

MSVU may be declared Nuclear Free Zone

by Shelah Allen

Mount Saint Vincent Student Union is attempting to have the Mount campus declared a Nuclear Free Zone. The motion, which was introduced at the Feb. 8 meeting of council by councilors Peter Murtagh and Frank DeMont reads as follows:

Whereas the danger of nuclear war is the greatest threat to personkind and an obstacle to receiving our diplomas; whereas we do not support the 'hawkish' attitudes being put forth by the super powers; and whereas the U.S. Department of Defense has contingency plans to place nuclear weapons in Canada; therefore, we the Student Union of Mount Saint Vincent University approach the President of the university to declare MSVU a Nuclear Free Zone.

DeMont said the move is a "symbolic protest". "We wanted to make a social statement and get the students of MSVU to address this issue," added Murtagh.

Support for the resolution is coming from many groups and individuals on campus. In a meeting on Feb. 15 with Murtagh, DeMont, and Teresa Francis, student union president, University President Margaret Fulton gave her enthusiastic support to the move. "I'm proud of our students in showing this

kind of responsibility. You're the kids who have to worry about the future," stressed Fulton. She hopes the Mount's move will initiate a "snowball" affect and encourage other universities to take action.

The Mount is the first university in Nova Scotia to attempt to have their campus declared nuclear free, although the Atlantic School of Theology has a similar resolution in the works. Two

enburg Junior Senior High School, and Chester Regional High School, have recently passed similar resolutions.

DeMont noted that support from organizations and individuals outside of the Mount has also

been strong. Both the Student Union of Nova Scotia (SUNS) and Dalhousie Student Union President Alex Gigeroff have heralded the resolution. "We are the first ripple of a tidal wave which will hopefully sweep the nation," said Murtagh.

For the declaration of nuclear free status to take place, university Senate and the Board of Governors will have to endorse the resolution. The Board of

Governors meets on Feb. 21, and the Senate on Mar. 4. Murtagh and DeMont feel there will be little opposition. We feel we will have no trouble getting it (the resolution) through Senate and the Board of Governors. The Sisters of Charity, faculty, and administration are all sympathetic to this cause, illustrated by the International Peace Conference to be held at the Mount in June," said DeMont.

The conference, to be held June 5-9, will be sponsored by the Coalition of Women and co-sponsored by the MSVU. Delegates from major nations around the globe will participate in the sessions and activities. Detailed information on the conference will be published in the coming weeks.

Murtagh and DeMont noted that some students may feel the move is insignificant in relationship to the immensity of the global threat. However, they support council's actions, stating that, "We won't have missiles located on campus, but you've got to start somewhere". They encourage reaction to the resolution through council and the Picaro.

Murtagh summarized, "Why should we be pursuing the arms race when we can be pursuing the human race"

Tories challenge students' votes

HALIFAX (CUP)-Progressive Conservatives in the riding which includes Acadia University hope to overturn up to 21 students' votes cast during the Nov. 6 provincial election.

The PC riding association of Kings South has filed an appeal against the election results, alleging that some Acadian students did not fulfill the residency requirement under the provincial Elections Act.

"If I was a student, I'd be starting to get a little worked up," says Don Fraser, lawyer for NDP MLA Bob Levy, who won the vote over PC incumbent Paul Kinsman by a margin of 18 votes. A later judicial recount raised the margin to 21.

Fraser says he thinks the appeal marks the first time an election has been contested in Canada over one perceived block of

"All the votes questioned are voters.

those of students. By far the overwhelming thing is the residency requirements.

Under the act, a person must be an "ordine v resident" to vote. It is un... how this applies to students irom outside the province.

Fraser says the local PCs are responsible for the irregularities and are singling out students.

'All these students were told by paid Tory election officials that they could vote," he says. "It's like going before a court and saying 'Look our guys blew it; can we have another try?" 'It will set a precedent for all

future elections." But Marnie Smith, the riding association president who issued the appeal, denies that the riding association has targetted student voters.

"They just happen to be the largest group where irregularities have taken place," she says. "We're certainly not trying to keep this a bastion of the PC party. I am just an eligible voter concerned about irregularities."

Over-ride clause haunts new charter

by S.D. Moore

On April 17, 1985, the equality possibility exists. clause in the Charter of Rights and Freedoms comes into effect, but it may not make a significant impact on discrimination against women.

Sections 2 and 7-15, the equality clauses, can be over-ridden by express declaration of the Provincial Legislative Assembly for a period of five years, which is renewable. Although it does not seem likely that any attempt will be made to over-ride the equali-

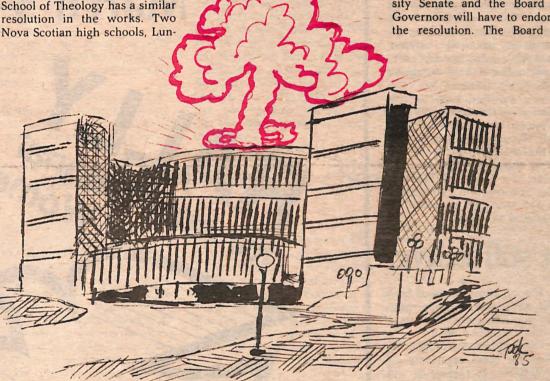
Gerard LaForest, a newly-appointed justice of the Supreme Court is considered by many to be an expert on the Charter. He says that the Charter is a broad statement of rights and that many specific cases will be brought before the courts before they are clear.

One possible area for clarification is Section 7 which states, 'Everyone has the right to life, liberty and security of person

ty rights, the fact remains the and the right not to be deprived thereof except in accordance with the principles of fundamen-tal justice." Some provincial jurisdictions would like to have property rights included in this section but many questions exist regarding the interpretation of the wording.

"In defending the rights of all people, the section may take rights away from women if men claim their rights are being violated," said Francene Cosman, president, Nova Scotia Advisory Council on the Status of Women. If the new ruling negates present property laws, women will be the losers said Cosman.

The Charter does not automatically ensure a better deal for women. Judy Erola, former Liberal cabinet minister, has stated it is the responsibility of women to review and be familiar with the constitution and continue to fight for their rights.



WHAT'S HAPPENING

March day camp

The Athletics/Recreational Department will be giving a Day Camp for students in grades primary to six during their school March Break. The dates for the camp are March 11-15, with operating hours from 9 a.m. to 4 p.m.

The camp will be run by two of the Athletics/Recreation staff: Lynn Kazamel and Peggy Boudreau who are both graduates of Dalhousie University's Physical Education Program. Both have had ample experience with children and they have an exciting week planned for the students.

The fee for the entire week is \$35.00 per child, while the fee for each day attended is \$8.00. Registration for the entire week or for any day must be done by Mar. 8, 1985. The daily service is not "drop-in", we must know ahead of time which day(s) your child will be attending. Registration is open until Mar. 8. Please register with fee as soon as possible as it is important that we have an idea about how many will be attending. Registration is open at the Athletics/Recreation Department in Rosaria Centre, Mount Saint Vincent University.

Cohn program

A change in the program has necessitated cancellation of the Apr. 12 and 13 performances of the Cullberg Swedish Ballet. The technical limitations of Rebecca Cohn Auditorium do not accommodate the ballet's new program. Patrons holding tickets for these performances are asked to contact Dalhousie Arts Centre Box Office Mon. through Fri., from 10 a.m. to 6 p.m., 424-2298

The good news is that Cleo Laine, those virtuoso performances have had Halifax audiences leap to their feet shouting "encore" will do just that! Cleo's returning to the Cohn, with John Dankworth and the Dankworth Quartet, for one performance only-Sat., Mar. 30 at 8 p.m. Tickets will be available beginning noon Sat., Feb. 16 at the Arts Centre Box Office.

Adopt an Ethiopian village

The Mount is going to become involved in the Adopt a Village Program for Ethiopia. Peter Dalglish, who recently visited that country, will be at Seton Auditorium A on Thurs., Feb. 21 at 12

Concert rescheduled

Dalhousie Arts Centre has just been informed that Mary O'Hara will be unable to perform her concert scheduled for Mar. 15 in Rebecca Cohn Auditorium. Mary O'Hara's concert has been rescheduled for Thurs., June 13. Patrons holding tickets for Mar. 15 are advised to contact Dalhousie Arts Centre Box Office for further information at 424-2298.

noon to talk about the project and present a slide show of his visit. All are welcome as your interest and participation are essential.

Dal wine event

The Dalhousie Alumni Association invites all Dal alumni and their guests to a Wine Tasting Event, Mar. 1, 7-9 p.m. With Professor Alastair Bissett-Johnson, alumni will sample a number of German white wines in the Great Hall of the Faculty Club. Tickets are 8 dollars each and can be purchased at the Alumni Office, 6250 South Street. Alumni can buy tickets at the door, but the Alumni Office asks that they notify them in advance at 424-2071.



Women's Week at MSVU March 5-8



Film: All of Our Lives, Aud. C, Seton, 7 to 10 p.m.

Wed., Mar. 6

Women in Action, Rosaria Centre, 10 a.m. to 3 p.m.

Film: Not a Love Story, Aud. C, Seton, 2 to 4:30 p.m. Discussion following with Deborah Poff

Thurs., Mar. 7

Film: Killing Us Softly, Aud. C, Seton, 7 to 10 p.m. Discussion following with Judy Scrimger Coffee House with entertainment by Clearing by Noon Plus Two, 9 p.m. to 12 a.m., Vinnies Put

Fri., Mar. 8 International Women's Day Rally, 12 noon to 1:30 p.m. Guest Speaker-Dr. Muriel Duckworth

Entertainment by Clearing By Noon Plus Two Reception following-Art Gallery

Come one, come all, to help celebrate International Women's Week at Mount Saint Vincent University!

Caribbean weekend for under \$10

by Karen Lambery

Now that I have your attention let me tell you about this fabu-lous weekend and how you may be a part of it.

Each year, the Dal-Mount Caribbean Society teams up with the SMU Caribbean Society to provide you with a Caribbean Extravaganza known as Caribanza.

Caribanza includes a cultural show, a variety show and a dinner/dance. Usually spread over a period of three days, this year's two-day Caribanza promises to be a more fulfilling event in an attempt to provide you with a more exciting finale.

The cultural show includes original arts and crafts as well as samples of authentic foods and will take place in the Colonade at St. Mary's University, Mar. 7. The combined variety show and dinner/dance will be held in the

Multipurpose Room at Mount St. Vincent University, Mar. 9. The variety show consists of skits, songs, dances, poetry and a colorful costume parade. The dinner will be just as varied with representative dishes from several islands.

Along with your appetite, do not forget to bring your dancing shoes! There will be a wide range of music-something for everyone including calypso, soca and reggae in addition to funk, rock and the ever-popular 'slow song'' (of course!)

Now that you know a little more about Caribanza, why not come and experience it for yourself? Not only will you get a taste of the Caribbean, but you will also be eligible for fantastic door prizes. See you there! For further information call: Ingrid at 443-5667, Jill at 443-0975, Karen at 443-6024

RA recruitment still active

by Elizabeth Henderson

Although the deadline for Residence Assistants (R.A.) applications was Feb. 15, it is still possible to apply. The deadline has not been formally extended, but according to Maureen Coady, housing and financial aid officer, the opportunity still exists.

The position of an R.A. can be very demanding, but very rewarding and is not to be taken lightly, said Coady. It requires strong leadership capabilities, which applicants are tested for. Coady also stressed the necessity of such personality traits as being understanding of others, able to listen to various points of view and problems with an open mind, and knowing how to deal tactfully with sticky situations.

The job also consists of holding meetings on a regular basis and organizing special events or workshops once a month.

There will be two training sessions for those applicants accepted; one in the spring and one in the fall. These will include human relations courses such as stress management, time management, and alcohol awareness programs.

Coady says those who are considering becoming R.A.'s must be good managers of time and continue to uphold good academic standing.

She also said being an R.A. not only provides an honorarium of \$700-\$800 a school year, but provides an opportunity to meet many different kinds of people.

energy nutritious foods aren't

what you're looking for, try something low energy and nutri-

tious, like-bananas, skim milk,

yogurt, V8 juice or tomato juice,

Remember too much of a good

thing isn't good for you. Exercise

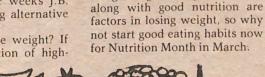
and a nice juicy apple.

Nutra-Nook gets noticed

Noticed anything different at the Corner Store lately? You're right. We moved the Nutra-Nook to the front of the store. Also, a suggestion box is provided for any foods you would like to see in the store.

For the past four weeks J.B. has been presenting alternative snacking ideas.

Still trying to lose weight? If last week's suggestion of high-



NEWS

Council rips ad off flats

ANTIGONISH, N.S. (CUP)— The St. Francis Xavier University student council ripped a condom advertisement off the flats of the university's student newspaper recently and has left the staff fuming.

The council tore off the ad, designed for Julius Schmid condoms and titled "Sex is beautiful. But it shouldn't include unpleasant surprises," after council members refused to pay for the printing bill if it appeared. The ad was replaced with a cartoon and no mention of the change was included.

When staff members of the Xaverian Weekly learned of the censorship, they seized all 2,500 copies of the paper and wrote "Censured Condom Ad Here" in bold marker where the ad was to appear.

Although St. F-X is a Catholic university, the newspaper staff had decided to run birth control ads last September to educate students and spark discussion on the topic.

The issue in question contained two articles on birth control, one explained the traditional Catholic position and another outlining more progressive viewpoints.

The staff was upset by the council's blatant breach of editorial autonomy. "There's not a newspaper in Canadian University Press (a national student newspaper co-operative) that does not decide its own advertising policy as to what it does and does not print,'' editor John Ross said.

Advertising is part of editorial content, Ross said, so staff members should decide which ads to boycott.

Council president Larry Andrea disagreed, saying ads were not "journalistic content." "At no time had (the council) demanded that (the Xaverian Weekly) not put (the Julius Schmid) ad in," he said. "We just recommended they not."

The Weekly staff and student council have met to discuss the controversy, and the paper continues to publish regularly.

PMS victims can get help

by Frances Markee

Talking to a capacity crowd of about 200, Leah Nomm, a Clinical Ecologist and Stress Therapist, hit home with her mini-lecture on PMS (Pre-Menstrual Syndrome).

"This is a problem of biology but it doesn't mean women can't hold responsible jobs," said Nomm. In her mini-lecture she discussed the symptoms of PMS, the possible causes and treatments for it.

She said PMS can occur between the ages of 20 to 50. Nomm also cited those in the highest risk bracket for PMS are those women who have had two children or those who have had tubal ligations.

Some of the symptoms Nomm listed were: depression, breast tenderness, craving for sweets or salty foods, tiredness, bloating, headaches, irritability and paranoia. She also mentioned that some women experience these symptoms regularly every month and others will go three or four months before they occur again.

Some of the causes of PMS Nomm discussed included a hormonal imbalance, nutritional deficiency and heredity.

The first treatment for PMS Nomm suggested is natural. The natural treatment involves increasing the amount of exercise you do to 20 minutes a day four times a week.

Related to increasing exercise habits is a second form of treatment: changing your diet. Nomm suggested eating whole wheat flour which provides more minerals than white flour. Additives or high sugar foods should also be avoided. These foods can cause disruptions in your hormonal chemistry. She also said prior to menstruation you should cut back on caffeinated drinks such as tea, cola, and coffee. Other foods to emphasize are vegetables, fruits, fish, and chicken. Nomm said that the diet is not temporary but for life.

A third form of treatment is learning relaxation techniques. Yoga, or self-hypnosis, can help to reduce stress and tension, said Nomm.

A fourth treatment is non-drug therapy. This therapy involves using vitamins to supplement diet. One important vitamin is B₆, however, Nomm warned that high levels of the vitamin can cause problems. Other vitamins to include are the B-complex vitamins, calcium, magnesium and potassium. These vitamins can be obtained through various foods or tablets.

A fifth treatment Nomm discussed was the use of "essential fatty acids". However, she said this can be very expensive and advised this form of treatment should be sought if the other techniques have not helped.

Other forms of treatment she listed were pharmacy (prescription of birth control or use of progesteron), psychiatric help and/or self-help groups.

Although there were few men present, one man, during question and answer period, commented, "Men need to be aware of this problem so they can help the woman with her self-esteem rather than make the situation worse."

Student Affairs Committee promotes changes

by Margaret MacKinnon

The Student Affairs Committee meets bi-monthly to examine the needs of the Mount Community.

Consisting of two students, one staff member, faculty member, and administrator, the committee discuss ways to improve university programs and events for students.

Caritas Day was an event organized and publicized by the committee this year. Although the day was a success, some questioned why staff and administrators did not receive the holiday. As a result, the committee has made some changes for future Caritas Days.

Anne Hanrahan, external vicepresident of the student union, is a member of the Student Affairs Committee. Hanrahan says people will be encouraged to do community service in the Metro area and later attend a university dance in the evening. Canned goods could be brought to the dance for distribution to such places as Adsum House and Hope Cottage. Hopefully, this would encourage more participation from everyone, not just students and faculty.

The Day Care Center is another area of concern for the committee. The yearly fee charged for this service is unaffordable for many Mount students. As a result the Child Study Society will begin a drop-in babysitting service during spring exams. This will allow part-time students to benefit from the service.

The committee would also like to see some changes in the procedures for chosing a valedictorian. At present, the Committee of Academic Affairs, chooses a valedictorian. A proposal to go before the committee, suggests an average of 70 per cent must be attained in the last five units, in order to be considered for valedictorian. Hanrahan says these changes will qualify more students.

The committee is presently discussing an Alcohol Awareness Week to inform students the consequences of alcohol.

Universities squeeze unsure students

WINNIPEG (CUP)—Students at two Prairie universities have something else besides midterms to worry about and it may jeopardize their academic careers.

The Universities of Winnipeg and Calgary want to stiffen their course withdrawal policies, forcing students to make hasty decisions about which courses to drop or take and penalizing those who fail to decide at the

right time. In Winnipeg, administrators are recommending that any undergraduate student who withdraws from more than five fullcredit courses during the duracredit courses during the duration of his or her academic cabe expelled.

reer, be expelled. Curriculum dean Walt Stein said the move is necessary to cut down on classroom size and free up professors' time.

"Classroom space is at a premium. Implementing this policy would ensure that students are serious about the courses they

sign up for," Stein said. But student council president Gaylene Van Dusen disagreed, saying the plan would force students to make a decision about a professor whom they would know little about. Professors currently have the right to ban publication of student course evaluations conducted by the council.

Van Dusen said the proposal would penalize students with constantly shifting priorities and little financial backing.

"Dropping a course isn't a crime. A person may decide dur-

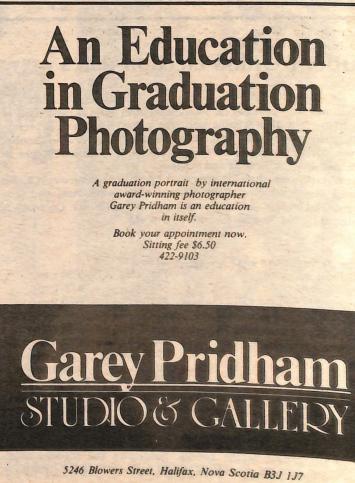
ing mid-year that academia isn't their priority and shouldn't be penalized because of it,'' she said.

In Calgary, administrators want to reduce course withdrawal deadlines for half courses from nine to four weeks.

Student Council vice-president Cindy Starzyk said the plan will provoke a negative student reaction. She said students want to see how hard a professor marks before making a decision.

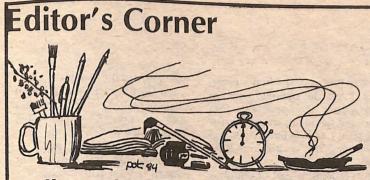
"Due to the excellent academic standing which is required into graduate and professional programs, students are forced into a situation of optimizing grades," she said.

Starzyk predicted a rise in the number of withdrawals if the deadline is imposed.



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EDITORIAL



Walk on the wild slide

The Michael Jackson craze has finally hit the Mount. Everyone is doing the moonwalk on the hill between Seton and Rosaria whether they want to or not. Some even practice the latest break-dancing moves at the bottom. Those with two left feet display amazing slalom technique with about as much grace as a three-year-old on skates.

For the past few weeks, ice and snow have blanketed the path between Seton and Rosaria so rushing to class becomes an adventure. Mastering the Mount's hill's slippery surface requires that one abandon all hope of walking down steadily with high-heeled boots, opentoed shoes or leather soles. Forget high fashion—hiking boots are a must! It's also a good idea to send books down first since they tend to interfere with delicate balancing techniques.

The unsteady, lone trekker will grapple the small bushes that border the path to gain a foothold while those lucky enough to travel in groups will band together to tackle the hill as one fighting unit.

Each time we propel ourselves up and down this hill, we are subject to danger that no amount of salt and shovelling can remedy. The salt melts the ice but also runs off to the bottom of the hill when the snow melts. Once the gravel is exposed, we also have the added attraction of mud.

The well-travelled path between Rosaria and Seton is the quickest route between the two buildings but can be a major obstacle for anyone rushing to class. Who has time to plan for an excursion? Solutions to the problem of mastering the Mount's hill have been considered by Mount administration. Paving seems to be the most logical solution, but the Mount's Image Committee maintains that it would only cause more problems. Cars would be more likely to attempt shortcuts to the Rosaria parking lots and gaining traction on icy pavement in the winter would still be a nightmare. Paving could also destroy the Mount's natural wooded look and interfere with the natural run-off of the brook. So, it seems that gravel still provides the best traction.

The only viable solution to aid break-dancers and skiers is constructing a handrail on either side of the slope. One such handrail is already in place beside Birches 3. For about 2,000 dollars each, handrails would remove the treachery and danger of Mount climbing, and enable us to abandon the hiking boots and skis. We might even be able to save the bushes and trees on either side of the hill and satisfy the Image Committee.

If, however, the slope doesn't see a handrail by this summer, we could always throw plastic over it, re-route the brook and turn the campus into Mount Saint Vincent's Water World.

Student Union election dates

Elections will be held on two consecutive official class days in March to elect all available positions except Education Representative, for the following year. A Fall Election shall occur in October on two consecutive official days to elect the Education Representative and any unfilled elected positions.

These elections shall be governed by a Chief Returning Officer (usually the Student Council Executive Vice-President) and four Deputy Returning Officers, forming the Elections Committee, appointed by the Student Council by Sept. 15.

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The dates for the 1985 Spring H	Elections are:	
Nominations open	Feb. 15,	9:30 a.m.
Nominations close	Mar. 6,	4:30 p.m.
Meeting of candidates	Mar. 6,	4:30 p.m.
Campaigning commences	Mar. 8,	12:01 a.m.
Scrutineer must be furnished	Mar. 18,	4:30 p.m.
Campaigning ceases	Mar. 19,	12:01 a.m.
Election days	Mar. 19 &	
	20,	8:30 a.m. to
and a state of the second state		7 p.m. (W
		8:30 a.m. to
		9 nm /T

tached to the election procedure should contact Student Council.

				9	p.m.	(Tues.)
Those	interested	in the	specific	guidelines and	regulation	ns at-

Ved.)

Cuts from Council

by Janet Macbeth Communications Officer

New Valedictorian Procedure: The Committee on Academic Affairs has approved the new valedictorian procedure proposed by Council. Any student with an average of at least 70 per cent in her/his last five units of credit can now be nominated for Valedictorian. Senior Class President(s) will also have input into the final decision.

International Women's Week: Student Union is organizing the annual celebration of International Women's Day. Activities will begin on Tues., Mar. 5 and conclude with a Rally on Fri., Mar. 8—International Women's Day! The Rally, to be held at 12 to 1:30 p.m. in Auditorium C, will feature Dr. Muriel Duckworth as the guest speaker.

Campus Police Administration Assistant: Jim Hines has been appointed Administrative Assistant of Campus Police. He will assist Melissa Sparks, CP Chief, with the necessary duties.

Elections: People interested in running for next year's Student Council have until Mar. 6 to get their nominations in. The following positions are open: President Part-time Students' Rep.

Executive VP Academic VP External VP Residence Rep. Non-Residence Rep. Business Rep. Part-time Students' Rep. Child Study Rep. Office Administration Rep. Public Relations Rep. Arts Rep. Home Economics Rep. Senate Reps. – 2 full-time 1 part-time

Voters are reminded that only current Student Union I.D.s will be accepted at the polling stations.

Applications for Student Council Appointed Positions open Mar. 4 and will close Mar. 22. These positions are for the 1985-1986 year and include:

Board of Governors Representative

Treasurer

Yearbook Editor Photopool Director

Communications Officer

Entertainment Director

Winter Carnival Chairperson

Corner Store Manager

Corner Store Assistant Manager Please contact the Student Council office for more information 443-4224 or 443-4450 Ext. 123 (4th fl. Rosaria)

Councillors Speak out

by Johna Thorne Child Study Representative

Hi! I'm Johna Thorne, your Child Study Representative on the Student Council. The Child Study Society had a few problems getting off the ground but with some fun-filled events and **a lot** of enthusiasm, our society has become quite active. Our efforts were recognized and I am proud to announce that we were **Society of the Month** for January, 1985. We are now in the process of

We are now in the process of ordering Child Study sweatshirts. Orders are being taken **now** if you are interested. We have a few more events planned for the remainder of the school year (i.e. swimming party at Northcliff, pizza party, tour of Sir Frederick Fraser, IWK??). Any events or happenings will be posted on the Child Study Board, 4th floor Seton.

We are working on setting up a volunteer babysitting service during evening class times. Great experience for future references. Also we are putting together a slide show presentation for next year's orientation week. If you are interested in either of these two areas, let us know. Any help, hints, or suggestions would be greatly appreciated.

If you have any further questions or concerns, I can be contacted through the Student Union Office (Rosaria); or better yet—stop me in the halls or come out to our events. Looking forward to meeting you!!!

Residence Applications

Residence applications for 1985-86 are now available at the housing office, Rosaria.

Returning resident students interested in residence space for 1985-86 must complete an application and return it along with their \$45.00 (non-refundable) room deposit to the housing office by Fri., Mar. 8, 1985, in order to participate in room draw for 1985-86. Room draw dates will be Mar. 11, 12 & 13, 1985.

March 11 Birches Room Draw

March 12 Assisi Hall Room Draw March 13 Evaristus, Lourdes, Vincent Hall Room Draws

that is Evaluated, Evalues, vincent Hall Room Diaws

Off-campus students interested in residence accommodation for 1985-86 must complete an application and return it to the housing office. Residence space will be assigned during the summer months as to the date the application is received.



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

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

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

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

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

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SOCIETIES

English Society play with words

by Wanda Meyers

Were dear Mrs. Equitone to care for baby tuckoo, the wee sleekit would receive silly buckets of concupiscent curds. Meaningless prattle? Certainly not! Rather, it is part of a new and innovative idea by the English Society to counteract the lethargy of student life in Seton Academic Center.

On Thurs., Feb. 7, the Society unveiled their beautiful new banner display on the fifth floor of Seton. The banners, which are sure to have caught everyone's inquiring eye by now, are made of metallic polyester and contain some of the most interesting and provocative phrases English literature has to offer.

But what does the whole thing mean, you may ask? And well you should. The idea

is this . . .

The words imprinted on the banners are snipped from famous English poems and novels, but they have not been snipped at random. Some reflect the origin of language itself in infant babbling; put "bloom-down-cheeked" on your tongue and

play with it for a while, and see how much fun you have. Other phrases, when removed from the context, take on completely different and provocative connotations; have you ever heard 'Zepherus eek''?, or cuddled under a blanket with "fardels bear"? Why not? They are words! Play with them!

And so why the shiny, reflec-tive banners?—To complete the effect, of course. Words exist as galaxies unto themselves, but also in relation to one another. Watch the words on the banners as they bounce off a neighboring phrase, as they curiously weave in secondary and tertiary reflections, modifying, enlightening and intruding upon one another. To add to the spectacle, your body is reflected in each banner as the words move in and out of your reflection the way they do your unconscious. Come to the English Corner, then, and see the display which has other societies bowing their heads with chagrin. Come and find out what fun simply playing with words can be.

Education conference

The Mount Saint Vincent University Education Society will be holding an Education Conference for education students, faculty, and the general public on Mar. 22 and 23.

The theme of the conference is "Current Trends in Education". Speakers will discuss such issues as Child Abuse, Drugs, Computers in Education, Curric-

ing Impaired, and many more. The cost will be \$15.00

Home Ec. Society news

by Cathy Hope

The Home Ec Society is off to a great start in 1985, thanks to lots of participation and support from students and faculty.

The society participated in Winter Carnival, coming away with a fair showing in the tug-ofwar and a last-place trophy for their efforts in the beachball-volleyball tournament. Thanks to everyone who tugged and played.

The clothing drive was a tremendous success due to the generous support of students and staff. Special thanks to everyone who took the time to clean their closets and donate to those in need.

The Valentine Social on Feb. 13 was a good break from midterms and classes, and featured a talk on the recent ACHES con-

(\$10.00 for Mount Education Students) for the two day confer-

ulum Development, The Hear-

ence and for further information regarding scheduling, accommodations, etc. please contact the Education Society or Greg Golden at 429-8074 (evenings). Mount Saint Vincent University

ference and a cookie raffle. A

speaker from Birthright gave

an informative film and discussion presentation on Feb. 18,

and any suggestions for upcom-

Plans for the annual Fashion

Show to be held on Mar. 21 are

well underway. If you've al-

ready volunteered to help, wait

for a call from your committee

head; if you're interested in finding out more about the show,

leave your name and phone

number on the Home Ec. Society

Don't forget to submit your

nominations for Home Ec. Rep.

on the Student Council, and Society elections will be coming up.

early in the spring. We have lots

of open executive positions, so

why not plan to participate in

bulletin board.

'85-'86!!!

ing speakers are welcome.

Did you get Valentined?



These people did!



At the MSA/Business Society Social

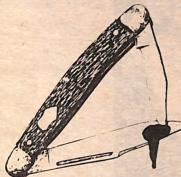


ENTERTAINMENT

A nightmare at the Neptune

by Christopher Williams

A two-week vacation in a deserted summer home-there are noises outside at night, distorted faces in the window. A large hook is missing from the fireplace and there's a mysterious sealed door in the bedroom.



Nine-year-old Dawn says there's a man living behind the door but Marcie Waters disbelieves her daughter. Dawn often has strange dreams and doesn't always know what's for real.

The reality that awaits Dawn and Marcie is shocking. It will definitely shake you up. If you have long fingernails, you'd better trim them before seeing And When I Wake at the Neptune Theatre-you might tear the arm off the person sitting next to you.

And When I Wake is a world premiere of a thriller by James Nichol, author of the recent hit, Relative Strangers. Nichol lives in Toronto where he writes for stage, film, radio and television.

The play unfolds like an Agatha Christie novel but the character realism and comedy mixture reflects the style of Steven Speilberg. Stephen King would also lick his fangs over the graphic gore that explodes into hair-raising horror in the final scene.

The buildup is gradual. Terry Waters, played by Neptune regular Kim Coates, leaves his wife and daughter in a creepy summer home while he tends to unfinished business in the city. This encourages friendship between Marcie (Jo Ann McIntyre) and the next door neighbour,

Wilson Kyle, played by Ron Halder. McIntyre, Halder, and Ruth

Owen as Miss Burns, are all newcomers to the Neptune. McIntyre and Halder have both



Left to Right: Jo Ann McIntyre, Sarah Elizabeth Dunsworth and Ron Halder frolic in a deserted summer home in Neptune's And When I Wake. The scene soon becomes one of blood-stained horror

worked extensively across Canada and effectively display their professionalism in this production. Owen has been involved in the local Entré Acte company.

Sarah Elizabeth Dunsworth plays Dawn Waters. This pretty blond grade four student at J.W. MacLeod School knows how to act and director David Schurman seems to know how to get her to be natural. But Dunsworth isn't quite creepy enough for the part. She plays a good 'only child', but she's too upper class. Definitely not a Speilberg suburbanite like McIntyre portrays.

McIntyre even sounds like Terri Garr from Close Encounters and Mr. Mom. She's very believable. Sexy too. The audience jumps when she jumps, screams when she screams, although her reaction to the final shocker is a bit weak.

You'll be a bit weak, too, by the time the curtain falls on this suspenseful, knife-twisting production which runs until Mar. 3.

Seven Sisters style stirs Odeon Ballroom

by Christopher Williams

If the name Seven Sisters conjures images of the Pointer Sisters teamed up with Sister **Sledge**, you're in for a surprise. First of all, they're not sisters, not black . . . they don't even have the same last names. And if that doesn't beat all, there are only six of them and just one is a female!

Originating from Montreal in the spring of 1981 as the Action Men on Assignment, Seven Sisters play the most commercial '80s pop music going, but they're doing it with a lot of style and better than most of the British groups that have already landed recording contracts and tours here.

Top 10 books_

Most Popular Books-

Fiction

ing)

ing)

der

6.

Order)

(Circulating)

Dartmouth Regional Library

1. Acquitaine Progression

2. First Among Equals-Jef-

frey Archer (Circulating)

3. The Wheel of Fortune

4. The Fourth Protocol-

5. Sicilian-Mario Puzo (On

-Susan Howatch (Circulat-

Frederick Forsyth (On Or-

and Peter Straub (On Order)

8. Full Circle-Danielle Steel

-Robert Ludlum (Circulat-

Last week they performed at the Odeon Ballroom here in Halifax, confirming again that world-class musical talent is alive and well in Canada.

The highlights of their sets included such show-stoppers as Anna Maria, Friends of the Heart, Falling Out, and Photograph. Although most of their material is self-written, they occasionally pull an old soul nugget out of the fire such as their very modern version of Poppa Was A Rolling Stone.

Vocalists Bil Ringenberg and Charmaine Leblanc demonstrated their warm blends of harmony, reminiscent of earlier Montreal pop bands. There really is a distinct style coming out of there. Seven Sisters certainly don't sound like they come from Toronto.

The other 'sisters' are bassist Andrew Frank, guitarist Alex MacDonald, who unfortunately plays 'second fiddle' to the keyboard/saxist Paul Scriver. Drummer Robert Kazenel has obviously been tuning into the styles of Stewart Copeland of the Police and Phil Collins. The drum riser was turned sideways on the Odeon stage so the audience could see how it was done.

The Odean shows some very obtuse videos that they buy from New York City. So if you're tired of Tina Turner ma-

terial, you might be intrigued with black and white footage of a man lifting a dozen chairs with his teeth, tight roping in the Alps or strange inflatable Popeye balloons floating above a field-all while you listen to the Talking Heads or Frankie Goes to Hollywood.

Let me entertain you . . .

The following bands are playing in Metro this weekend:

Misty Moon—Coney Hatch and Gowan. Next week, Carol Pope.

Palace—White and Fastforward. Next week Katrina and the Waves.

Odeon Ballroon—39 steps

Middle Deck—Bryan Jones. Next week Dimitri.

Lower Deck—Bowser and Blue. Saturday matinee with

Tony Quinn.

On Screen . . .

National Film Board — Feb. 27 — Democracy on Trial.

-Feb. 28- The Tin Drum.

Wormwood—The Ballad of Narayama.

On stage at the Cohn . . .

Feb. 19-20—Film, Laughter is the Best Medicine

Feb. 23—Theatre Ballet of Canada

Feb. 24—2 p.m. John Alphonse Variety hour

-8:00 p.m. Lonely Hearts

Week of Feb. 24—Kiwanis Music Festival

- 9. Proof-Dick Francis (On Order 10. Crescent City-Belva Plain
- (On Order)
- 1. Iacocca: An Autobiography-Lee Iacocca and Wil-
- 2. In God's Name-David Yallop (On Order)
- 3. Sea of Slaughter-Farley Mowat (On Order)
- lyn Carter (921 Car.) (Circulating)
- Strong Medicine-Arthur Hailey (Circulating) Gretsky (On Order) 7. Talisman-Stephen King
 - MacDonald (On Order)

- **Non-Fiction**
- liam Novak (On Order)
- - 4. First Lady of Plains-Ros-

5. My Son Wayne-Walter

- 6. Mulroney: The Making of
 - a Prime Minister-Ian
 - 7. Loving Each Other-Leo

Jonas (956.04 Jon.) Allen (332.6324 All.)

nette Giancana (921 Gia.)

Up and Coming Titles The Miko-Eric Van Lustbader The Other Side of the River-Douglas Wallop The Corporate Steeple-

chase-Predictable Crisis in a Business Career-Dr. Sally Blotnick (658.4 Blo.) Energy Isn't Easy-Norman

Smith (621.042 Smi.)

- Buscaglia (On Order) 8. Vengeance: The True Story of an Israeli Counter-Terrorist Team-George
- 9. Nothing Down-Robert
- 10. Mafia Princess-Antoi-

Summer Playhouse plans in the works

by Margaret McPherson

If previous sell-out crowds and rave reviews are a positive indicator, the Mount Summer Playhouse is an unqualified success. The only dinner-theatrecabaret in the Halifax/Dartmouth area, the Playhouse began its first six-week season in July, 1982. Two weeks into the season, all performances were sold out. Nearly 2,000 people attended last summer's Playhouse and tickets for the entire season were gone, only three days after opening night.

The Playhouse is the brainchild of Renate Usmiana, professor of comparative literature at the Mount. While on sabbatical in 1981, Usmiana studied the alternative theatre movement in Canada and she says this is partly responsible for her efforts to introduce a summer theatre to this area.

The summer setting, here at the Mount, lends itself to such offerings. The Pub, in Rosaria Center, is big enough to accommodate a small stage while still providing a seating capacity for 100 theatre-goers. It's the ideal location for a complete evening's entertainment that includes music, dinner and drama.

Preparations for the Playhouse season usually begin in May when performers, technical staff, set designers, musicians and numerous other members of the Playhouse crew come together to so whatever has to be done to ensure the success of the productions. In all, over 60 people are needed to help with all aspects of production.

A little-known fact, however, is that everyone involved in the Mount Playhouse offers their services on a volunteer basis. This year, for the first time, the Playhouse will hold a recruiting week to encourage students and faculty alike to become part of the Playhouse.

Volunteers with the Playhouse will have an opportunity to work with people who, in most cases, have been involved for years in professional theatre. "Although it's an amateur company, our standards are professional," says MacFarlane. This, year's lineup of directors includes Carol Walling, Nancy Pygott White and Peter Schwenger, all of whom have worked in professional theatre.

Volunteering with the Playhouse offers something for everyone, whether you've always had a yearning to work in front of the lights or behind the scenes. "Each year we try to achieve a perfect combination of drama, music and culinary fare, and this year we've succeeded," says MacFarlane.

A Russian theme, on Monday nights, will entice the theatrical crowd with two plays by Chekhov and will even feature a mini Russian circus. Patrons will experience some Canadian fare on Wednesday nights, with a presentation of Canadian play-wright, Aviva Ravel's, Soft Voices. A step-dancer and oldtime fiddler will continue the Canadian theme and original music by local singers and songwriters will be highlighted. Friday nights promise a touch of elegance, when Noel Coward's, The Marvellous Party and **Come Into The Garden Maud** will be presented. A piano bar and light-jazz combo will further ensure a delightful evening. With each production will come a change of menu befitting the theme of a particular evening. Versa Services, the university's caterers, will serve the pipinghot meals to the dinner crowd.

Volunteer Recruitment Week offers everyone a chance to come out and see what the Summer Playhouse is all about. Plan to take in some or all of the events. Who knows, it may just be what you are looking for to add even more fun to your summer months.

Volunteers are ne ded in all aspects of production. performers, technicians, musicians, ushers, make-up and costume designers and many more. Over the years, the Playhouse has developed a core group of individuals who work on a volunteer basis. "We would like to think, however, that the tradition of the dinner theatre will continue and new blood is essential to achieve that," says Dilly Mac-Farlane, producer and musical director for the Playhouse.

The reason for a volunteer re-

cruitment week is two-fold. "We want to make certain that the university dinner theatre goes ahead as usual and we want to encourage participation in the production of the dinner theatre," says MacFarlane. With that goal in mind, MacFarlane promises that recruitment week, Mar. 4-8, will offer a "splendiferous overflowing of thespian spectacle". If you don't know exactly what that means, don't despair—just plan for a fun week!

The week will begin with a riotous offering titled "Rough and Tumble in the SAC". (While the title alludes to much, the organizers refuse to give any more clues-you won't want to miss it, however.) Costume parades and musical revivals will be featured at Rosaria and it's rumoured that there may be a cameo appearance by JoJo, the amazing animal prodigy. Demonstrations of stage kisses and other magical treats will abound throughout the week. There may even be a sneak preview of the Speech and Drama Department's upcoming production of Touched, which will open the following week.

While the week's schedule has not yet been finalized, next week's edition of the **Picaro** will provide a full breakdown of the events. Recruitment week will conclude with a party to be held in the Pub, on Mar.8, for all new volunteers.

Now entering its fourth year, the Playhouse will again present its thrice-weekly, three-production season running June 29 to Aug. 9. Usmiana returns for her third season as artistic director and Dilly MacFarlane will begin her second season as producer and musical director.



Tony Quinn played Vinnies again last Friday and attracted a large enthusiastic crowd.



Judy Tenuta, a comedian and accordianist from Second City Night Club in Chicago, was ''booed'' by Vinnies' patrons last Friday. The crowd seemed to prefer Tony Quinn's jokes and peppy tunes.



Campus Comment

by Katrina Aburrow and Rob Towler

Question: What are you going to do on the Spring Break?



Pat Schroeder, 4th year B.C.S.-I'm catching up on all my assignments.



Jacqueline Rae, 1st year B.C.S.-I'll be working or skiing, if there's snow.



Towler photo

Kim Foote, 2nd year B.A.-I think I'll catch up on all my work mostly.





Clark Walton, 1st year B.Sc.-I'm going to seek jobs for the summer an internet and away for the summer, mainly because I can't afford to go away.



Judy MacNeill, 2nd year B.Sc.-I intend to go home. I live in Quebec, so I'll go skiing and maybe do a little work.

NEWS

Gold says "humanities should be brought down to earth"

by Bruce Steves

In the beginning, the people of the world had only one language. As they wandered about, the people came upon an area which was rich in clay and tar. The clay was baked into bricks and the tar was used to hold them in place. They constructed a great tower, for the purpose of making a name for themselves, and to show their unity and power.

The Lord came down to see the tower and said, "Behold. they are one people, and they have all one language; and this is only the beginning of what they will do; and nothing that they propose to do will now be impossible for them."

Their language was then confused, and the people were dispersed in various language groups over the face of the world. This is the story of "The Tower of Babel'

Dr. Joseph Gold of Waterloo University says that if universities are to survive, then they too will have to deconstruct and start speaking more than one language. Dr. Gold gave a lecture Feb. 7 at Mount Saint Vincent University entitled: Deconstructing The Tower of Babel: or Bringing Universities Down to Earth.

Dr. Gold says the humanities, such as English and Sociology, need improving the most. By "purveying truth-not service," professors of these liberal arts have "perfected the art of unintelligibility" and can no longer understand each other. Universities need to recognize the needs of society if they are to survive. Dr. Gold says marriage has degenerated to a "serial event" and our "material wants are being escalated to urgent needs" by advertising. Newspapers, Radio, and TV bombard our society with news and important issues but we just "digest the news with our breakfast" and go about our daily chores. Universities must realize that every idea is part of a larger system and that the humanities have fallen out of place.

The sciences have become more humanistic than the humanities, mainly because they are more relevant. Advances in chemistry and physics have soothed much physical hardship, but English or sociology have not made the same progress or reached a similar level of service. The reason for this is the reluctance of educators to view the humanities as part of a holistic environment; the humanities are not fulfilling their obligation to keep the system balanced and the results can be seen.

Many of the humanity courses offered at universities are made "interesting to students in the interest of enrollment". It is the business community that has kept the humanities well-funded and be "allowed to specialize without constraint". Academic achievements of little practical use are encouraged and "applauded by the calloused hands of the less gifted". The reluctance to be more practical to society has resulted in stagnation because no academic subject remains static, it either improves or deteriorates and the humanities are in the throes of this "anorexia of academy'

Dr. Gold stated tactfully to a group of 30 people, (many of whom were Mount Saint Vincent professors,) how English teachers are guilty of "advocating as the only truth" what texts mean and how to read them. This "gentle coersion" by English teachers of how a book should be read inhibits new ideas and interpretations from its readers.

In a "convulsion to survive," many universities have offered token new courses, but more than this is needed. Many thought and still think that the smear of "trade school" is the lowest possible insult to any university. This can no longer be tolerated. Humanities professors must "seek a conceptual shift to implement applied studies" to more useful purposes.

Dr. Gold has begun a program at Waterloo University to infuse some new blood into the old institutional body. He has coined it Bibliotherapy-the applied prescription of literature, human development and psychology courses to cure the social and personal problems many of us encounter. In these coordinated programs of applied humanities, books are the medium of counsel for adolescents, seniors, and the physically handicapped. Many adolescents, for example, can relate well to the novel Huckleberry Finn. The floating directionless figure of Huck Finn on a raft is a personification of what is often felt at that stage in life. People often have trouble identifying their problems, but with discussions of what each reader deems important in a novel that problem can often be brought to the surface. An unidentified problem or insecurity cannot be dealt with so Bibliotherapy gets to the heart of the problem by acting as a catalyst for discussion.

That is not to say that the beauty of a sonnet should no longer be taught; but now, "we must ask how that sonnet functions in relation to other uses." Dr. Gold says that the humanities are being beckoned to, however faintly, and "we should answer that call". The humanities should no longer be allowed to lie fallow, but should be brought down to earth and put to work. Only then will the humanities deserve their name.

Dr. Clark speaks on pornography

by Charles LeBlanc

Pornography, in one form or another, has been a controversial topic in Canada, primarily in the past two years. The recent banning of a Penthouse edition in Ontario, the firebombings of pornographic video shops in British Columbia, and the screening of NFB's 'Not A Love Story' are ample evidence that pornography has been thrusted into the forefront as a major social issue. But, how one defines pornography is simply a matter of one's own interpretation of the material in question.

Finding a description of what pornography is and isn't was one of the major topics discussed in a lecture called 'Pornography-A Case For Censorship', presented by Dr. Susan Clark at the Killam Library, Dalhousie University on Fri., Feb. 8. Dr. Clark is a member of the Fraser Committee on Pornography and Prostitution, a special commission set up to study pornography and current legislation surrounding this hotly debated issue.

For over a century now, the obscenity laws concerning pornography found in the Criminal Code have remained unchanged. But Dr. Clark said pornography laws should be changed to reflect society's attitudes towards the subject.

"Pornography is defined as material which is sexually explicit or stimulating," Dr. Clark said, "But what people find offensive is not caught up in the current legislation."

Dr. Clark pointed out the difficulty of finding a consensus on what constitutes pornography and to what extent obscene material is deemed satisfactory for public viewing. "Under current legislation, you have to prove that obscene material promotes undue exploitation of sex by using violence, crime or cruelty. However, the legislation seems to suggest that exploitation is fine," she said.

Because of the ambiguity concerning the obscenity laws, the Canadian magazine industry is pressuring the Canadian government to clarify the obscenity legislation. Dr. Clark suggested a solution that might help alleviate the problem.

"Although there is a national standard concerning obscenity legislation, it is difficult to maintain uniformity in court rulings regarding pornography. While a provincial court judge in British Columbia may rule certain material as obscene, a New Brunswick judge may have a different viewpoint on the same material." She said that local or provincial standards should be dropped so that a national agreement on obscenity can be reached and court rulings are consistent throughout the country

But revamping the obscenity laws is not a simple task when philosophical differences abound as to how a person sees. pornography. Dr. Clark men-tioned that Britain's Williams Report on Pornography, produced five years ago, outlined some of the roadblocks faced when dealing with the issue of obscenity

"In order for the state (government) to intervene, it would have to be proven that pornography demonstrates significant harm to people who view it by influencing them to project women as callous, less human, disrespectful, as well as showing other signs of anti-social behavior associated with this sort of material." She said that from a liberal point of view, this sort of abnormal behavior would have to be proven in court before the pornographic material in question would be banned.

On the other hand, Dr. Clark pointed out that from a conservative perspective, pornography is immoral and contributes to the disintegration of society by destroying the moral standards that keep society together. To conservatives, those who look at pornography play a significant role in society's eventual collapse.

According to Dr. Clark, feminists argue that society is also built around a sexual system and that pornography reinforces the inequality between men and women. But with the upcoming implementation of the equality clause into Canada's newly instituted Charter of Rights, Dr. Clark predicts that many cases may be brought before the courts with the fundamental question of freedom of speech versus the rights of women.

"Many people, in particular women, will present the case that pornography denies their right to access by true equality. They will argue that pornography implies that women and many children are only there for their sexuality.

The Fraser Committee also reviewed the question as to whether pornography can be ruled as hate literature against women and children. Dr. Clark said the Criminal Code of Canada defines hate literature as material that promotes hate against racial groups but does not list sex or gender under its present criteria. But Dr. Clark thinks that reforms in the code should be sought.

"Gender is an indentifiable group and therefore, should be changed because many people see pornography as promoting hatred against women," she said. Without amending the current hate literature legislation, Dr. Clark doubts that those wishing to curb pornography by listing it as hate material will have little chance in a court of law.

Pornography is big business in Canada today. A recent survey by the Department of Justice revealed approximately two million people a year buy some form of pornographic material.

Dr. Clark pointed out while men outnumber women three to one when buying pornography, the statistics prove women are purchasing the material as well.

Mount employs Co-op student

by Brenda Jones

The Co-operative Education program at the Mount provides a valuable opportunity for students to integrate their course of study with practical work. This year the Mount became an employer for a co-op student in the Public Relations program

Charlotte Martin, a third year PR student enrolled in the co-op program and is currently performing her second co-op work term in the Mount's admissions office.

Martin helps with student recruitment by providing university information to high school students. Her recruitment activities have taken her out of Nova Scotia. She has spent a week in Newfoundland, travelling through the province, promoting the Mount to the different high schools. Her visits are to educate students on admission requirements.

'Students always think that they need really high marks to get into university. They don't realize that they only need a sixty per cent average," she said. Martin added the most popular course among the students is the Child Study program.

A major campaign that Martin is presently working on for the Mount is Open Campus Days. The event will run from March 11-13, and will include workshops and campus tours for the high school students. They will also be invited to attend classes and meet the professors. Nine

hundred invitations have been sent to students already

This event is not a common one among universities. "Open Campus Days is unique to the Mount. It gives the high school students a chance to get a feel for university life before they start classes there," Martin said. 'The other universities in Halifax don't offer this."

Martin's co-op term on campus is turning out to be a successful one, both for the Mount and for her.

"This job provides a chance for a student to see how the other side of a university operates," she said. "Plus, it's a good learning experience for a Public Relations student."

NEWS

Superwoman image clarified

by Francis Markee

Superwoman?? The Stress of Being a Woman was the title of the mini-lecture given during the Celebration of the Healthy Woman, held last Sat. at Mount Saint Vincent. Leah Nomm, a Clinical Ecologist and Stress Therapist, talked about the "typical" superwoman and how to avoid becoming one.

'Superwoman, is the woman who has it all. The house is clean (she did it herself). She has a pet

(her children love pets), goes to church, gives to charity, donates blood, keeps fit and of course, wears colour coded clothes!" exclaimed Nomm.

Nomm classified the "typical" superwoman as being constantly overworked. Her calendar is full, she takes classes to improve herself, she's always tired, she procrastinates and she is upwardly mobile with a job, husband and children. Why does she try to do so much? Because, says Nomm, she is motivated by a warped sense of need. She believes it is necessary to do all she is doing and believes it must be done to perfection. Nomm also said superwoman believes the people she lives with and works with are not as competent as herself.

Superwoman finds it hard to stop what she has started. She believes, "Once the ball is in motion it must continue in motion, says Nomm. "It would be

and that diversity is, Canada's

Thomas R. Berger was spon-

sored by the Association of Ca-

nadian Studies and was invited

to Mount Saint Vincent Univer-

sity as a part of the Public Lec-

strength.

ture Series.

dishonourable if it looked like she couldn't cope. Therefore, she can't lose her public image, said Nomm.

If you think you might fit into this description Nomm advises you to ask yourself the following questions:

1. "Is this a societal expectation?"

2. "If I were a man would I be expected to do this?'

3. "Am I superwoman because there doesn't seem to be anyone else to do the job?"

4. "What kind of things are guiding me in this?"

'Is there anything that I can drop?"

To cope with the superwoman syndrome, Nomm suggested 20 minutes of vigorous exercise, relaxation, proper dieting and if needed, involvement in a selfhelp group.

Superwoman may exist on the screen but it is difficult for her to exist in real life.

Berger supports Canada's diversity

by Michelle Cormier

The Honorable Thomas Berger, lectured on his idea of Canada on Feb. 14, at Mount Saint Vincent University. Though one out of every three Canadians is a refugee, Berger believes the nation could become stronger.

"Diversity is the essence of the Canadian experience," Berger said. "The Constitution and the Charter of Rights holds to this pledge."

Berger, a professor of law at the University of British Columbia, addressed such issues as native language rights, racial minority rights, and the rights of native aboriginals.

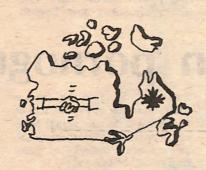
All the Wile by David Wile

"The equality of racial minorities depends upon the quality and attitudes of the citizens of Canada," he said.

Berger is encouraged that Canada has begun to chart a direction of its own, and that Canadians "do not live by the American Way of integration and assimilation".

Berger said that our Canadian Charter of Rights makes provisions for the rights of minorities, and added "The struggle of Canada's minorities sharpens our perceptions of ourselves'

Berger warns that people must fight harder for their identity in the face of new technologies

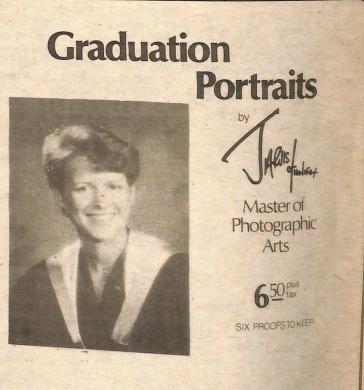




The Honourable Thomas R. Berger presented his lecture, Idea of Canada'', in the Mount's Seton Auditorium Feb. 14. wler Photo



"It's not that I feel cheap. It's just that he only does this once a year."



982 Barrington Street 423-7089 422-3946

SPORTS

Womens' volleyball team speaks out

year, the Mount's Women's Volleyball team has maintained a perfect record of 18-0. Their coach, June Lumsden has re-quested that we introduce the girls who will be representing our university at the provincials on Mar. 9. Below is a mini-profile on each player

Natalie Bird, a first year BPR student, is a native of Bridgewater, N.S. Quick backcourt movement is her weakness but she makes up for it with her hitting.

Pattie Brennan, another BPR student is from Johnville, N.B. She plays as an outside hitter, her strength being in her serving and backcourt defence. Receiving a serve is her weakness.

Liz Brideau, from Riverview, N.B., is taking a Bachelor of Child Study. Her claim to fame is her ability to receive serves. She feels she must work on serving, though.

Jackie Coyle, a Haligonian, is a third year BBA student. She plays in a middle position where her hitting and blocking are strongest.

Danna Garnett, from Bedford, is also in the BBA program. She plays in the outside position and is a strong hitter.

Kim Holmes, from Clementsport, N.S., is in her first year of the BSc program. Her power lies in her serving. Her position is power hitter but she feels she must improve her serve-receive.

Joyce Ledwidge is from Porters Lake. She is taking her third year of BSc HEc. She works hard as a setter and team leader but she is weak in defence.

Roberta Mentis, from Truro, is in her first year of the secretarial diploma. An outside hitter, her strength is in her consistent hitting.

Debbie Murray, a BPR student from Saint John, N.B. is a transfer student from UNBSJ. She plays as setter and feels she must work on her jump.

Patti Pike, a third year BBA student from St. John's, Nfld. plays in the middle position. Her serve-receive is strong but like Debbie, Patti feels she must improve her jump.

Donna Rice, originally from Gander, Nfld. is a first year BA/Q.BSc student. Her strength is setting but her weakness is coverage.

Beverly A. Scott, another BPR student, is from Warwick, Bermuda. Her strength is in her quick recovery. Bev says her weakness is in her serve-receive and setting.

Alexis Sinclair, another Haligonian, is a first year BA student. She feels she must improve her setting.



Five students from Chebucto Heights jump rope to raise money for Chamberlain photo the Canadian Heart Foundation.

Healthy woman fair successful

by Frances Markee

Celebration of the Healthy Woman, held at Mount Saint Vincent last Sat., Feb. 9, was a success in the eyes of its organizers and the public.

"It went without a hitch," said Pat Demont. The one day affair was well attended with an estimated crowd of 1,000 people. Some of the sessions had as many as 200 people present. De-Mont mentioned that one 60year-old lady said it was the first time in her life that she had gone

Exercise for fun

by Lynn Kazamel

Making exercise a regular component in your lifestyle all depends upon whether or not you enjoy your exercise program. Some types of exercises are not for everyone, for example, not everyone enjoys jogging.

If you choose an exercise program on your own you should make sure that it includes all the components of physical fitness. The warm-up should include flexibility activities; the purpose of the warm-up is to progressively stimulate the muscles and joints in order to prevent injuries and soreness.

The cardiovascular endurance component should be devoted to activities that raise the heart rate to your target heart rate zone.

During the cooldown period, muscular strength and endurance activities should be presto something like this.

"If people feel up to it we may have another one," said De-Mont, "The fair is good for the morale of the university and the community." But it is still too early to tell if there will be

another fair next year. In keeping with the fair theme, there were blue and white balloons decking the display booths and rooms. People, young and old alike, were everywhere creating a carnival atmosphere

ent, along with flexibility and relaxation activities.

When choosing an exercise program try to make sure it includes all the components of fitness. Most importantly of all, make sure that the exercise program you choose to participate in is one that you enjoy.

Sports Schedule

Women's Basketball-NSAC at MSVU, Mar. 7 at 7 p.m. Women's Volleyball-MSVU at TUNS, Mar. 7

Fitness Classes (Schedule)-Every fitness class will be offered during February Study Break except the Early Bird Class on Monday and Wed-nesday mornings 7:30 a.m. -8:30 a.m.

Your next trip could cost you an arm and a leg. Medical help away from home doesn't come cheap. A broken leg could set you back about \$875. An appendectomy could take a \$2,700. slice from your savings. A heart attack could cost at least \$15,000.

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by Lisa Courtney

'Do you skip?

"No, that's for boxers when

they're training." Can a boxer skip while jumping a pogo stick?

What about turn 360 degrees

while skipping? Probably not,

but one of the N.S. Heart Foun-

dation Demonstration Teams

from Chebucto Heights School can do all that and more.

On Feb. 14, Denise Beuree,

Todd Bookholt, Sara Winches-

'Do I what?'

rope.

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Nobody plans to have an accident or get sick. Everybody should have a plan to pay for it

Blue (ross



Bev Johnstone, demonstrated their skills at the Mount in celebration of Jump Rope for Heart. They did a 15-minute performance then joined in with the noon aerobic class.

Beuree, grade 6, went to the International Skipping Camp and Competition in Boulder, Colorado last June where she mastered the skill of turning the rope four times between 'each jump. Easy you say? The world record is five times.

Spy service recruits arts majors

MONTREAL (CUP)—Canada's top-secret spy service wants to recruit university graduates, preferably arts majors, into its ranks.

The Canadian Security Intelligence Service is looking for graduates with political science and sociology backgrounds, a receptionist at CSIS's Ottawa office said. "Languages are also good," she said.

Most of the new spy service's positions have been filled with

people transferred from the RCMP security service. But "a lot of people stayed with the RCMP, so there are openings in every category," she said.

The receptionist, who could not give her name, said the service wants recent university graduates to fill these slots, even though they won't be recruiting "the way big companies used to do on campus and talk to students."

The former Liberal govern-

ment invoked closure last spring to cut off debate and pass Bill C-9, creating the new spy service. CSIS is a civilian operation charged with "investigating threats to the security of Canada" and has no law enforcement power.

Speaking to the House of Commons justice and legal affairs committee last May, Ted Finn, who has since become CSIS director, said those who want to be spies must be 21 years or older, interested in a public sector career, and have a university degree or equivalent.

"The individual ought to have an ability to communicate well verbally and in writing . . . and have a continuing interest in national and international affairs," Finn told the committee.

Finn said applicants also needed "a great sensitivity to the whole issue of political advocacy and dissent, and the ability to function effectively as a member of a group," in order to be able to effectively infiltrate organizations.

Gays need not apply. The RCMP does not hire gays, its commissioner Roger Simmonds told the committee last year, because "there are few members of any police organization that are comfortable at this moment in our history with people of that persuasion in their midst."

A taste for adventure





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