also recom-

mend that theatre buffs check out the Atlantic Film Festival (See article on page 8).

Cafés:

For all you non-smokers, you'll enjoy the Trident Booksellers and Café, located at 1570 Argyle Street. The Trident has many hot and cold coffee beverages, as well as tasty tea treats, and yummy Italian Sodas, and yes, you can also buy books there.

Another fun place is Café Rotterdam, at 1717 Barrington Street. You'll recognize it by the bicycle in the window. Apparently they always have a wide selection of flavours, and nifty local art on the walls.

The Khyber Café at 1588 Barrington Street, is the cheapest café in town. I mean this in a good way. You'll get lots of coffee, and tasty Mrs. P's oatcakes all at a great price. The building also houses a few independent art galleries. On the weekends, The Khyber is also a venue for local bands.

Snacks:

I recommend the Apple Barrel, at Argyle Street, for those with large appetites.

The finger foods menu is cheap, and the portions come in three sizes big, bigger, and huge. Find a friend and check out their Barrel Buster Combo. A good place to go for a late night snack, as they are open 24 hours.

For a light lunch or a hearty meal, try the Granite Brewery at 1222 Barrington Street. In historic surroundings, you can enjoy all kinds of goodies, and beer brewed on the premises.

Just a short stroll from campus you'll find the best bagels in Halifax. Bagel Works, at 271 Lacewood Drive (in Clayton Park), has tasty soup, and a great assortment of bagels, Pumpernickel Works are my favourite. Try their flavoured cream cheese.

The Chicken Zone...

Two of the best places to find chicken are The Chicken Burger, on the Bedford Highway, and Kenny Rogers Roasters, on Kempt Road. The Chicken Burger, is an old style take-out diner, with the best cream soda slushies in the world. Don't expect any deep fried chicken burgers, their's are chunks of fresh chicken in a special sauce on a burger bun.

Do In Halifax

Kenny Rogers Roasters, is a recent favourite. The staff wear t-shirts that say "Eat no evil", meaning no fried foods here. Their chicken is wood roasted, and you won't find a french fry in the joint. All their side dishes are healthy salads, and veggies. The only downfall is that you may hear Lucille a few times over dinner.

Nightlife:

One place I'm sure everyone can enjoy, is **The Seahorse**. Cheap draft, no cover charge, and a diverse crowd, make this a popular spot. Church pews carved with a variety of names, loud retro rock and pool tables you can't get near, all add to the atmosphere. One hint, don't order the white wine, it's lethal.

For the dance crowd, two popular joints are **The Studio**, and **Rumours**. **Rumours**, is a private club located on Gottingen Street, which is operated by GALANS. **The Studio**, on Barrington Street, caters to a mixed crowd, and primarily plays quasi-underground dance, and popular tunes.

Mount favourites include Jerry's Pub on Bruns-

wick St., J.J. Rossey's, Brandy's, **The Lower Deck** and **The Palace**. Keep an eye out for Society Pub Crawls. They're a great way to see several bars in one night, and a meet others in your discipline.

Birthday Season on an Empty Wallet:

It seems like everyone's birthday happens at once, which can take a toll on a student's wallet. Fortunately, Halifax has a variety of great gift finding shops for the financially challenged.

My favourite is **The Black Market**. They have lots of jewellery, hand dipped candles, beads, books, and clothing.

Another great place is **Beadworks**, a bead and jewellery supply store. The staff are very helpful, and you'd be surprised at what you can make for great prices.

Discord, **Taz**, and **The Urban Sound Exchange** are places to check if you're shopping for music buffs. Second-hand CDs and cassettes are reasonably priced. **Discord** is a great place to find local releases.

Miscellaneous:

Keep your eyes peeled for a wide variety of interesting events. Theatre productions, concerts, symphonies, and dances are sure to pop up throughout the year. Watch for Campus Entertainment acts throughout the year. I'm sure that you will find that there will be plenty to do once school is back in full swing. If not, you might consider volunteering for a worthwhile organization.

The Picaro

General Meeting
Tuesday
September 20
12:00 noon
at **The Picaro**
office, 4th floor
Rosaria.

Career Corner

Submitted by The Career Placement Centre

What? A consistent location to find information on upcoming employment opportunities, career-related tips and special events.

Career planning workshops are being offered by the Career Placement Centre to assist students in their career development. They include:

- The Spotlight is on You: Self-Assessment a Must
- Mapping Your Career Direction: Making Decisions
- Researching Career Options and Alternatives
- Orientation to Career Planning Assessment Tools
- Setting and Working Towards Goals
- Creating a Dynamic Resume
- Recession Proof Your Job Search: Making the Transition
- Handling the Interview Effectively

For more information about these workshops call 457-6567 or visit the Career Placement Centre in Evaristus 231.

The registration deadline for first term is September 23, 1994.

Watch out for employment listings in the next issue.

Surviving Life in Residence:

Tips From Veterans

Compiled by Sandra Webb

Laundry - when is the best time to do it?

"Go first thing in the morning. Keep your quarters, for laundry, the bus, the vending machines. Hoard those quarters." *Monica, second year*

"Don't leave your laundry alone. Stay with your laundry." *Nicole, second year*

Taking the bus:

"Know exactly when it's coming and be there five minutes early." *Marsha, second year*

Urban Living:

"Be careful." *Marsha, second year*

"Make sure you are on the right side of the street to catch the bus you want to go on." *Angela, third year*

Help, Not More Mr. Noodles:

"If you're not gonna have time to go to lunch, get a bag

lunch." *Nicole, second year*

Buddy System:

"Never go anywhere by yourself, so many things can happen." *Beverly, second year*

"No one should walk through the woods at night alone." *Nicole, second year*

The Technology Age - Borrowing a VCR:

"Do it early, at least two weeks before." *Angela, third year*

Making Friends:

"Make friends your first day. Be friendly. You have to introduce yourself to them." *Beverly, second year*

"Call home if you're homesick. It's amazing how friendly people are if you just say hi. Don't let anyone intimidate you, just go out there and go for it." *Shevette, second year*

"Go to different societies and get involved in the univer-

sity. The more people you know, the less you are going to miss home." *Trudie, second year*

You have to remain open minded to other people's actions and values." *Amanda, third year*

Friday Nights - Too Young To Bar-hop, Too Old For Twister:

"Go to the mall, or go bowling, or to a movie." *Trudie, second year*

"Be creative. Go visit Dalhousie, or Saint Mary's. Meet all kinds of new people. Go for cheesecake at LaCave." *Sheri, fourth year*

Sharing a room:

"You have to give and take." *Amanda, third year*

"You have to be yourself, if you're not, people will see through that. You definitely have to have a sense a humour. When you are living with other people you have to compromise. When you

are living in residence sharing qualities come out." *Susan, second year*

"Don't stay with your roommate if you don't like her, you won't make it. You'll go crazy." *Nicole, second year*

Studying:

"Try to find a quiet place. I can't focus in my room." *Nicole, second year*

"Forget about studying in your room. Everybody else will just walk in and ask you what you are doing. You won't get anything done. First floor EMF is probably the quietest place to study." *Sheri, fourth year*

Miscellaneous:

"Go with two or three other people to the grocery store and share a cab back." *Amanda, third year*

"If something is broken make sure you write it down in the complaint book. That's the only way it will get fixed." *Linda, second year*

The Mount At First Glance: A Frosh's Perspective

by Heather Smiley

When I walked into my residence room in the Birches, I almost dropped. I was so excited, and my room even had a rug. Atmosphere is very important when you're getting acquainted with your new space.

The warmth of the room, the intricacies of the campus and the friendliness of the other students all make living at The Mount very intimate. There's an acceptance I feel here that I've never felt before.

When I look out my window there are pretty trees and the peaceful duck pond, which I've discovered has big gold fish to keep my ducks company.

Other transfer students,

like me, and even the frosh are warm and reassuring. It's the level of maturity that's different here. Everyone I've met, girls and guys, are responsible.

The most difficult thing to find in the world today is respect. Here, it seems, people respect one another with no questions asked.

To complete the picture, I must mention the classes. On top of their small size and the excellent reputation of the programs offered, the professors are amazing. During my academic advising I mentioned to a professor that I wasn't going to write the math placement test and planned to take the non-credit course to learn what I thought I didn't know. She told me to take the test because I would probably have no problem. I took her advice and she was right. She gave me the boost of confidence I needed to believe in myself.

I think The Mount will provide a wonderful environment. I hope my first impressions are not mistaken perceptions. Maybe those ducks are really zombies and the fish are prehistoric piranhas. But I don't think so and being here is really good, I know I need to be.

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We're Back!

The Picaro 30 Years Strong.

Film Festival Line-Up Looks Promising

September 23rd to October 2nd

by Andrea Simmons

With over 120 films and videos, several workshops, receptions, and special guest appearances, the Atlantic Film Festival is shaping up nicely.

Films range from Atlantic works, to international greats from Germany, Denmark, and the Cameroons. "This year, besides the best of Atlantic and Canadian work, the Festival has expanded to include many very fine international offerings," says Connie Moffit, Festival Director. "Because of the travel grant

from the Cooperation Agreement, we were able to find some of the best films in the world, to meet the people who made them, and lure them here."

A complete Festival catalog will not be available until September 16th. Festival highlights include Canadian gems such as the world premiere of *Tokyo Cowboy*, an off-beat comedy from the west; the moving *Henry and Verlin*, directed by Gary Ledbetter and based on short stories by his

father Ken Ledbetter; and Vic Sarin's *Trial at Fortitude Bay*, a film about justice in Canada's north.

Local offerings include: Bill MacGillivray's latest, *For Generations to Come*; a unique documentary by Barrie Dunn called *Bernie's Going to Hollywood*; and the Disney film, *Squanto: A Warrior's Tale*, shot in Louisbourg with many local people.

International films include: the Oscar-nominated *Hedd Wyn*, from Wales; and

the Japan-National Film Board co-production of *Tibetan Book of the Dead*, exploring the ancient wisdom of life and death.

Several directors and actors will be on hand to discuss their work.

Admission is \$7 for regular screenings and \$10 for the opening and closing galas.

For more information about screening locations and times, call the Film Info Line at 422-6965.

A Good-Bad Psychology Experiment from St. John's

by Andrea Baldwin

The Picaro staff took a break from laying out this issue and went to the fourth Atlantic Earth Festival. We discovered a great new band from Newfoundland, who call themselves Albert Fayth.

The hard rock-blues quartet from St. John's have been playing together for 14-months, but all come from other musical backgrounds.

Singer-bass player Ken Fowler explains the story behind the name Albert Fayth. "Little Albert was part of a bad psychology experiment and he



never recovered, even as an adult. Check your Psych 1000 book."

Their album entitled, "Albert Fayth - Volume One" was released last October. They were nominated for band of the year at the East Cost Music Awards, even though their album

had only been released a month previously.

Albert Fayth played in Vancouver and showcased at the Juno's in Toronto. While in Halifax for the Earth Fest they played two nights at the Double Deuce.

Graham Hooper, who

books bands for the Double Deuce, saw Albert Fayth at the Canadian Organization of Campus Activities showcase. He thought they were a talented new band, and wanted to bring them back to Halifax.

Fowler's brother Barry, who plays guitar and sings, writes all of the band's songs. All four members are Newfoundland natives, including Ian Birmingham on vocals, and drummer Bill Kearney. They are heading back to the studio next month to record their second album.

The Ripped Ticket

by Rob "SLIDER" Ogilvie

Here is a look at some of the movies that dominated the big screen this summer, and are still playing.

John Grisham's latest adaptation of book-turned-movie is The Client, starring Tommy Lee Jones (Blown Away) and Susan Sarandon (White Palace). This movie, not as flashy as his previous two, is well written, and well acted. The story is not too congested. It's worth seeing just for Jones' portrayal of a egomaniac lawyer, who wants to be governor.

Grade: B-

The Mask is Jim Carrey's second feature film. This film is a showcase of Hollywood's special technological advances and that's it. If you liked Roger Rabbit you probably will love this. Unfortunately, I didn't. Those expecting another Ace Ventura: Pet Detective will be a tad disappointed.

Grade: C-

True Lies is the latest offering by action director guru James Cameron. It stars Jamie Lee Curtis (A Fish Called Wanda), Tom Arnold (the guy who hung off of Rosie's arm, and of course the big guy Ah-nold. This movie is full of non-stop, excellent special effects. It also offers the best laughs of any movie this summer, with contributions from Bill Paxton, and the funny Tom Arnold.

Grade: B-

I saw the late John Candy's, Wagons East, basically because it was his last movie. What a mistake. This is undoubtedly the worst movie of the summer. The only laugh in the movie, is shown in the preview. Save your money and remember Candy for some of his best work (SCTV, Planes, Trains, and Automobiles, Uncle Buck, and Only The Lonely).

Grade: F

The best movie you could possibly see right now is Oliver Stone's Natural Born Killers, based on a story by Quentin Tarantino (who directed Reservoir Dogs and True Romance). Juliette Lewis (Kalifornia) and Woody Harelson (White Men Can't Jump) star in this road movie, which follows the exploits of

two psychopaths as the media makes heros of them. This is obviously Stone's interpretation of how violence in the 90's is perceived by the general public and the media. However, there are a lot of truths in his exaggerated characters (i.e. Robert Downey Jr. plays a Geraldo-Hard Copy type). There is also a great supporting cast including Tommy Lee Jones and Rodney Dangerfield. This movie is one of the many new NC-17 rated versions, so if you want the best version, wait for it on video.

Grade: A-

Clear and Present Danger is Tom Clancy's third movie detailing the life and trials of F.B.I. agent Jack Ryan, played by Harrison Ford (Regarding Henry). The movie has Ryan trying to stop a Columbian drug

deal, while his own government is seemingly working against him. This movie is the best of the series.

Grade: B

Trial By Jury starring Joanne Whalley-Kilmer (Storyville), Armand Assante (Mambo Kings), and William Hurt (The Doctor) is a simply contrived story about a mob boss on trial, and his efforts to intimidate and influence the jury. Assante's character is believable, but other than that, this movie is weak.

Grade: C

Andre, Lassie, and The Little Rascals: as if!

Do you enjoy reading,
watching movies, or listening
to music?

Why not join The Picaro's Arts and Entertainment Staff. For more information, stop by The Picaro's office (4th floor Rosaria).

Get involved in your student newspaper. *The Picaro*, 30 years strong.

Hemp:

The World's Most Valuable Natural Resource

by Andrea Baldwin

Food, clothing, shelter, fuel, paper, plastic and medicine are some of the 50,000 commercial uses of hemp. Yet the government won't legalize its growth in Canada.

"The hemp plant is like a complex thread that weaves through the rich tapestry of history," says Chris Conrad, author of *Hemp - Lifeline to the Future*.

Cannabis hemp was used in prehistoric and ancient times in Africa, Asia and Europe. It is believed that Christopher Columbus brought the first hemp seeds to North America in the late 1400s.

First grown along the banks of the Nile, Tigris and Euphrates, hemp was cultivated for textiles. Ancient Chinese pottery fragments have also been found decorated with strips of hemp cord.

For thousands of years the world's linens were made of hemp even more often than flax. In fact, the first pair of Levis jeans were made from hemp.

French philosopher Francois Rabelais wrote

about hemp in *The Histories of Gargantua and Pantagruel*, "Without it, how could water be drawn from the well? What would scribes, copyists, secretaries and writers do without it? Would not official documents and rent-rolls disappear? Would not the art of printing perish?"

Viking artifacts show cloth and fishing line made of hemp. Legal documents and copies of The Bible from thousands of years ago are still intact today because they were written on hemp.

Halifax's Black Market Boutique on Grafton St. began to import hemp from Thailand in April. Their stock arrived later than

planned because it was held up at Canadian customs. The store's manager, Belinda Tynes, says the Black Market began to import hemp because it is such a smart product. "It a very durable natural fabric and it makes environmental sense."

Hemp costs about \$18 a meter to buy overseas. This makes clothing and paper made from hemp more expensive than products made from flax, cotton or tree pulp. Tynes says it's worth spending the extra money because hemp is so durable and seems to last forever.

It is illegal to grow hemp in Canada, but a few farmers in Ontario have been

given a licence to harvest a test crop. "The government is scared because it's hard to tell the difference between hemp and other forms of cannabis. They know it can be used for our betterment but nothing is being done to legalize it," said Tynes.

If hemp was harvested in Nova Scotia and elsewhere in Canada, the price would come down substantially.

Dominique Villermet, proprietor of the Black Market, told a story about his friend in Kingston, Ontario who opened a hemp shop that was shut down by the police. "He was selling hemp products and literature and the police came and shut down his business."

It takes years to grow a tree, but hemp grows in just a few months and can renew itself every year. The forestry, textiles and paper industry fear the possible competition hemp. If legalized, it could result in the loss of many jobs. Tynes feels those jobs would be regained in a hemp market and urges people to write letters to the gov-

Continued on Page 15



Belinda Tynes of the Black Market, modelling Hemp products.

Help Yourself By Helping Others

by Colleen Trevors

The 24 hour balancing act began again last week with the start of the 1994-95 academic year. Students live under time constraints; between juggling their course load, part-time jobs, extra-curricular activities, and the social scene, it seems there is little time for much else.

There is one small addition that would benefit all students' daily routine -- this is volunteer work.

By serving their community and helping others, volunteers earn valuable work experience. More importantly, the individual can appreciate personal self-improvement and happiness.

"Students should volunteer because they will feel good about it," says Dianne Swinemar, Executive Director of the Metro Food Bank. "Whether a volunteer cuddles babies at the I.W.K. or canvases for cancer research, they should do it because they have a genuine concern and interest in society."

Having a resume reinforced with volunteer experience may also increase job prospects. Swinemar says, today more students want regular volunteer hours and employees looking to hire have come to expect it.

Besides increasing job

opportunities and serving others, volunteering is one of the best ways to help yourself.

Schedule volunteer work into your fall time-table. In Halifax, there are numerous organizations that depend on volunteers. *The Handy Dandy Directory of Resource Centres and Resource Contacts in Metro*, produced by the Nova Scotia Public Interest Research Group, is a good reference. It lists many volunteer opportunities in the Metro area. A third edition of the publication is expected by the beginning of October. To get a copy phone 494-6662.

If you are unsure of where to volunteer, you may want to consult one of the following organizations:

Metro Volunteer Resource Centre

5753 Sackville St.
423-1368

Student Volunteer Bureau

Dalhousie Student Union Building, 6136 University Ave
Room 445
494-1561

Career Placement Centre

M.S.V.U., 2nd floor Evaristus
Room 213
457-6567

HESA

The Human Ecology Student Association is an organization that encourages human ecology students to get involved in school activities and the community. HESA allows students of the various concentrations within the human ecology department to interact and work together.

The Human Ecology Department includes these areas of concentration:

- * Comprehensive Option
- * Family Studies
- * Apparel Studies
- * Housing and Facility Management
- * Food Retailing
- * Consumer Studies
- * Nutrition/Dietetics

Social Activities of HESA:

- * Annual Pizza Party
- * Pot Luck Dinner
- * Halloween Party
- * Lunch N' Learn

Community Activities of HESA:

- * Sponsoring a family at Christmas
- * Clothing Drives
- * Supporting the YWCA, Alice House, Ward 5 Community Centre

Also:

- * Regular Bake Sales
- * Candy Apple Sale
- * Sweatshirts
- * Professional Rings

For more information call:

Caryn 465-3456 or

Mary-Anne 445-4031

New Members Always Welcome!

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Nous sommes en train de constituer une banque de candidats capables de parler très couramment le français et l'anglais et qui veulent travailler, à temps plein ou à temps partiel, dans un centre de téléserveurs à la clientèle. Les candidats retenus permettront d'attirer en Nouvelle-Écosse des entreprises nationales et internationales.

Qualités requises : parler très couramment l'anglais et le français ; détenir un diplôme d'études secondaires ; des études postsecondaires sont un avantage indéniable ; avoir de l'expérience ou une formation dans l'utilisation des ordinateurs sera très avantageux sans être absolument nécessaire ; posséder de solides aptitudes à la communication orale.

Si vous possédez les qualités requises et que ce genre de travail vous intéresse, prenez contact avec nous en semaine, entre 13h00 et 17h00, en composant le

1-800-889-5557

Date limite **September 30, 1994**

Lieu de travail : Halifax, Nouvelle-Écosse

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NOVA SCOTIA

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The NSCAA And The Mystics

The Mount Saint Vincent University Mystics compete within the Nova Scotia Colleges Athletic Association. The Mystics compete in Women's Soccer, Women's Volleyball, Coed Badminton and Women's and Men's Basketball.

The NSCAA consists of teams from Nova Scotia Agricultural College, Nova Scotia Teachers College, Technical University of Nova Scotia, University of Kings College, Universite Saint Anne, University of New Brunswick at Saint John, St Thomas University, Mount Allison and Mount Saint Vincent University.

The NSCAA is a member of the Canadian Colleges Athletic Association which consists of 94 schools across the country.

"The NSCAA gets relatively little press" says Patsy Pyke Athletic/Recreation Assistant and Head Coach of Women's Soccer and Women's Basketball, "...so not a lot of people know we exist. Over the past couple of years with the help of interested media we have been covered by CBC and the Chronicle Herald but in a city such as Halifax where we have to compete with the large number of AUAA schools and high schools for the same space, it's tough."

While the coverage may be little the play is still very competitive she adds and just as exciting.

"The Mount has been very competitive at the provincial level garnering 29 provincial titles over the past 13 years. We have represented the NSCAA at CCAA National tournaments 29 times in women's soccer, women's volleyball, women's basketball, men's basketball and coed badminton. As more and more people are hearing about our program we are seeing more students coming to the Mount looking at the Athletics program. We feel that we are doing a good job when that happens."

MYSTICS TRYOUTS

WOMEN'S VOLLEYBALL

MON SEPT 26 7:30-9:30PM

WED SEPT 28 5-6:30pm

THU SEPT 29 6-7:45pm

WOMEN'S BASKETBALL

WED SEPT 28 6:30-8PM

FRI SEPT 30 6-7:30pm

MON OCT 3 4:30-6PM

MEN'S BASKETBALL

WED SEPT 21 7-9PM

FRI SEPT 23 4-6PM

MON SEPT 26 5:30-7:30PM

COED BADMINTON

SUN OCT 2 3-5PM

TUE OCT 4 6:30-8PM

THU OCT 6 4:30-6PM

1994 Soccer Season Set To Go

The 1994 Mystics Soccer team is ready to go. After a weekend of tryouts Coach Patsy Pyke has a full complement of 16 players ready for action.

"I'm very pleased with the calibre of players we have trying out for the team this year. I think that the combination of veteran and rookie players will make for a strong Mystic team."

Members of the team include rookies Erin Atkinson, Kim Bailey, Erin Barkhouse, Kate Davies, Fran Duguay, Linda Harvey, Jackie MacLeod, Kim Marr, Shauna Swain and Kim Verge. Veterans returning include Denise Elliott, Shauna Whitman, Kim Christie, Wendy Spence, Maeribeth MacDonald and

Michelle Rowe.

The team meets University of New Brunswick at Saint John on the turf at Saint Mary's at 6pm Friday Sept 16. Admission is free and we encourage everyone to come out to support the team in their first appearance in their quest for the NSCAA Title.

FIT TIP...DID YOU KNOW?

Did you know.. one medium sized avocado contains 300 calories, twice as much potassium as a banana and 30 grams of fat.

Why do you skip breakfast?....

-you don't have time! Try a liquid breakfast by mixing in the blender 3/4 cup yogurt, 1 cup orange juice, 1/2 cup skim milk and 1 banana.

-you don't feel like eating! Have a fruit for breakfast then midmorning eat a muffin or bagel with some skim milk

-your trying to lose weight. Skipping breakfast will not help lose weight as you may tend to overeat later in the day to compensate. Try fresh fruit and a 1/2 cup unsweetened whole grain cereal.

Have you used this excuse?

"I just don't have the energy to exercise" No matter how lethargic you feel, exercise will boost your energy. Remember the more active you are, the

Campus Rec Corner

September 12, 1994

Get To The Heart of Campus Life: Join the Athletic/Recreation Society.

If you are a go-getter who enjoys being involved with people and events, you must join the Athletic/Recreation Society. The Ath/Rec Society needs people to help organize campus activities. The Society runs events as movie nights, halloween parties, ski trips and more. Join us at the first information meeting and find out what we are all about! Info meeting Wednesday, Sept. 21 at 4pm at Rosaria Gym. All welcome.

Can't Find the Bus Stop?

by Andrea Baldwin

Last week you may have had trouble finding that familiar white sign decorated with a blue bus logo.

Be careful next time you plan to take the bus home from the Mount after a long day of classes. Plan ahead and leave five minutes early, especially if you're heading towards Bedford and Sackville.

If you miss the bus, you

may still be able to catch up with the bus as it sits in traffic held up by construction due to the expansion of the Bedford Highway.

Lori Patterson, the marketing and public relations officer of Metropolitan Authority, called it the moving bus stop syndrome. She says Metro Transit apologizes for the delays but when the construction is finished all bus stops will be



Bus stop on the Bedford Highway.

in their original locations in front of the Mount.

Patterson said the construction has caused some service delays but none of the buses have been rerouted.

If you have any questions about route schedules and times call the Metro Info line @ 421-6600. Bus tickets and passes are available from the Corner Store and copies of the Metro Transit Rider's Guide are available from the information desk in Rosaria.

University Service

Years ago the Mount chartered Metro Transit to provide bus service from the Mount to other metro university campuses. This service was developed to meet the needs of many Mount student who took courses at Dalhousie and Saint Mary's Universities.

Three years ago, because of budget cuts, the Mount was forced to end this service. Metro Transit reintroduced the

route because of high demand. Bus 18 now leaves Seton Academic Centre on the hour from Monday to Friday between 9 a.m. and 7 p.m. The 18 stops at the West End Mall, Dal, and Saint Mary's and returns to the Mount on the hour.

Some evening classes at the Mount finish after 9 o'clock. Students who live downtown and rely on Metro Transit for transportation are forced to walk to the Bedford Highway and catch the 80, which only runs once an hour at that time of night.

Patterson says the university service is designed to try and accommodate the needs of most students. She says Metro Transit hasn't received any complaints about the service.

Students are reminded of the security phones on campus. After a late class, security will gladly escort you to the bus stop if you give them a call.



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Air Quality A Problem At Montreal University

(Montreal, CUP) -- Itchy eyes, nausea, headaches, dizziness, drowsiness -- these are symptoms Concordia University's Visual Arts Building staff and students have complained about for years. This summer, Concordia

Hemp

(Con't from page 10)

ernment supporting the growth of hemp.

Raw hemp has minimal quantities of THC, the active drug in marijuana, and doesn't produce a high if smoked.

Martin Moravcik, a hemp activist and importer in Winnipeg, says growing hemp is a real art. "To grow hemp you just throw the male and female seeds together. Because the male plants fertilize the female plants, no THC is produced, and you're left with hemp for harvest."

Hemp hats are available at Aladdin's Lamp on Sackville St. in Halifax.

For more information about hemp, or to order hemp products, write to or call Robin Ellinns, The Canadian Hemp Association, 312 Adelaide St. West, Suite 608 Toronto, Ontario M5V 1R2, (416) 977-4159.

University was formally told to clean up its act.

The provincial commission on health and safety at the workplace (CSST) found 19 deviations of air quality norms in the Visual Arts (VA) Building. The VA Building houses the faculty of fine arts, including cinema and graphic design.

Michel Pelletier, a technician in the cinema department and a member of Concordia's Air Quality Task Force, said he realized there were problems only one week after the building was opened in 1980.

"The problem grew slowly, as more and more technical processes in fine arts were added to the building, such as sand-blasting," Pelletier said. "They treat the building like it holds a school, but it's really more like a factory."

Pelletier and other faculty and staff drew up petitions in the mid-1980s, and circulated several complaints about the conditions to the Concordia office of environmental health and

safety.

Last April, a group of staff, faculty and students contacted the CSST. Earlier in the school year, two professors experienced other health problems when working for long periods of time in the building.

In June, the CSST issued its findings, saying that bad air quality originated mainly from the basement area, where most cinema classes and offices are located.

The new dean of fine arts, Christopher Jackson, acted quickly to the CSST instructions, relocating some basement cinema classes and arranging for staff and faculty to move upstairs.

"It's been going on for a while, and it became clear the health effects people were having were too serious. I can't accept that," Jackson said.

But Erik Paulsson, cinema student and chair of the Filmmaking Student's Association, said some students still will end up spending a lot of time in the basement.

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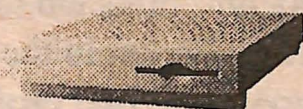
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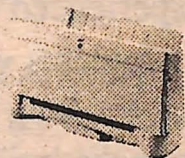
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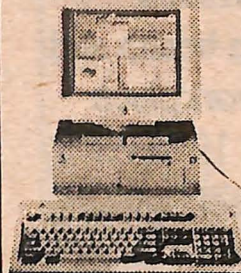
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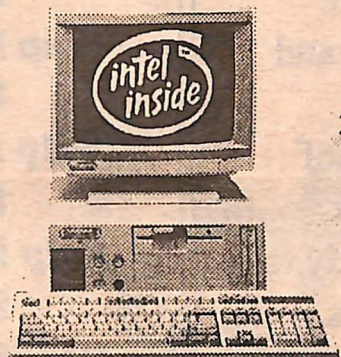
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