

the PICARO

*War, Lies and
Videotape*

Poetry and Sex

*Dung Beetle
Angst*

*The Open
Grave*



Tabloid, Trashy, Supermarket Reporting

To the Editor:

I have a number of concerns regarding the story and letter "To the Editor" that appeared in the last edition of the Picaro. It is in reference to me that a newspaper, the calibre of the Picaro, would allow itself to succumb to tabloid, trashy, supermarket shelf reporting that I am used to seeing in line while purchasing groceries.

The story on the Polar Bear swim ... came across as being merely a malicious attempt by the staff of The Picaro and "other individuals" to raise negative attention to an otherwise excellently well run student union. The individuals involved in reporting this incident made serious accusations against the very people we elected to provide us with the service of student union. To accuse these individuals with the abuse of illicit narcotics is absolutely ridiculous as this, in the mind of most sane and competent individuals, would be seen as political suicide.

As for the supposed over consumption of alcohol, I would like to ask if those accusing are speaking from an educated standpoint or just their own endeavour into the world of intoxication. If anyone would know the limits of intoxication it would have to be both David Wynn and Cathy Thorpe. Both of these have been a part of Alcohol Awareness Week here at the Mount as well as taking a Nova Scotia Provincial Government sponsored program of server awareness courses regarding the consumption of alcohol.

But even through all of this training, it is possible for an individual to over-indulge themselves which Ms. Thorpe admitted openly and apologized for to the student body. After all we all are only human.

I am really appalled by the fact that she, as well as Mr. Wynn even felt the need to apologize, but I guess that shows you just how much of a concerned group of individuals we have running our student government.

It has come to my attention that these two individuals were not the organizers of this event but were two

of the few people that attended. The status of being a participant of the event puts them on an even plane with the others that were there, in turn allowing them the right to enjoy themselves as they felt necessary. They were not there to "baby sit" nor were they there as sworn members of the law enforcement community responsible for the arrest of those who illegally abuse narcotics.

I am not condoning the use of illicit drugs but I am sure that if both of these people had been present at the moment this situation was supposed to have occurred something would have been said.

Last year, I voted for individuals that would provide a unified voice for the student body. It is really strange to see a split among this group and all for what purpose? Is the exposure of

this controversy to be seen as a great favour done for the student body with the hope that, in return, a seat on next year's council will be assured?

As for the Picaro, will we be seeing pictures of Mr. Wynn and "Fergie" cavorting topless or reports of Ms. Thorpe having some sort of two-headed alien love child? I truly hope that this is not an indication of things to come.

Unfortunately, I feel that this expression of my own personal feelings is going to trigger a series of malicious looks into my public and private lives. Oh well! I guess that if your not prepared to run with the "big dogs" you should stay on the porch.

Sincerely,
Kevin Fraser



BIRTH ANNOUNCEMENT

Bill Thomas and Lynn Lapierre, both students at the Mount, along with big brother Maxime, are pleased to announce the birth of Zoe Marika Lapierre-Thomas who was born on January 9th, 1993 at 11:45 a.m.

Letters to the Editor

must be signed. (Although name may be withheld upon request.) and be no more than 500 words.

To the Editor: In Defense of Our Government

I undertake this message to provide vindication for our student government. Exploring the realm of what is real versus that which is false and unfounded makes it difficult to judge whether our government deserves vindication or praise. I use the term praise because in my history as a Mount student (six years), I have seen many student governments come and go and our council this year is the best I have witnessed. We have survived a semester of many problems and politics at the school. Why is it that these problems did not affect the students? The answer lies in the work and caring of the council that you elected.

So why do I write this letter? This question can be answered in one word; fairness. In the past the student newspaper has reported on what is considered scandalous behavior in a manner that I do not regard as a fair and honest approach.

Upon reading the interview and

subsequent articles, I do not feel that the student union was given a fair voice. Too often the media portrays the comments and interviews in a fashion that is bias and opinionated. In the discussions that I have heard regarding the article, many students were under the impression that the story seemed to create guilt rather than report the facts.

I am concerned about what can happen when powerful media forces work to convince the students of this school that "something bad" has happened without providing an equal opportunity for both sides to be presented in the same light.

I write this to speak to the students of Mount Saint Vincent University and to encourage true thought and study of facts before determining an opinion. Do not be swayed from casting your own opinion and speaking out individualistically instead of being a lemming-like follower of fab-

ricators.

To those who choose to criticize and cast judgments on our council, the council you elected: Look upon your own life and think carefully about what you have done and be cautious in your stone throwing because the possibility exists that you live in a glass house.

To our government that many of us are truly proud of: Put your heart and honesty into doing your job. Do not be concerned by the nuances and stories of scandal-mongers and tabloid-like fabrications. Seek out your true reasons for what you do and let no force sway or deter you in your tasks. I am proud of your work and I implore that you stand fast and tall and your support will be found here, in the halls of the school that elected you.

Sincerely,
Jeffrey Morris

Mount Student Flashed

by Joe Strolz

On Wednesday, Jan. 14, Mount Saint Vincent University Security issued an advisory stating that a female Mount student had been flashed in the woods of the Motherhouse property by a white male at 5:10 the preceding evening.

"As soon as possible, we got an advisory out to the university community," said the chief of security Glenn Hollett who explained that the advisory's urgency was due to the fact that the flasher actually followed his victim.

"We found it unusual that the a flasher would come toward anyone," said a concerned Hollett.

*"It really
shook me up"*

The speed with which the warning was issued was a part of Mount Security's efforts to "deal with situations as soon as possible without giving the identity of the person," Hollett said, who explained that the public has the right to be warned.

The flasher's victim could not agree more.

"I want as many people to know about it (the flashing) as possible. I don't want it to happen to them," said the victim who recalled the incident saying, "it really shook me up."

The Mount female describes walking through the woods between the south west corner of the Motherhouse property and the Mormon church on Lacewood Drive, when she heard a man's voice yelling at her. When she turned, she saw a white male, approximately six feet tall and 20-years-old, wearing a black jacket and a ball cap -- his black jeans were down around his ankles.

*"They'll
never catch me"*

Yelling obscenities, the flasher began to chase the Mount student through the woods. However, the victim believes it was not his intent to cause physical harm.

"I think if he really wanted to catch me he would have. In my opinion he was just trying to intimidate me," she said.

The flasher followed his victim to a parking lot where, said the Mount student, he screamed, "Don't bother calling the cops or security -- they'll never catch me."

Unfortunately the victim did not get a good look at his face which was covered by the hood of his jacket and the brim of his cap.

Upon arriving home, the female Mount student called the Halifax Police Department and then contacted Mount Security who were "very helpful and under-

standing."

Although the flasher incident was serious and disturbing, said Hollett, "This was only our fourth advisory this year, so we're doing okay."

Despite the traumatic nature of the incident, the victim was more angry than she was scared. "I was really mad because it happened so early in the day. There is no reason for me to be afraid walking home when it's only dusk," she said.

"Don't think you're always safe," she warned. "You don't know when these crazy people will come out. It's a completely unpredictable thing."

**If anyone has
any
additional
information,
please contact
MSVU
security
or the
Halifax
Police Dept.**

Thorpe's Resignation Rejected

by Paula Adamski

A decision by student union vice-president Cathy Thorpe to resign as chair of the Mount's alcohol awareness committee was rejected by student council in a meeting on January 26.

Thorpe's decision to resign came after a member of the Committee Helping Others In Consumption Education (CHOICE) voiced concerns regarding the recent disclosure that Thorpe was drunk at a Christmas Daddies fundraiser on December 9.

"The issue was raised about whether my remaining as Chair of the committee might hurt future alcohol awareness campaigns," wrote Thorpe in her letter of resignation which was read at the council meeting. "I don't want to see that happen ... If there is a chance that my remaining as chair will in any way taint the efforts of the committee, then I feel I must."

The motion was rejected by 8 of the 13 student council members. The other five voters abstained.

"I don't think what she did was a reason for her to resign," said



Greg Frampton, student union senate representative. "The CHOICE committee is not about abstaining from drinking, but drinking responsibly. I don't think what she did was that big of a deal."

Although Thorpe recognizes that the acceptance of her resignation is a student council decision, she plans to consult the six-member CHOICE committee. Thorpe said her greatest concern is for the success of the alcohol awareness program.

"Even if just one member feels I shouldn't be there, then I shouldn't," Thorpe said.

Anne Bulley, the Mount's health educator and also a member of CHOICE, said Thorpe's conduct at the December 9 fundraiser was "a disappointment for sure. What we're promoting is 'thinking along with drinking'"

Bulley said the committee was in the process of addressing the issue. "We need to get a general consensus about Cathy stepping down," she said. "We're all very concerned, of course and we know there are some changes that have to be made ... we're not going to let this go over our heads."

Although her future as the chair of CHOICE is uncertain, Thorpe said she refuses to step down from the committee. In her letter to the council, she wrote that she has "always been and will always remain an advocate of responsible drinking."

Said Thorpe, "I intend to be on the committee for as long as I'm at this university because I care about the issues."

Allegations Considered "Inappropriate"

To the Editor:

I would like to respond to the article in the university paper earlier this month concerning the allegations against the student union representatives for their behavior at the polar bear swim in December 1992.

According to the article, our student union president came out of the water with 4 or 5 condoms in his hand stating that a person has to be drunk to do this! What the article

does not state, however, is if Mr. Wynn was the person that put them there or was he simply removing them from the water? Did Karen Dean see who put them in the water? Could these condoms have been in the water before anyone from this event arrived?

Karen Dean also pointed out that she was approached by someone with a joint of marijuana or hash that wanted permission to light it up. This person is informed enough to know that the use of narcotics at a univer-

sity function is not proper. Is this same person also aware that it is a criminal offense? Since this person knows the identity of the individual and has so much concern for the reputation of the university, I think that this person should also notify the proper authorities as well as press charges against the individual!

Karen Dean also pointed out that a pregnant woman was on the bus where people were smoking. This should have been considered by the committee in charge as well as the pregnant woman, beforehand.

It was pointed out that Mr. Wynn was drunk yet it was not stated how much alcohol he had, nor did Karen Dean state if she made her concern known. The article stated that she overheard someone suggesting that they go to the liquor store ... did Karen Dean stand up and address the participants on the bus, saying that she was 100 per cent against the consumption of alcohol? Did she remind the participants that they were representing the university and that such conduct was unacceptable and that it would be reported as such?

Karen Dean also stated that Cathy Thorpe was drunk and that, in Deans opinion, this was extremely poor behaviour for a person that chairs the Alcohol Awareness/Abuse program. Did the committee in charge of this event specify if alcohol consumption would or would not be permitted at this event? Did Cathy Thorpe create a scene or be otherwise abusive? Who exactly determined that she was drunk? Is a person allowed to have a drink or two even though they are the chair of a committee, or are they no longer permitted to partake in any function where alcohol is used?

I think the allegations laid by Karen Dean are inappropriate without offering any facts to substantiate them.

Ronald B. Knox
Gerontology Society President
1992/93

On behalf of the members of the Gerontology Society

A Fine Portrait

To the Editor:

A fine portrait, marking the achievement of a university degree is a reward you give yourself for the years of dedication and hard work. I strive to produce images which record the features of a particular face and reflect the wonderful memories associated with each students college years. The elements of film, camera and lights produce these images well but as the photographer I consider each students feelings and concerns before any shots are taken.

There's an old adage that says "when you look good, you feel good." A few simple suggestions will improve the way you look in your portrait and also the way you feel during the sitting.

MEN

*Bring a brush or comb.

*Men should shave as close to the time of sitting as possible, or trim their beards carefully.

*Men can put a little make-up on blemishes and a spritz of hairspray on the cowlick.

*Wear a clean white T-Shirt under the formal wing-collar shirts that we provide.

WOMEN

*Bring a hairbrush or comb. (More clients are unhappy with their hair in portraits than with any other item!)

*Wear the amount of make-up you feel comfortable with. (We often have access to our own make-up assistant to aid in situations where we feel a little more shaping or contrast in the face will provide a more pleasing result).

*Please do not apply make-up after the gown has been put on.

*Arrive a half an hour early if you want assistance with your make-up.

*No collar under the gown, makes for a more sophisticated look.

If this is what you would like, be sure your street top can be removed without destroying your hair style.

*If a blouse is preferred be sure it fits well and is clean and ironed. (Avoid padded shoulders!).

*A string of pearls or a necklace is a nice finishing touch. I hope these tips will help in deciding just what preparation is necessary in your own particular case. Part of the excitement and joy I receive from photographing university graduates is the incredible diversity of interests, cultures, backgrounds and personalities that I am exposed to in the run of a day. In addition, to these various traits, the accomplishment of completing university is well worth recording.

H. Bruce Berry, MPA. is the owner and principle photographer of Berryhill Home of Fine Photography, located in Truro, N.S.

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New Fees: Xenoisism?

The Nova Scotia Human Rights Commission is inquiring into new differential fees imposed by Acadia (\$1,315) and Mount Saint Vincent University (\$500) on international students.

These differential fees are in addition to that levied by the province at all institutions. The universities maintain that the fee is an appropriate new source of revenue to tap in the face of the freeze in government operating grants, rising costs and the compelling need to maintain balanced budgets.

Both administrations have argued that the annual cost to the university of educating a student is approximately \$10,000, a cost which is only partly met by tuition. In their view, the differential fee only reduces the subsidy provided to the students. They also note that other provinces and countries impose tuition fees for international students greater than that being collected.

There is no indication, however, that these universities tend to remit the additional money to the provincial gov-

ernment, which provides the subsidy through operating grants. Secondly, economic theory would suggest that the marginal, rather than the average, cost per student would be the relevant measure of whether the fee was exploitative. In addition, the cost figures cited exceed the total expenditures per student at the universities -- expenditures which include costs which are not related to education and some of which are reimbursed by other user fees (eg. residences and dining rooms).

The investigation by the Human Rights Commission follows a request by NSCUFA (The Nova Scotia Confederation of University Faculty Associations) that the Commission determine whether targeting international students to balance university budgets is discrimination on the basis of national origin.

This story first appeared in the Fall, 1992 issue of the NSCUFA Bulletin and has been reprinted in The Picaro with permission.

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New Study:

The Psychological Impact of Cancer

A recent study is shedding new light on how cancer affects patients psychologically and socially.

For the past three years, psychologists Dr. Cynthia Mathieson of Mount Saint Vincent University and Dr. Henderikus Stam of the University of Calgary have been conducting and analyzing in-depth interviews with patients with different kinds and stages of cancer.

"The interviews suggest that the psychological impact of cancer is greater and more profound than traditional medical and psychological interpretations of the illness. Where traditional approaches focus on acute episodes of illness, our research looks at the on-going stressors inherent in living with chronic illness," said Dr. Mathieson.

Dr. Mathieson noted that the issue of identity is crucial to understanding the full psycho-social impact of chronic illness. "Who we are is a product of our role in society, within this complex milieu of family, friends, job and community. By changing these relationships, cancer threatens our very identity. It forces us to literally re-define who we are. It's an incredibly stressful process."

The Mathieson-Stam study identifies three stages in this re-definition. The first, described as "disrupted feelings of fit", characterizes early signals of threat to identity.

"Patients newly diagnosed with cancer begin to experience discrepancies between their former healthy lives and their lives now transformed by the illness," said Dr. Math

ieson. "As one patient put it, 'my body keeps letting me down in various ways ... I feel like it's betrayed me ... I feel useless.'"

The second stage has been termed "re-negotiating identity" because, according to Dr. Mathieson, it involves the re-negotiation of relationships. At this stage, cancer patients are commonly faced with social stigma attached to having cancer, and frequently, with a lack of communication within the health care system.

Said Mathieson, "Cancer patients told us that they felt branded by the disease, that they often felt as if they were

seen as a disease and not a person."

The many changes which patients experience following diagnosis lead to an awareness that their lives have changes permanently, said Dr. Mathieson. She said that during the study, she typically heard patients alluding to their "old self and new self" -- referring to before and after cancer.

"The transformation results in an altered biography," said Dr. Mathieson. This "biographical work" is identified in the Mathieson-Stam study as the third stage which cancer patients experience in their struggle to re-construct identity.

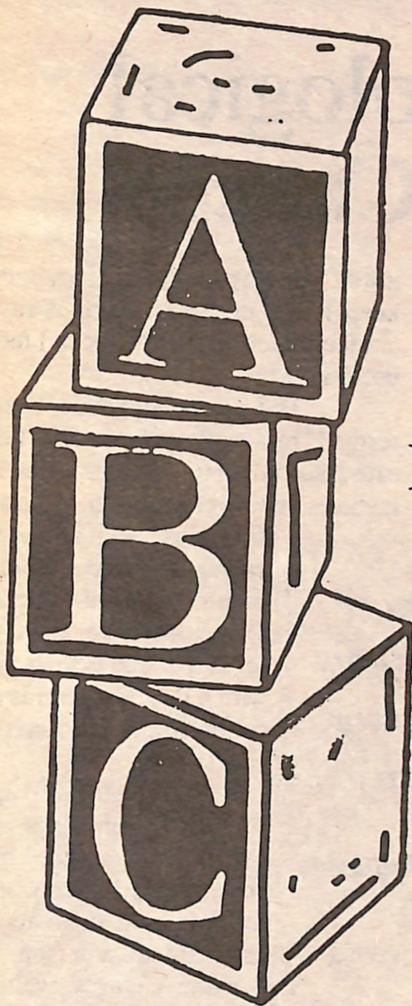
"It often takes people the whole course of their illness, and afterwards, to fit cancer into their self-narrative," said Dr. Mathieson. "We're talking about a long-term process here. And even those whose cancer is eventually cured find their lives have been permanently changed."

**"Cancer
threatens
our very
identity"**

-Dr. C. Mathieson

What do SMU *The Journal* and *The Washington Post* have in common?

Nothing



ALL the

BEST

CHILD
CARE

available at the Parent Care Lounge located in Evaristus room 119. We are now in need of volunteers during various times throughout the week. If you are interested in volunteering please contact the Student Union at 457-6123 or feel free to drop by.

Thanks.

WHO CAN DONATE?

Circle Thursday, January 28 on your calendar, so you won't forget it. It's the date of the Red Cross blood donor clinic and we're hoping this year's turnout is the largest ever. The clinic will be held in the Multi-Purpose Room in Rosaria Centre in three different time slots. This will provide each person with the most convenient time to give the gift of life.

Clinic Sessions

From 1:30 p.m. to 2:00 p.m. (Faculty and Administration only)

From 2:00 p.m. to 4:30 p.m.

From 6:30 p.m. to 8:30 p.m.

Who Can Donate?

Most people in good health can be blood donors. The minimum age is 17 years and the minimum weight is 100 lbs (45.5 kg). However, there are exceptions to these rules. In some cases, those weighing less than 100 lbs may still be able to donate, depending on their height-weight ratio.

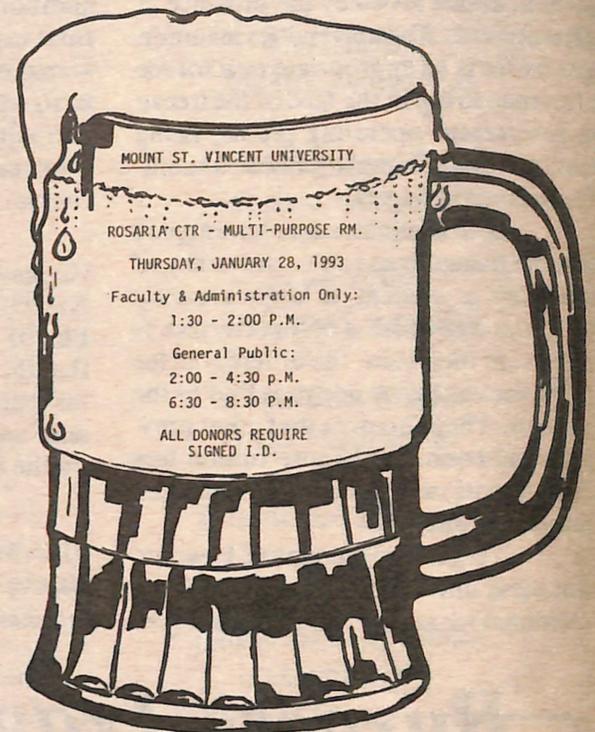
If you are a regular donor, make sure that it has been at least 70 days since your last donation. If you are a new donor, you must have identification that has your full name and either your signature or photo (eg. driver's licence, student card, vehicle permit, credit card). If you have any further questions that have not been answered here, please check with the Red Cross nurses on clinic day.

Not all people are eligible to donate. The following list is meant to serve as a guide. Please read it carefully to ensure your own health and the safety of the recipient.

Temporary Deferral

- *an active case of flu, cold or sore throat
- *major surgery and certain medications
- *pregnancy in the last six months
- *breast feeding in the last three months

IT'S EASY TO HAVE A PINT.
WHY NOT GIVE ONE?



BE A BLOOD DONOR! +

*sexual contact or exposure to body fluids of a person with hepatitis in the last 12 months.

*ear piercing or tattooing in the last 12 months

*immunizations

*travel to malaria risk countries or anti-malaria medication

*haemoglobin (red blood cell) below required level

Permanent Deferral

*hepatitis

*heart problems

*high blood pressure

*kidney disease

*infectious disease

*diabetes or medication

*epilepsy

*cancer

*blood diseases

*high risk exposure to the AIDS virus

Stay Tuned

BACK TO IRAQ

Well, do you enjoy being in a war -- again? With the exception of those of you who live with your heads immersed in either books or your own navels, I'm sure we've all heard about the numerous bombing raids and cruise-missile attacks against Iraq from January 15-20 (by the time you read this, more attacks may well have taken place.)

No doubt many of you are saying one of two things: either "Oh, man, not another whiny, boring column about the wrongness of war", or "What the hell do I care -- it's a jillion miles away?" The first opinion is hard to counter, but try this on -- not only is this a war without even the usual euphemisms of 'police action' or 'limited-conflict', but it is a war that is being covered in no better a fashion than the Gulf War of 1991.

The second opinion? "You better care, bucko, 'cause the way American journalists are covering this war will have implications for journalism and reporting at the edge of the government morass." Convinced? Read on.

Michael Massing wrote in the May/June issue of Columbia Journalism Review that "if Dick Cheney and Colin Powell [the two U.S. defence honchos] go unchallenged now, there's no telling what they or their successors might attempt in the future." Massing was referring to a lawsuit pressed against the U.S. Defense Department claiming it imposed unconstitutional restrictions on journalists during the war.

But, Massing continues, the problem may not have been access to soldiers and freedom to write what one chooses, but a lack of journalistic skill and motivation to coldly and shrewdly assess what the U.S. (let's not kid ourselves that this was the U.N., huh) was doing in the Gulf. And it appears that journalists still lack that skill.

Certainly there's no lack of flaws to be found in the Gulf War

reportage. The "Nayirah incident," the obsession with "the Nintendo War", the embarrassing jingoism that surrounded the war's end -- all of these are serious criticisms of the way the

A Cautionary Tale About War, Lies and Videotape

war was covered.

Remember Nayirah? She was the little girl who told a Congressional hearing how Iraqi soldiers dumped premature Kuwaiti babies from their incubators to take the equipment home to Iraq.

Ex-prez Bush used that story at least four times, and in the almost-deadlocked Senate vote approving the war, it was said (by the Senators themselves) to be the deciding factor. Of course, no-one mentioned that Nayirah was the daughter of the Kuwaiti ambassador to the U.S., that she was attending a private U.S. school before the occupation, that she was extensively trained by Hill & Knowlton [PR students take note] before the hearing, and that there was no evidence of these actions ever taking place.

The Nintendo War refers to the oh-so-pretty graphics and video run over and over again by news outlets (and the snappy comments of

Stormin' Norman -- aren't we all glad his 15 minutes are up). It's much more agreeable to the psyche to say 'Boy, that bomb can find its way right to the ventilation shaft. Neat!' than it is to look at pictures of charred babies and women in a bomb shelter.

And how could any of us forget the masturbatory frenzy which overtook the USA after they declared victory (just coincidentally, two days after the first really gruesome footage of the results of American fighting -- the 'Highway to Hell' -- came to light)?

Did you know that the Allies used napalm in the Gulf War? Napalm, you Vietnam buffs may know, is a harmful jelly of gasoline and aluminum that sears its way right to the bone -- and through it. Of course, with the Iraqis in trenches and tunnels, they didn't suffer that type of napalm death. They suffocated because the napalm consumed all the oxygen in their tunnels or caves. But that's not chemical warfare, eh?

Anyway, I'm writing about this war. The problem is that you don't know what to believe. You say you do? Don't be so sure. Where's the information coming from? Not from 'real' journalism. From the US government, from the Iraqi government (for government, read 'propaganda machine'), but not from anything resembling "the truth."

Watch the war news. But don't get taken in by exciting cockpit footage. Underneath the video games are dead people. And don't get taken in by press conferences either. As the other Bob (Dylan) said so long ago:

*Like Judas of old / you lie and deceive
/ a war can be won / you want me to believe / well i see thru your eyes / and
i see thru your brain / like i see thru the water / that runs down my drain.*

Have a nice day.

Bob LeDrew

Teaching English: Too Good To be True?

by George Zikos

MONTREAL (CUP)--Teaching English as a second language is attractive to graduates who want to travel, but Derek Goldstein says students should be very wary of the companies they sign up with.

Goldstein, a Concordia international business graduate, considered working abroad last spring. He looked into Interac, one of the companies that recruit university graduates to teach English in a foreign country.

"It sounded like a great opportunity to work with foreign business people (but there weren't sufficient guarantees," said Goldstein. "I was disappointed with Interac's inability to be honest with me."

Palmer Acheson, a teaching English as a second language professor (T.E.S.L.) at Concordia, has travelled and taught extensively throughout the world.

He said people who do not have the T.E.S.L. degrees may have problems finding a job teaching abroad.

"Japan is difficult now. Many people go but can not find enough work to survive," said Acheson.

He said that students should get informed about the companies or programs they sign up with by consulting guides that tell the students on how to get jobs teaching abroad.

Interac representatives told Goldstein he would teach English to business people in Japanese corporation and implied it was a good career opportunity for a commerce graduate.

But Goldstein says that information was misleading.

Interac asked Goldstein to get a working holiday visa, because they wanted him to start work in Japan immediately. Interact told Goldstein he would work 20 hours or more per week. However, after asking the Japanese consulate, he found out that the visa allowed for a maximum of 12 hours each week.

He called Interac for more hours, when Interac could not guarantee more work, he decided not to go.

HOPE Campaign -- What Is It?

by Inga MacLaine

HOPE, the name of an exhibition being held all across Canada, presents new ideas and frames of mind in helping Third World countries survive on their own.

HOPE implies that a difference can be made if people just help a little bit - by offering volunteer services or offering new ideas to combat the harsh weather and deadly but easily cured diseases.

This exhibition focuses on health, education, poverty, the child-care, illiteracy, and the role of women in these many under-developed countries all through out the world.

Here viewers will get a look at what actually goes on in the lives of Third world dwellers and a look at what is being done to help these people live a more productive and full life; (full life meaning past the age of 25). Many people from all over

Canada have seen the exhibition and think it is an excellent description of what is there and what is being done to help.

Included in the exhibition are objects and artifacts from projects spanning five different countries: a rickshaw from Bangladesh, which was made more efficient by a Canadian; a peanut sheller developed in Thailand that uses a car tire to increase the production time; an immunization serum fridge used in Africa, along with an inside look into the global immunization campaign that will save millions of lives each year; and many children's toys, books, and games, that will teach children what it is like for these children. Also, photographs from development projects enhance the purpose of this exhibition.

Along with the main theme, HOPE, this exhibition has been given a name for what visitors are supposed to see from this exhibition: Seeing Our World Through New Eyes. The Aga Khan Foundation of Canada, a non-profit, international development agency, is the main sponsor and has supported many other projects to assist the poor in Africa.

This is "an exhibition that takes a provocative and entertaining look at Third World development". It opened in Halifax on November 7 and will be ongoing until February 7, 1993.

Already millions of Canadians and thousands of school groups have visited the display. Each and every one leaving with a very positive attitude about the development in the Third World countries.

Although statistics can be boring, these might make you actually think about how easy it would be to help these countries if society changed the attitudes about just a few things like military, alcohol consumption, and cigarette smoking.

The money that is needed for health care each year to prevent the deaths of 50 million children is \$2.5 billion. American companies spend that much on cigarette advertising in one year; the Soviets spend that much on Vodka in one month.

There are 160 people born every minute and by the year 2,000 there will be 6 billion people living in the world and 4.8 of all those people will live in developing countries.

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16586-30

Hmmmmmm...

...The teachers told us,
the Romans built this place
They built a wall and a temple,
an edge of the empire Garrison town

They lived and they died,
they prayed to their gods
But the stone gods
did not make a sound
And their empire crumbled
'till all that was left
were the stones the workmen found..

G. Sumner

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Neptune Theatre's *Cat On A Hot Tin Roof*

By Joe Strolz

HATRED, GREED AND DESPAIR

Despite Tennessee Williams' intent for *Cat on a Hot Tin Roof* to serve as a dissection of basic human instincts, Neptune's version of this modern day classic can be better viewed as a study on the notion of father-son relationships.



Jack Belt as Big Daddy

The play is set to the backdrop of a southern cotton plantation where an entire family has joined together to celebrate their father's (Big Daddy) 65 birthday. However, the festivities are tainted when emotions such as hatred, greed and despair arise.

Brick, Big Daddy's son, struggles with his hatred of hypocrisy and lies which ruined his life and drove

him to alcoholism, while his wife Margaret tries to find her place in the family and in Brick's cold heart.

Amidst these inner conflicts, Gooper, Big Daddy's neglected son, focuses his attention on becoming heir to the estate which will soon be handed down by his dying father.

As the crass Big Daddy faces a terminal illness, he is confronted with a life of regrets, a frigid marriage, and a cold relationship with the only family member he ever admired, his son Brick.

Throw in a naive puritanical minister, a boisterous grandmother, and a daughter in law whose only claim to family acceptance is fertility and the result is a poignant drama with a healthy balance of comic relief.

Well-rehearsed and entertaining, Neptune's performance of *Cat on a Hot Tin Roof* was complemented by its classy and ingenuitive set. But the performance's foremost redeeming feature was found in the scenes of interaction between Big Daddy (Jack Belt) and Brick (Ted Atherton). Both veterans of the stage, they were able to spark a fiery chemistry which proved to be the cornerstone of the production's success.

With remarkable timing and a true sense of the real issues in the play, Belt and Atherton displayed startling life-like scenes between the frustrated father and his alcoholic son.

Locked in constant debate, the two played off one another with ease to create an atmosphere that was anything but. Their scenes were filled

with a tension that would inevitably erupt.

Their main scene, a father and son man-to-man talk, was so well performed in comparison with the rest of the play that many of the other characters and their themes were forgotten. A new theme, based on the importance of sharing experiences between a father and a son seemed to gradually emerge from their actions

Their scenes were filled with a tension that would inevitably erupt

and reactions. Despite the emotional intensity of their roles Belt and Atherton were responsible for some of the much needed comic relief - which proved they could be as entertaining as they were provocative.

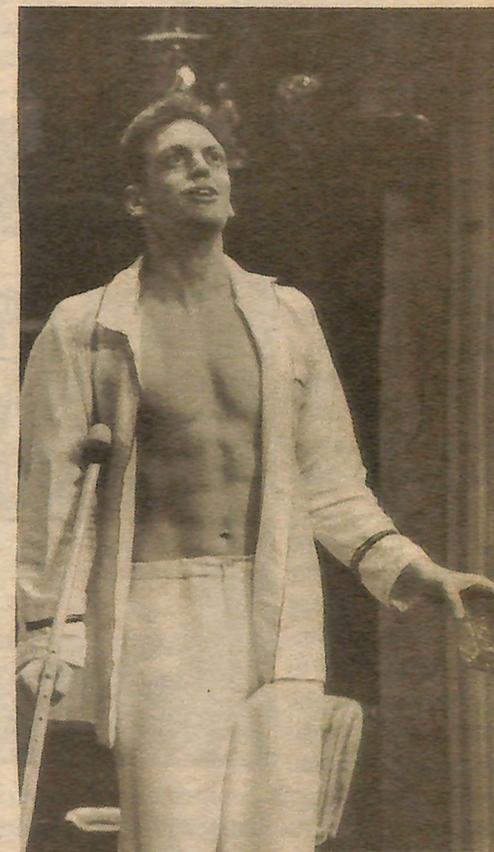
As Big Mama, Marguerite McNeil also contributed to the lighter side of the play. The Cape Breton native's performance was enchanting and greatly reflected her experience in the theatre. Wrapped up in her motherly rantings, the sprightly McNeil was able to bring a release to the heated atmosphere while at the same time effectively portray a suppressed heroine.

Also in notable performances were Robert MacLean, as the tactless Reverend Tooker, and Dennis Fitzgerald, as the money grabbing Gooper.

Despite well rounded performances by most of the cast, the production was not perfect. As Margaret, Caroline Gillis' performance was monotone at best. Her southern accent was simply annoying and much like Jenny Munday's portrayal of Mae, her character became tiresome. Most of her interaction with the other members of the cast seemed forced

and although the "Cat" was her favoured nickname, her clumsy body language suggested a larger mammal.

However, in her credit, she carried the whole first scene by reciting pages of seldomly interrupted monologue and her desperation was



Ted Atherton as Brick

occasionally believable.

Acting in minor roles were John Dart, a Halifax native as Doctor Baugh, and Julia Williams, also a Nova Scotian as Sookekey the housekeeper.

Although not the "red hot" drama promised, Neptune's *Cat on a Hot Tin Roof* is an entertaining night at the theatre. The production runs until January 31 at Neptune Theatre in Halifax.

BOOK REVIEW: Louis L. Snyder's *Hitler's German Enemies*

A FEW GOOD MEN

By Joe Strolz

On January 30, 1933, a scruffy Austrian with a less than reputable past rose from commoner to Chancellor of Germany. Spellbound by the skills of this master orator, the people of Germany saw Adolf Hitler as a revolutionary who would take a stand against the hated Treaty of Versailles and waken the slumbering country from its economic doldrums. Masses of German citizens seemed to be under the puppet-like control of the man whose Nazi movement was dismissed by many as merely his eccentricities.

However, oddities like the mandatory sworn oath to Hitler himself instead of to Germany, and the curious rise of anti-semitism within the new political regime dropped subtle hints about the true character of the man who was once called "evil itself". While many Germans ignored these hints, there were a select few who stood boldly in the face of evil to proclaim truth. Motivated by humanity at the sight of violence, morality at the sight of injustice and in most cases faith in God at the sight of sin, these rebels sought a purging of the Nazi plague that had infected their beloved fatherland.

Louis L. Snyder, noted historian and author, profiles 15 of these unsung war-time heroes in his book,

Hitler's German Enemies.

Inspiring and informative, Snyder's collection of mini-biographies also serves a very important purpose. Denouncing the Allied forces popularized World War II expression -- the only good German is a dead German -- *Hitler's German Enemies* portrays the lives of countrymen who fought valiantly to redeem the highly esteemed German name that was rapidly being vilified by the ascent of the Third Reich.

Snyder chooses a wide variety of resistance fighters that encompass many prominent roles in society -- pastors, politicians, students, scholars, civilians and important members of the military. By carefully selecting personas with diverse backgrounds, and by personalizing them with the use of insightful backgrounders, Snyder creates an ensemble of interrelated mini-biographies with chronological continuity.

Filled with colourful descriptions of the efforts and adventures of resisters like Pastor Dietrich Bonhoeffer, a man dedicated to the pursuit of Christ-like character, or Erwin Rommel, Nazi military genius turned personal enemy of Hitler, Snyder is able to effectively relay the perils and pains of martyrdom.

Although, at a glance, it would appear to be no more than a history

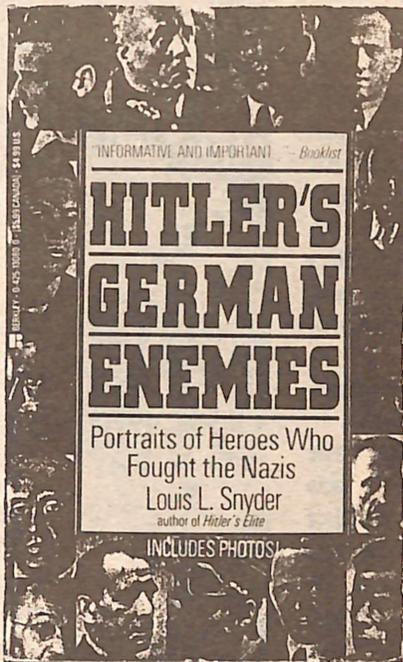
text, *Hitler's German Enemies* seems to delve into a greater issue -- the character and nature of man. Snyder describes how many of the conspirators were dumbfounded by the appalling masses of German people who had subscribed to a new and equivocal regime without questioning even its most horrific side effects. Condemning their country's apathy these resisters sought to waken the common man from a slumber induced by the promise of a better life and the fear of punishment. German professor Kurt Huber's words, one of the 15 resisters profiled, characterized their goal; "We must try to fan the spark of resistance that is in the heart of a million honourable Germans until it flares up boldly and brightly."

Although their cause was honourable it proved to be too ambitious. According to Snyder, two elements -- hope for a better tomorrow and fear of the Gestapo's wrath -- provided the Third Reich with the perfect formula needed to capitalize on the basic human nature of the German people.

However, ignoring all odds and motivated purely by conscience, these adversaries of the Fuehrer pressed on to see justice reinstated. *Hitler's German Enemies* is not only informative and relevant but also personally involved in the lives of those who sacrificed all for truth.

"Death is the supreme festival on the road to freedom."

-Dietrich Bonhoeffer



SOUNDTRACK:
DRACULA

BLOODY MUSIC

by Jennifer Gallant

Intense, horrifying, extraordinary, and beautiful. These are all words that can be used to describe the new sound track from Bram Stoker's *Dracula*.

Composed by Wojciech Kilar, this music captures all the feeling and emotion portrayed in the movie. The CD has 16 suspense filled tracks that will give you goosebumps and raise the hair on your back.

The entire CD is instrumental, except for one song at the end, named *Love Song For A Vampire*. Performed by Annie Lennox, this song is beautiful and full of love. It makes you understand all those vampires out there who have been searching their entire life for someone who'll love them.

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WORK THAT BODY

by Rebecca Moore

I want all of you to read this review with an open and objective mind, why? Because I went into the movie with an open and objective mind. Most people jump to conclusions about Madonna without giving it any rational thought, consequently, they pass up opportunities to analyze her work. Even though I found some of the sex scenes offensive, Madonna was intriguing as usual.

Body of Evidence stars Willem Dafoe as a lawyer representing Rebecca Carson (Madonna), a woman accused of killing her lover while having sex. Her lover, quite a bit older than herself, just happened to have millions of dollars and a heart condition.

As the movie progresses, pieces of the murder puzzle begin to fall into place. The excitement in the court room mounts, and so does the excitement in Rebecca's bedroom (excuse the pun). The love scenes, if you can call them LOVE scenes, are intriguing and intense.

The character Rebecca is a woman who insists on having control. She enjoys S&M when she's the one doing the tying up. When she loses the control, however, she does everything in her power to regain it.

Madonna's performance in the film seems to lack in the beginning, but, as the movie progresses, her acting improves. Willem Dafoe is great, especially when he was being seduced by this queen of seduction.

These games of control scare me. Isn't that what rape is all about? When a man or woman is tied up so that their partner has total control over them, how could they prevent that person from doing something they don't want them to do? I think you'd have to have a lot of trust in someone before you could let your body be so vulnerable.

The relationship between Rebecca and her lawyer (Dafoe) had not reached that level of trust, I guess that adds to the titillation of the affair. The closeness of their love romps to rape was too much for me. I came out of the movie with a sick feeling in my stomach, maybe that was from the MacDonald's that I ate earlier, not the movie -but anyway, the movie is worth going to see. It is NOT just another *Basic Instinct*.

If you don't like watching sex on the big screen I do not recommend this movie, if you do, then ...

Poetry: An Expression of Change

by Rebecca Moore

TaMara Squires does not consider her poetry to be among the great works of western literature. Writing poetry is simply a way for her to express her feelings.

"I do not agree with all of Freud's theories but I do believe in his theory of the unconscious mind," says TaMara who believes her expressions come from her unconscious. For self-expression, TaMara also writes music and songs. However, she doesn't do it by choice. She feels an urge to write and if she doesn't fulfil it, she becomes frustrated.

"Writing is something I feel I have to do," she says.

Her writing stems from her childhood. "I had a bad childhood, I was very anxious and had a bad temper."

When TaMara went to school her temper only got worse. She developed a school phobia and is only now beginning to find it easier to be in school. She has been to two other universities, and finds the Mount more friendly and helpful. "People are very supportive here."

TaMara is one of many people who has been in a vicious circle all her life. In the past she has always chosen bad relationships because of the relationships in her childhood. Fortunately, she is now getting out of that circle.

"I chose bad relationships because I didn't think I deserved any better, I didn't know I had any choices. I can now make good choices because I know that I have the power to choose."

Writing helps TaMara cope with feeling helpless and vulnerable. Now that she is in school, and working at the Mount art gallery on weekends she doesn't have much time. She will be participating in the 19th Annual

University Community Art, Craft, Baking, Hobby and Talent show February 11th to 21st.

In the mean time, pick up her book, *Colour My Silence*, in the university bookstore. The poetry is touching and, for many, very easy to relate to.

Walking Wounded

by TaMara Squires

I long to tell you
how I ended up in the land
of the
walking wounded -
Traipsing
on
a foundation of nothingness,
as my limbs
hunger
for solid ground.

I ache
for the
dreary familiarity
of my past
all the while
waiting
for those
memories
to surface,
so I
can be
released
from my
illusions
of safety, security,
and a home.
Upon my release
I will allow
myself
to live in the
shelter
of this day.



Places To Go -- People To See

by Joe Strolz

In the summer of 1991, my brother and I back-packed across Europe. I waited in feverish anticipation to see such landmarks as the Eiffel Tower in Paris, Big Ben in England and that little urinating boy in Brussels. However, at the end of the 28 day journey I discovered the only things that really stood out in my mind were the people. Here are some of the folk I met.

London, England. Red Lion Pub, 9:45 pm.

While nursing a coke and enjoying the conversation of my cousins, a rough man, sensing that I was not a local, approached me and introduced himself as Steve. It became quickly apparent that Steve was a waste disposal enthusiast. Every topic we talked about eventually, by his manipulation, worked its way back to garbage. Although not the most intriguing conversation, I admired his passion for waste and didn't hold it against him when he asked me if we had garbage in Canada.



Paris, France. 7:45 pm.

Somewhat disenchanted by the long lines at the Eiffel tower and the family portrait size of the

Mona Lisa, I was happy to be reunited with my french uncle Guy. I'd not seen Guy for 15 years and we sparked an interesting conversation that delved deeply into philosophy. To understand Guy, you must first know that he is a wine-swilling cheese-head. He doesn't believe in an honest days work for an honest days pay -- or any work for that matter. He takes special interest in herbs, spices and other things of seemingly little consequence.



We talked about life, death and fine wine. After speaking with him for several hours, it soon became apparent that, although I admired his grass-roots philosophy of life, he didn't blend well with society. He was either too far ahead of his time, or eons behind.

Brussels, Belgium. Waffle Cafe, 4:35 pm.

While waiting to have my order taken I heard a loud crash behind me. When I turned to investigate I found that my waiter had slipped on a lemon twist and was lying on his back swearing in another tongue. When he eventually took my order, still cursing between breaths, I realized that the romance of enjoying a snack at an out-door cafe in a strange land was quickly being tainted by screamed obscenities and poor service. Although



not terribly anecdotal, I cannot forget the Belgian waiter and the lemon twist that betrayed him.

Amsterdam, Holland. Red Light District, 11:45.

Shocked by the liberal and legal sale of drugs in the streets, my brother and I walked carefully hoping no one would talk to us, hoping no one would knife us. Fortunately the lesser of these two evils occurred. One especially ambitious cocaine salesman, thinking he had a sure sale, followed us down the street continually pitching his wares. Silent until that moment, I exploded with a barrage of bogus language in an effort to confuse. My brother followed my lead and before too long we were able to convey, in the little english we knew, that we were two simple brothers from a tribe in Portugal.



Frustrated and annoyed the drug dealer gave up the fight saying, "Man, you guys are #@*#!"

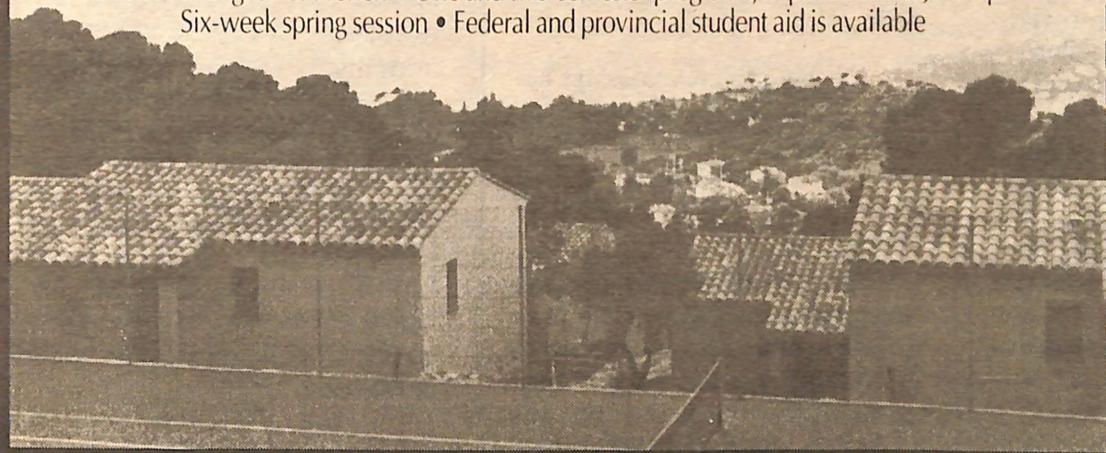
I admit that I didn't move in high circles while in Europe, but the people I met will never be forgotten. They were an unexpected twist in a trip filled with preconceived ideas. Beyond the landmarks and the tourist attractions laid the true national treasures, the people.

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HAD I BEEN THE DUNG BEETLE ...

by Rob Hawgood

AS GREGOR SAMSA awoke one morning from uneasy dreams he found himself transformed in his bed into a gigantic insect.

This is the premise of *"The Metamorphosis"* by Franz Kafka, the acclaimed early twentieth century Czech writer.

Kafka's character Gregor was an earnest young man who had worked to lift his family out of poverty.

As a salesman he coped with an exhausting schedule, rising at 4 a.m., travelling about day in, day out.

You have to sympathize with Gregor. And not just because of his schedule. Imagine waking up and discovering that you've changed into something like a 3-foot long cockroach, or a "dung beetle", as the story's servant woman called him.

It all seemed normal enough at first. In his locked bedroom (Gregor made a point of locking doors when he travelled and it stuck with him at home) Gregor had slept through his alarm. Next thing Mother, Father and sister Grete were all nagging at him to get up and get off to work.

"Yes, yes, thank you, Mother, I'm getting up now."

Lord knows I've slept through an alarm or two in my time. And, when I lived at home, I was quite used to my parents nagging at me if I was late getting up. Getting up can be so hard sometimes, what with all those little aches and pains ...

He remembered that often enough in bed he had felt small aches and pains, probably caused by awkward postures, which had proved purely imaginary once he had got up, and he looked forward eagerly to seeing this morning's delusions gradually fall away.

But it was not to be so. Finally, after a series of contortions, Gregor managed to get his beetle-like body out of bed, prop himself up against his door and turn the key with his

out of bed, prop himself up against his door and turn the key with his jaws. He presented himself to his family and to his superior, the chief clerk, who had come to fetch him.

To say the least, they did not take kindly to Gregor's new look. While Mother screamed and Grete sobbed and the chief clerk stood and stared, Gregor's father -- his teeth grinding and gnashing -- grabbed a walking stick and drove Gregor back into his room.

Such contempt!

Sadly, Gregor's circumstances were not to improve. Lying in the darkness of his room, Gregor roused his pride. He was a provider. It was the result of his hard work that his family had such a nice life in such a fine flat.

But what if all the quiet, the comfort, the contentment were now to end in horror?

What if, indeed. Gregor's family failed to provide him with suitable nourishment. He had to hide himself whenever Grete came in -- however briefly because of the stench -- to leave some scraps of food for him. He was pelted with apples by his irritable father when he came out of his room. He was taunted and probed with a broom stick by the brash servant woman. He was humiliated in front of three renters when once more, he came out of his room. And finally, his family had had enough of him.

"We must try to get rid of it," said Grete. "He must go," she cried. "That's the only solution ..."

Finally Gregor did go. Physically and spiritually starved ...

his head sank to the floor of his own accord and from his nostrils came the last faint flicker of his breath.

Gregor was understandably dismayed by what had happened to him. But still, he let the injustices done to him go unpunished. There he was, rejected by his loved ones, languishing and wasting away. Wasn't that pain and torture enough?

No. They wanted him to die.

"That's the only solution ..."

What if, I wondered, instead of being so docile, instead of resigning himself to self-pity, Gregor had allowed his anger to flow freely? What if he had used his insect powers to exact VENGEANCE on his uncaring family?

Gregor had earned so much money that he was able to meet the expenses of the whole household and did so. They had simply got used to it, both the family and Gregor; the money was gratefully accepted and gladly given, but there was no special uprush of warm feeling.

Had I been the dung beetle, I think I would have punished them for being so ungrateful ... punished them ALL for their misdeeds!

As an insect Gregor's appetite, quite understandably, had changed. He did not like the taste of the milk and little sops of white bread that Grete left for him. He liked even less the riff raff she cleared from the dinner table and threw into his room!

Beetles eat a great variety of substances. Certain beetles bore into the eggs of bees. What if, when they attacked him, Gregor -- Gregor the dung beetle -- had bored into the flesh of his former loved ones? Might he have liked the taste of his erstwhile species, humans, better?

[H]e was fast losing any interest he had taken in food, so that for mere recreation he had formed the habit of crawling crisscross over the walls and ceiling. He especially enjoyed hanging from the ceiling ...

What if, as redress for being neglected, Gregor -- hanging from the ceiling -- had dropped down on the next unsuspecting person to enter his room?

Then there was the time when Gregor, daring to leave his room, was confronted by his father. What if, instead of shrinking back at seeing the grim look on his father's face, instead of being dumbfounded when looking up at the enormous size of his father's shoe soles and retreating to his room as his father flung things at him, he had got those large, strong beetle jaws of his around his father's leg and snapped it off?

Considering that Gregor had metamorphosed into not just any beetle, but a monster-sized beetle, it was probably not beyond his abilities.

What if, when the servant woman, standing at his door, poked his tender underbelly with a broom stick he had got those same strong jaws around the stick, pulled her into the room and poked HER underbelly with it?

What if when the renters gawked at him -- alternately amused and horrified -- he had spat up vile-smelling sticky acid fluid on them?

That's what I would have done. But Gregor -- Gregor took no such actions. He must go, cried Grete. It was the only solution.

The decision that he must disappear was one that he held to even more strongly than his sister ...

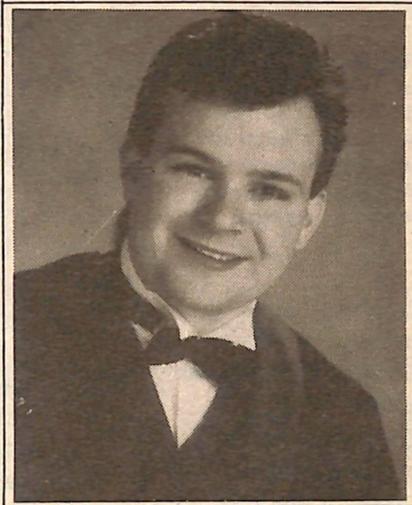
And as now you know, Gregor's head sank to the floor as he gave out his last breath.

You were too kind, Gregor. Far too kind.



Sources:
Franz Kafka: *The Complete Stories*
The World Book Encyclopedia

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The Incredible Boris: Mentalist and Humorist

By Nola MacDonald

On Friday, January 22, the crowd at Vinnie's pub got a real treat. They experienced a wonderfully funny show of what one might call "hypnosis". What they witnessed, however, was actually a demonstration of the powers of suggestion by the "Incredible Boris" on 7 volunteers: Alana, Cathy, Chuck, Jeff, Randy, Teresa, and Tracy.

Boris used phrases like "power of suggestion" and "creating illusions in your mind" rather than hypnosis. He told the volunteers that they "will know everything that is going on - but simply won't give a damn." He told the rest of the audience that "as long as you can hear me, you will go under" and "if someone falls into your lap, thank me later."

One of the funniest parts of the show was a running gag involving Randy. Boris suggested that he forget his name, and then told him he was Chip. Randy was convinced his name was Chip, and got quite angry when Boris asked him his name at various points in the show, saying things like "Chip, dammit", and "Chip, like on 'Kate & Allie'".

Boris told Teresa that smiles annoyed her, so she started roaming around wiping smiles off faces, and yelling at people who would not cooperate with her. Then, Boris told her that her belly button was missing, and that one of the smiling people probably stole it. With such an important part of her anatomy missing, she immediately set out to recover it. After a few minutes of crawling around, Boris gave it back to her.

In a segment meant to entertain the ladies, Chippendale dancers somehow seemed quite appropriate. Chuck, Jeff, and Randy began dancing around, loosening, or even removing various articles of clothing. They also accepted paper napkins as \$100 bills that the women of the audience seemed quite happy to stick in the most unusual places.

The Arsenio Hall show starred Jeff as Arsenio with his special guests. Dr. Ruth Westheimer (Alana) answered audience questions about sex. Michael Jackson (Chuck) sang and danced to "Black or White" and answering questions in his high voice. Madonna (Tracy) and her backup dancers (Cathy, Randy, and Teresa) performed "Vogue", with Michael back to help.

Boris also demonstrated that drugs were not necessary to induce hallucinations. He told his volunteers that he was invisible, that his microphone was invisible, but that everything else he touched was quite real. He then carried a pillow across the stage. The looks of amazement on their faces was really something to behold.

The "Don't try this at home" part of the show was also very interesting. Tracy became stiff as a board. With the help from two audience members, Boris set Tracy spanning two chairs. He then stood on top of her. Boris was careful to warn that if not done properly, this could be very dangerous.

It has been said that "hypnosis" is different for everyone. If the volunteers at Vinnie's are any indication, this is very true.

Cathy was a die-hard sceptic. She did not believe it was possible to be hypnotized. She now says "It is." She said it was a bit scary, but a good time. She also said it was "hard to explain what it was like". She agreed with Boris a little bit when he said you would know what was going on but not care.

Boris was born in Moscow and now lives in Toronto. He was recently on Shirley, a talk show on CTV and just finished a two week maritime tour. He will soon be on his way to the United States for another tour.

Confidence High



by Keith Fawcett

The sport scene at Mount St. Vincent is becoming more exciting by the week. The woman's and men's basketball and woman's volleyball teams are all in the midst of successful

seasons.

The woman's volleyball team ranked ninth in the nation returned from very successful tournament in St. John, N.B. where they finished in third place. Their play thus far makes

winning the provincial title seem quite possible. With an experienced group of veterans and the right blend of rookie talent this might just be the team to do it.

Confidence on the team is high. They have faced all the competition within the province so there will be no surprises. The key will be for them to take each game at a time to ensure that no mental lapses now, cost them in the long run.

Another legitimate shot at a provincial championship comes from the men's basketball team. Their play has continued to get stronger as the season progresses. A 61 - 57 victory over Kings College in the second of two games at Rosaria is proof. Led by Tony Ross' 19 points as well as strong efforts by Jesse Diepenveen and Wayne Keddy the team rode on a strong first half effort to clinch the win. Prediction: If the Bills win the Superbowl.

the Mystics will win the provincial title.

The first game on Sunday featured the woman's basketball team. The girls exploded for a 74 - 43, 29 point victory over Kings. A solid team effort featured four double digit scorers: Tammy Godfrey 15, Alex Taylor 13, Jennifer Archibald 12, and Jeanne Flynn 11. If their play was any indication, we could have three very fine provincial contenders.

Sunday proved to be an exciting day at Rosaria, and students are encouraged to attend and support our Mystic teams. Schedules are posted throughout the campus. is proof. Led by Tony Ross' 19 points as well as strong efforts by Jesse Diepenveen and Wayne Keddy the team rode on a strong first half effort to clinch the win. Prediction: If the Bills win the Superbowl, the Mystics will win the provincial title.

Water Works

by Louanne Campbell

Have you ever experienced headaches and muscle cramping during a workout or throughout the day? Have you thought that maybe your suffering from dehydration?

Headaches, muscle cramping and even poor digestion are all symptoms of dehydration. Water in our daily diet is very important, as our bodies are made up of 90 percent water. Without a proper amount of water intake, a number of problems can arise, and if you thought that drinking lots of water would hurt you or be damaging in some way, you've been misled.

"Picture it this way. Your body and its internal organs is like a car and its engine," says Ruth Vesterback, the Mount's Fitness and Active Living Co-ordinator. "Just as a car needs the proper amount of oil to run efficiently, so does your body need a proper amount of water to run smoothly."

Your body needs to maintain a proper water balance in order for everything inside to work properly. "If you get a lot of headaches, you may be dehydrated," says Vesterback. "What happens is that your body is in a drought

mode and your liver, which normally takes care of toxins with proper water intake, is now being deprived of water and sends messages to the brain that something isn't working properly."

Vesterback also says that drinking lots of water will help those who suffer from digestive problems. "In the case of difficult digestion, fiber for example, will be more easily digested if there is a moderate amount of water in your diet." Since our bodies are made up of 90 percent water, our food intake should be equally complemented with our water intake, it only makes sense.

What also makes sense is that water will suppress those pangs of hunger, especially first thing in the morning. Although it's very important to eat breakfast and indeed you should, you may not be as hungry in the morning as you think you are, Vesterback explains. "So often throughout the day we feel like we're starved. This usually leads to 'pigging-out', which is totally unnecessary. When we're feeling starved, often our bodies are not receiving a true sense of hunger. Just drink one or two

glasses of water before eating and its like a reality check for your body to realize that your actually less hungry than you thought."

There are various types of water to drink, and depending on your preference and on how low the water is in sugar and salt, the recommended amount of water intake daily is five to eight glasses. This amount of water intake can depend on certain factors. Some people feel that no matter how hard they try, they can't drink those eight glasses of water a day.

Often, these complaints either come from people who aren't very big in size or from people who don't exercise on a regular basis. As water intake is relative to food intake, it is also relative to size, and if you don't work out very much then you won't be sweating out a lot of water, so you won't need as much as a fluid replacement.

Whether it's tap, distilled, carbonated or water low in salt and natural sugars, the more water in your daily diet -- the better. There's nothing worse than working out and feeling that your doing something good for your body, when you find out that you've been depriving yourself of what your body needs the most -- water.

Quick Fix

Robert Haas, nutritionist for stars like Martina Navratilova, Jimm Connors and Cher, has created a simple sugar and salt drink that will replace body fluids and give your body the boost it needs after a workout. It's simple. All you need is a half a glass of concentrated orange juice, a half a glass of water and a dash of salt. It's tasty and so much better for you than Gatorade because you can control the salt. Give it a try.

Water Tip

If you're the type of person that drinks at least two litres of water a day, then you should probably take some B and C vitamins that are water soluble. Lots of water is great in your diet, but you have to consider that the more you drink, the more you flush your system. This is great, but you need certain vitamins to stay in your body. So check with your doctor if you drink lots a water and you are concerned about a proper balance.

Upcoming Events

INTER - UNIVERSITY BADMINTON TOURNAMENT

Wednesday February 3rd, 7:00 - 11:00 p.m. Rosaria Gym
cost: \$3.00/person (maximum of two events)

To register for this event please contact Athletics at 457-6420 or drop by the custodian desk. Everyone is welcome to play !!

RESIDENCE CHALLENGES

All girls in residence are welcome to participate in these activities. Rosaria Gym 9:30 - 10:30 p.m. Refreshments!!

Volleyball:

Thursday Feb. 4th Assisi vs. Birches

Thursday Feb. 11th Evaristus/Lourdes vs. Assisi

Thursday Feb. 18th Birches vs. Evaristus/Lourdes

Badminton:

Thursday Mar. 4th Assisi vs. Birches

Thursday Mar. 11th Evaristus/Lourdes vs. Assisi

Thursday Mar. 18th Birches vs. Evaristus/Lourdes

RESIDENCE "STEP CLASSES"

These classes will now be available to girls in residence on a "first come, first serve" bases. The cost will be 50 cents a class and you may sign up starting on the Monday before the class, at the Athletic Custodian Desk.

Sunday February 7th 9:30 - 10:30 p.m. Rosaria Gym (27 steps)

Sunday February 21st 9:30 - 10:30 p.m. Rosaria Gym (27 steps)

Sunday March 7th 9:30 - 10:30 p.m. Rosaria Gym (27 steps)

TOBOGGANING PARTY !!

FRIDAY FEBRUARY 12TH 3:30 P.M. (IF YOU HAVE A TOBOGGAN OR A SLIDE PLEASE BRING IT)

HOT CHOCOLATE TO FOLLOW IN ROSARIA GYM !!



CLAYTON PARK
578 Lacewood Drive, Halifax, Nova Scotia B3M 3H8

MOVIES !! MOVIES !!

VINNIE'S PUB 9:00 P.M.
FREE POPCORN !! FREE ADMISSION !!

FRIDAY JANUARY 29TH

"Good Morning Vietnam"
FRIDAY FEBRUARY 5TH "
Dead Again "

Relax With Tai Chi

by Michele Dugas

Want to relieve stress from your mind and body without pain or strain? Try active meditation -- tai chi that is.

Tai chi involves a series of traditional Chinese movements that are blended together to create a smooth exercise program. Its a gentle exercise and you focus on what youre doing, which I find relaxing, says Mildred, a member of a beginner tai chi class held at the Mount.

The motions are accompanied by a unique mixture of sounds mingling in the background. Except for a few Chinese words and English instructions, the session tends to be quiet. I like the calm atmosphere. Its something you wouldnt get at a regular exercise class, says Paula, another beginner.

Tai chi unlike many other exercise programs lowers the heart rate and has a calming effect. As one participant said, I like to do aerobics to get my heart rate up. But I also do tai chi, for the breathing and relaxation.

An advantage of tai chi is the slow movement which makes the program suitable for people of all ages and athletic ability. At first I figured I couldnt possibly be coordinated enough to do this, but I am, said Tim, after his third session. The class held at the Mount has about fifteen participants including men and women in their twenties to their sixties.

The movements of tai chi hold a more significant meaning than would be expected from mere observation. At the beginners level the basic techniques are taught usually for relaxation purposes. The benefits of advanced tai chi can range from self defense to regulating the body to help cure illness, says Kim Hong Tee, the class instructor.

In China you cure yourself.

In rural areas you must learn to heal your sickness because a doctor is days away. Its not like here where you have medicine and doctors very close, says Kim.

Are you still thinking about that New Year's Resolution? Getting fit and more active....Why not try one of the 25 classes offered in the Rosaria Gym. It takes energy to get energy....So grab a friend and come on up and join the fun!

DISCOVER ACTIVE LIVING through FITNESS . . .

FITNESS CLASSES

Over 20 classes to choose from! January 4 - April 8, 1993

Class Time	MON	TUES	WED	THUR	FRI	SAT
7:45-8:30am		LI		STEP		
9:30-10:30	LI*	ST*	STEP	ST*	SP*	
10:00-11:15						ML(E)
12:05-12:55pm	SC	ST	SP	STEP	LI	
2:00-3:00		SA		SA		
5:00-6:00	ML(E)	STEP	ST(E)	SP	STEP	
6:00-7:00	STEP(E)	LI*	LIST(E)	LI*	ST(E)	
7:00-8:00	LI(E)					
8:00-9:00			STEP(E)			

KEY:

LI Low Impact
ML Multi-level
SC Step Circuit

STEP Step Aerobics
SP Step 'N Pump
SA Soft Aerobics
LIST Low Impact/Strength & Tone
ST Strength & Tone

ALL CLASSES ARE IN THE GYMNASIUM UNLESS OTHERWISE INDICATED
(E) = exercise Room
* = babysitting available

Sue Medley

INSIDE... OUT... AND INTIMATE.

LIVE AT VINNIE'S

MONDAY, FEBRUARY 15
8 P.M.

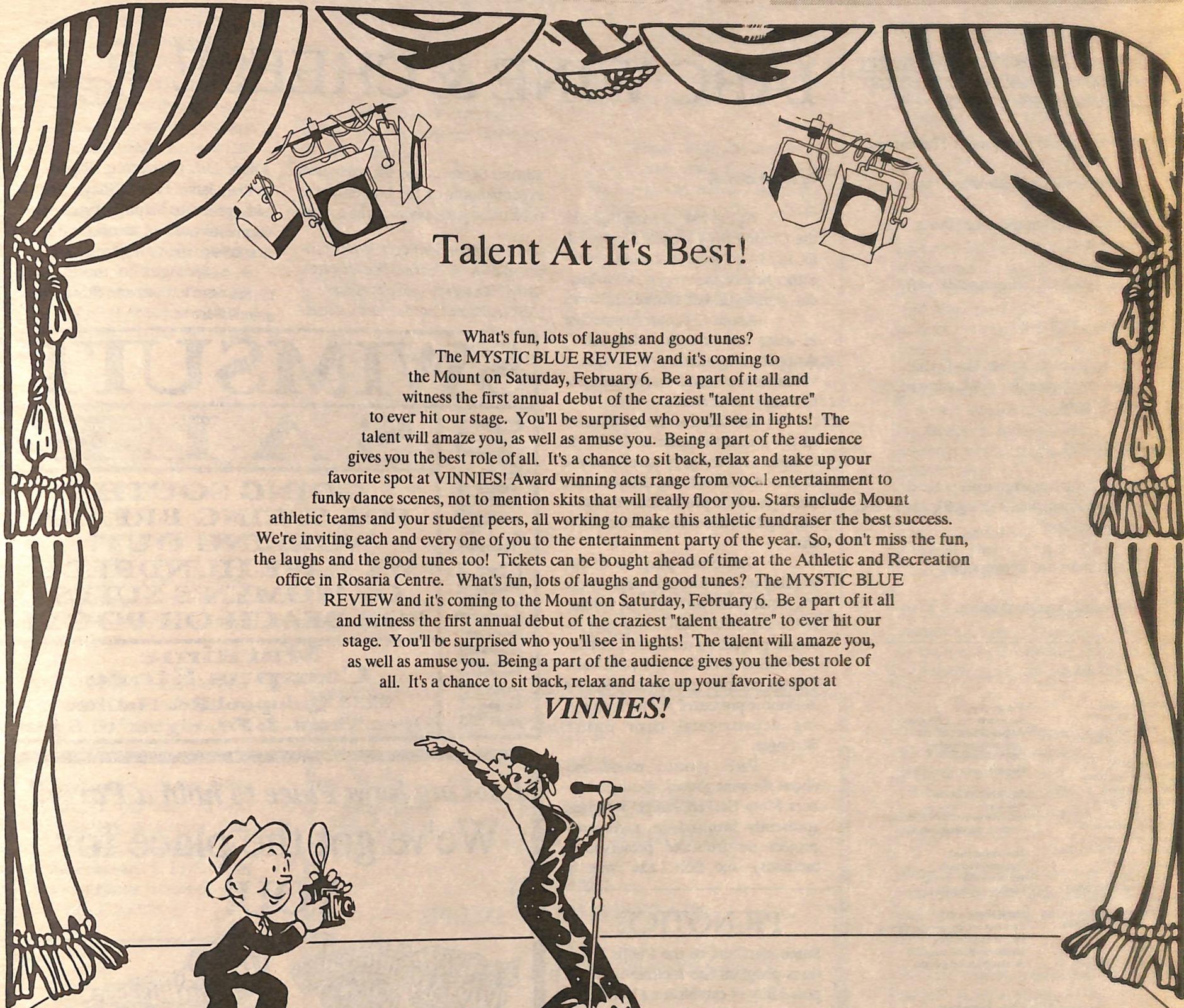
WITH SPECIAL GUESTS
I. C. RED

ADVANCE TICKETS ONLY \$8.00

AVAILABLE AT THE CORNER STORE NOW

Produced by the MSVU Student Union, Donald McDonald, and Lee Livingston Concerts.





Talent At It's Best!

What's fun, lots of laughs and good tunes?
 The MYSTIC BLUE REVIEW and it's coming to
 the Mount on Saturday, February 6. Be a part of it all and
 witness the first annual debut of the craziest "talent theatre"
 to ever hit our stage. You'll be surprised who you'll see in lights! The
 talent will amaze you, as well as amuse you. Being a part of the audience
 gives you the best role of all. It's a chance to sit back, relax and take up your
 favorite spot at VINNIES! Award winning acts range from vocal entertainment to
 funky dance scenes, not to mention skits that will really floor you. Stars include Mount
 athletic teams and your student peers, all working to make this athletic fundraiser the best success.
 We're inviting each and every one of you to the entertainment party of the year. So, don't miss the fun,
 the laughs and the good tunes too! Tickets can be bought ahead of time at the Athletic and Recreation
 office in Rosaria Centre. What's fun, lots of laughs and good tunes? The MYSTIC BLUE
 REVIEW and it's coming to the Mount on Saturday, February 6. Be a part of it all
 and witness the first annual debut of the craziest "talent theatre" to ever hit our
 stage. You'll be surprised who you'll see in lights! The talent will amaze you,
 as well as amuse you. Being a part of the audience gives you the best role of
 all. It's a chance to sit back, relax and take up your favorite spot at

VINNIES!



MYSTIC BLUE REVIEW

When? Sat. Feb.6
 What? Talent Theatre
 Where? Vinnie's Pub
 How Much? Students \$5.00
 Adults \$8.00

STARS OF THE SHOW

TOP TEN REASONS YOU WOULDN'T WANT TO BE *JOURNAL GRAPHICS* EDITOR ANDREW BOWERS:

10. You'd have to hang out at *The Journal*.
9. Time-consuming self-esteem tapes.
8. Because nicknames like "Boog" can really hurt.
7. Four syllables: "*Tainment Weekly*".
6. Fleas ... 'nuff said.
5. Having to hear things like "What time's my movie due back, dipwad?" every night.
4. Impotence.
3. You'd be associated with pathetic pick-up lines like: "I draw *Big Joe* -- take off your bra."
2. Lobotomies are irreversible.
1. One word: hermaphrodite.

The Open Grave

The hardest thing that I ever had to do was walk away from an open grave

All those things that I never got to say could not be said on that parting day

They say that funerals are for the living, that they're not for the dead, to keep the grief and all the guilt from welling in the head. It's heavy and can weigh you down like being wrapped in lead.

You know, he was my Grandfather, I loved him,

and was proud. But society did not bring out the best in me, because men somehow have to feel other-than out loud.

And now here I stand with words in hand without means of communication. And only my ears to listen.

The hardest thing that I ever had to do was walk away from this open grave,

and as I walked from that country courtyard grave, the birds were singing, and I noticed how beautiful the clouds looked that day.

Greg Naughty Monkey



BY JOE STROLZ and PAULA ADAMSKI

IABC WINE & CHEESE



by Bob LeDrew

At the risk of sounding like the Chronically-Horrid's Shirley Ellis, the IABC wine & cheese get-together held on the evening of Wednesday, January 20 was a wonderful time.

About 45 people (connected in some way or other with IABC) dropped in to share in beverages, a variety of bacterial cultures, and scintillating conversation.

Jennifer Lavoie, co-director of the student chapter of IABC on campus, said "the purpose of the wine & cheese was to bring the students, faculty, and the professional community together, and it succeeded in doing that."

One other purpose of the evening was to formally present the PR department with the first volume in the region of IABC's five-year research project on excellence in public-relation practice. IABC/Atlantic Canada chapter president Melanie Jollymore presented the book to acting departmental chair Judith Scrimger.

Faces spotted round and about the wine glasses: faculty members Mary Barker, Judith Scrimger (presently involved in a research project on fruitcake preservation methods), and Bob Lake (who is

apparently spending his sabbatical experimenting on the proper way to cook udder); members of the profes-

sional community Peggy Walt (provincial dept. of Tourism and Culture), Kelly Hennessey (past president of IABC/Atlantic Canada); and students

Andre D.J. Mazzerole, Margo Flewelling, Jamie Foster, Shayla Steeves, and a generous helping of students in desperate need of alcohol after the first co-op orientation session.

Apologies to those whose names were left out and those whose names were in.

SWIMSUIT

MARITIME CAMPUS

SALE

GOING SOUTH FOR SPRING BREAK? WORKING OUT? WE HAVE HUNDREDS OF WOMEN'S SUITS FOR BEACH OR POOL!

Maritime Campus Store
6238 Quinpool Rd. Halifax
Open Thurs. & Fri. nights 'til 8 pm

PR NOTICE

Some members of the Public Relations program are looking into the possibility of establishing a student-operated public relations agency on campus to co-ordinate volunteer activities among PR students and possibly to do public relations work for small business. Students not doing the co-op option might be particularly interested in this agency as a means of gaining experience.

If you are interested in helping set up this agency, please get in touch with Bob LeDrew at 443-7155.

Looking for a Place to hold a Party?
We've got the place for
YOU!

My Apartment

Lawrence
of Oregon

Cheers

For more info., call Anthony McNeil, 835-5039

No cover until 9:30pm Thurs., Fri., & Sat.

Student Affairs is conducting a six week workshop entitled Women and Self-Esteem. It will begin on Feb. 3 and end on Mar. 17. There will be a charge of \$12.00 to cover material costs. For more info and registration contact Student Affairs, Rosaria Rm. 110.

Looking for advice or help on a writing assignment? The Writing Resource Center offers free private tutoring. Come to Rosaria 101B on Tuesdays and Wednesdays from 1:30-5:30. Look for the schedule of workshops on the pink poster all around campus.

Self-Defence for women, WEN-DO. Will be held beginning Feb. 20 on Saturdays from 10-12 for six weeks. Free demo on Sat Feb. 13 from 10-11. For more info call 423-6162.

A summer job fair will be held Fri. January 29 from 12-3 in Rosaria room 110. Find out about summer employment, job tips and resume and interview skills. For more info call 457-6567.

The Attention Deficit Association will be hosting a conference on April 1, 2, and 3 of 1993. For more info call 835-ADHD.

The Meniere's support group of Nova Scotia will hold its next monthly meeting at Gerard Hall, Halifax infirmary, 5303 Morris st. from 6-9 pm on February 5, 1993. New members and guests welcome. For more info call 455-6176.

Help!

I need you to come to a year book meeting on Thursday, Jan. 28. It's at 2 p.m. in the Student Union office. I need photographers, lay out people and proofreaders.

Please send in your wild and funky photographs of friends and situations at the Mount. You can bring them to the year book editor at the Student Union.

If you have any planned events that you want covered in this year's year-book, PLEASE let the year book know!

Y.W.C.A.

Fitness memberships! The new programs have just started. For more info call 423-6162.

Private learn-to-swim lessons. For more info call 423-6162.

Do you need a new swimming STROKE? For help and more info call 423-6162.

Great new aerobics classes now to trim and tone your body for summer. For more info call 423-6162.

AIKIDO is a non-competitive and gentle but vigorous martial art. Come learn. For more info call 423-6162.

Need a gymnasium call 423-6162 for rental information.

Want to have a pool party? but you do not have a pool. Well now you can rent one just call 423-6162.

There will be a Super Bowl Party hosted by the Business Society at Vinnie's on Jan. 31 at 4pm with a \$ admission charge.

"Living with Cancer" will be holding meetings on the first Wednesday of every month at 7:00pm at the Nova Scotia Cancer Centre, Dickson Bld., 5820 University Ave.

Personals

To My Darling Angel: I long for you to play me like you do those albums. How can I make you see that I'm the one for you? See you at JJ's. Your little hot spot

Hey Mr. Loverman! I am just a love machine and I want to work my body with you.

To the only man who can make love without making love. Happy Birthday!

ATTENTION: There is a new society on campus for white, straight, English-speaking, non-violent men to discuss discrimination against us. Apply to Men's Movement c/o The Picaro 4th floor Rosaria.

Career Corner

More summer jobs are in and new ones arrive almost daily. Check the job board outside of Rosaria 110 for more info. on these and other positions. Also, a summer job fair will be held Friday, Jan. 29 from 12 - 3 p.m. in the resource room of the Career Placement Centre (Rosaria 110). You will be able to pick up job applications, tips on finding summer employment, and help with your resume.

For those of you interested in a career in psychology attend the Psychology Career Workshop on Monday, Feb. 1 from 5 - 7 p.m. in Seton, room 405.

DEKA Services Association requires a Camp Director to work in their camp for disabled children and adolescents. Deadline is Feb. 28.

The Nova Scotia House of Assembly have positions open for pages and other support staff. Both Full-time and Part-time positions are available. The deadline for applications is Feb. 26.

Project DARE is hiring a driver to work in Ontario. The positions is full-time and room and board is provided.

An information session will be held on Feb. 4, for anyone interested in working at Camp Wahanowin this summer.

The Lunenburg Swimming Pool Society is looking for a Pool Director for the Summer of '93. The deadline for applications is Jan. 31.

The Nova Scotia Lifeguard Service is accepting applications for summer employment. Application deadline is Feb. 13.

Camp **WAHANOWIN**

ON LAKE COUCHICHING

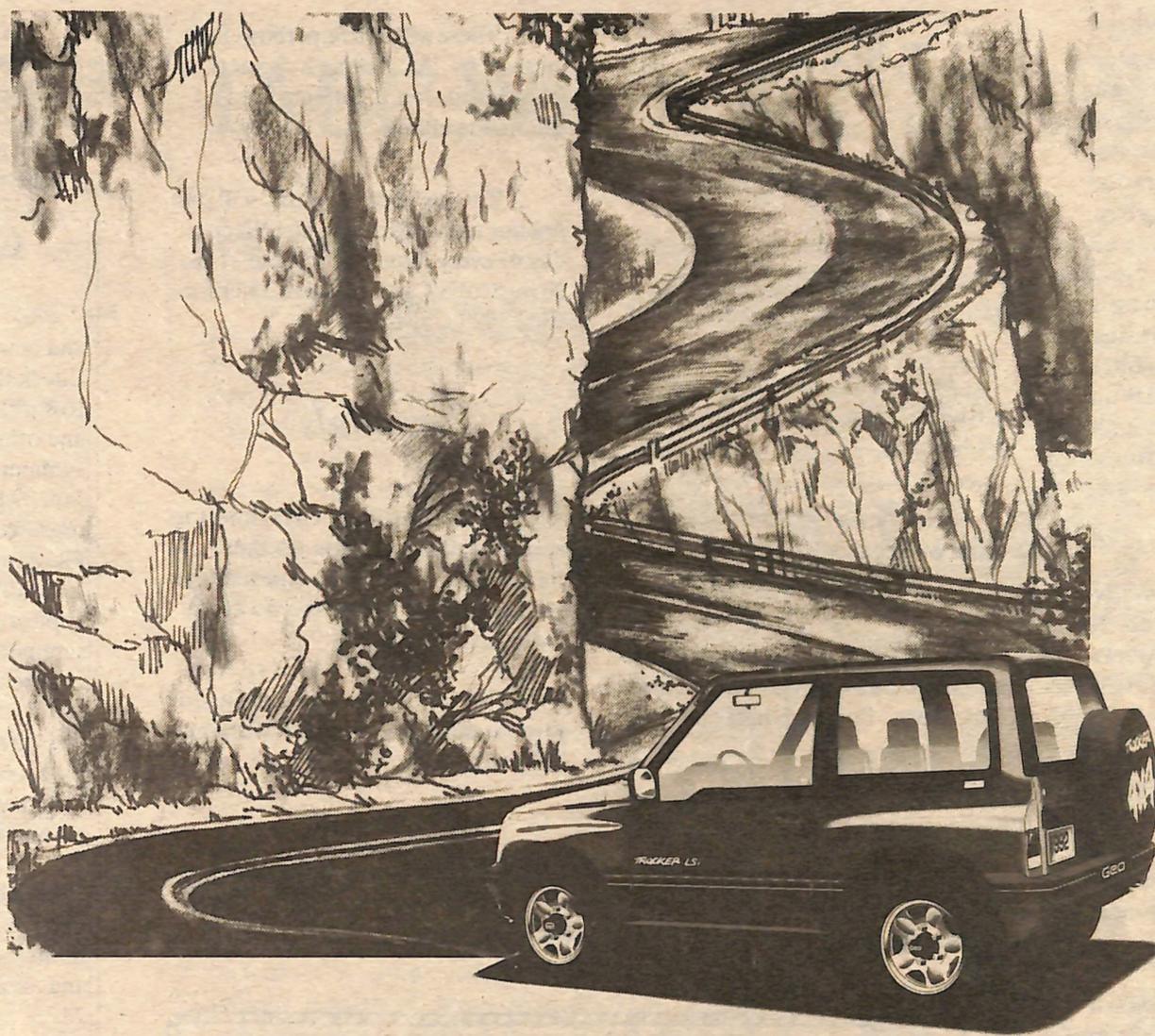


**CAMP WAHANOWIN
ON LAKE COUCHICHING**

**REQUIRES
SPRING - SUMMER STAFF
IN
PROGRAM, KITCHEN & MAINTENANCE**

**JOBS RUN APRIL 25TH TO SEPT. 5TH
WITH OPTION TO EXTEND TO OCT. 15TH
VIDEO PRESENTATION & INTERVIEWS
AT MOUNT ST. VINCENT
THURSDAY, FEB. 4TH & FRIDAY, FEB. 5TH**

**FOR PERSONAL INTERVIEW APPOINTMENT
CONTACT MS. JILL CURLEY AT THE
CAREER PLACEMENT CENTRE**



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