

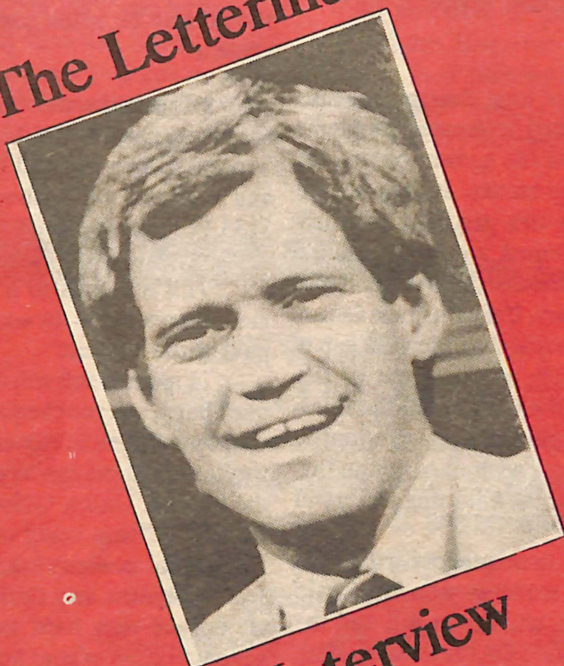
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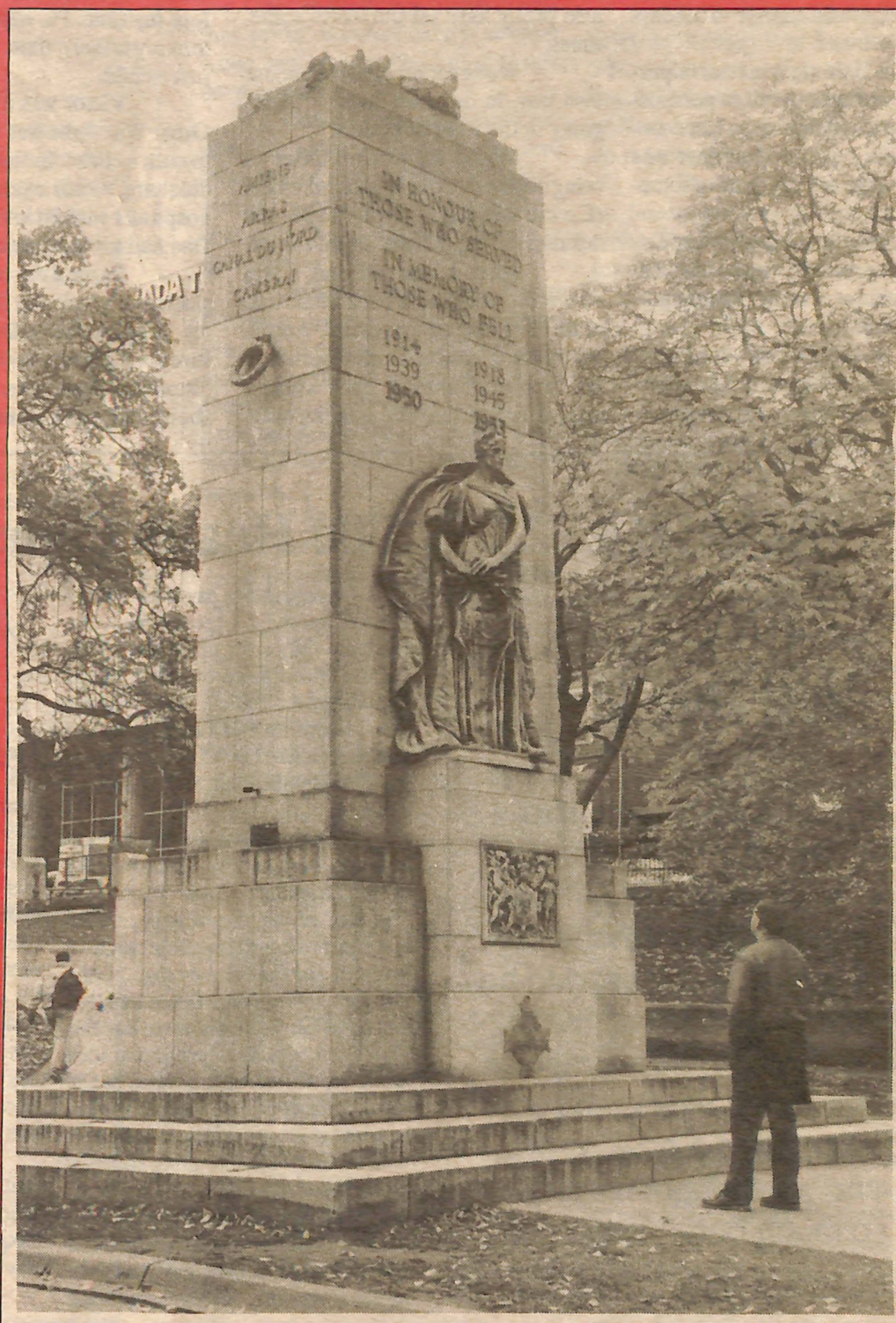
*Some Things
Remembered*

*The Power of
NEWSWORLD*

The Letterman



Interview



There's something about the month of November. It isn't just the weather. The mood, too, is sombre.

For students there may be a momentary pause after a string of mid-term exams and assignments. Just a pause though, before moving on to the work that really counts.

Whatever the case, I find that now is a natural point in time to stop, however briefly, and assess things. It's a time to stop and think about your thoughts and feelings and really look into yourself. What have been your most recent successes? Your let-downs? What must change in the days and weeks ahead?

It is, I think, a matter of perspective. Putting yourself in perspective. There's a delicate balance between looking out for number one and losing sense of being part of something greater.

I've found it a settling experience to bring some connections into focus. I mean especially, family and family history.

I did just that in a long conversation with my brother, the other night. We're both of us strong indi-

Some Things Remembered

by Rob Hawgood

viduals with big dreams. But we're also pretty hard on ourselves sometimes.

We've each wondered, in our own way, in our own lives -- "Am I going in the right direction?"

Maybe it's just a matter of being deprived of our significant others (Excuse the jargon -- you can see the defenses are up). Maybe it's the change.

After a year off and a trip across the world, he's back home and in his first year of university. And in my ongoing educational experience, I'm back from abroad; back where I started. It feels just like starting over.

But what was I saying? Perspective. We got some, talking about the family. We were saying that we can see a lot of our parents in ourselves. No, not just the genes, but certain attitudes, behaviours and outlooks. These things are learned and passed on. It's enough to make me curious. What went before? What thoughts and feelings made me?

There's a parchment map in one corner of my room, of County Surrey, England. That's where my father's father came from. I never knew Victor. He was gone long before my time. He was gone not long into my father's time, when Dad was just a child.

Victor was a veteran of the Great War -- the war to end all wars, to coin a cliché. In the few years they did share, Victor lay sick in a veterans' hospital. I wish I'd known him. I wish Dad had known him better.

So, in a roundabout though sincere way, this will have to serve as my Remembrance Day tribute. I'm sure you'll each have your own family histories and your own heroes to think about in the days ahead.

To the editors:

I'd like to thank R. Firestone for her/his letter in the last Picaro which so neatly honed in on one of the major controversies in contemporary art. In response to her/his statement "It just bothers me when certain individuals use 'art' as a forum in which to publicly display their psychological disorders". I would ask if s/he would like to use the gallery as a forum for debating the point -- maybe with one of those artists whom s/he advised to "get a job, a life, a haircut and take a bath".

Mary Sparling

Director of "that little weird art gallery on the first floor of the SAC" (and thanks for the plug)

SUMMER JOBS

Applications are now being accepted for summer jobs on cruiseships, airlines and resorts. No experience necessary. For more information send \$2 and a self-addressed stamped envelope to:

World Wide Travel Club
5334 Yonge Street
Suite 1407
Toronto, Ontario
M2N 6M2

PICARO CONTEST WINNER

Congratulations go out to **Keith Fawcett**, winner of last issue's "What the heck ... ?" contest (page 2). Although the correct answer was supposed to be a "withered maple leaf", Keith guessed "SMU Journal graphics editor **Andrew Bowers'** face after being maimed in a bowling accident" and we thought his answer was so much better than ours.

The Health Plan: What's Up With That?

On registration day, every Mount Student received a receipt from the Business Office set up in the MPR. It's the white piece of paper which lists charges for Tuition, Student Union Fees, Learning and Leading and, if you're registered in 3.5 or more credits, The Health Plan, at a charge of \$133.44.

Membership to the Health Plan is compulsory, as outlined on page 38 of the Calendar. Those wishing to "opt-out" of the plan were permitted to do so, provided they could produce proof of alternative coverage by the October 2nd deadline. Seven hundred and sixty-four students opted out this year, a comparable figure to that seen in years past, which translates to the same number of students with reimbursement cheque anxiety as they start their second week of waiting patiently for overdue rebates.

The main reason for this delay lies in the billing procedure which has existed since the plan's inception. Since students are only currently required

by Student Union President
Dave Wynn

to pay 60% of total charges (see also p.38, calendar) it creates problems when Mutual life comes looking for 100% of their money. In the past, the resulting 40% gap, monies which have contributed to the Student's accounts receivable, now at a half of a million dollars. If the Business Office continues to make up the 40% gap it will ultimately be taken out of the Student Union fees, which the Business Office also collects. Obviously, they no longer wish to continue this procedure, so the following policy will take effect.

1. The first category will be issued to all students who have paid their tuition charges in full and the cheque should be made to the student only for \$133.44.

2. The second group of cheques

should be issued to the students who have paid 60% of their tuition which amounts to \$80.06 and this cheque should also be made payable to the student.

3. The third and last group should be made payable to Mount Saint Vincent University and the student and it should be in the amount of \$133.44.

This amounts to a reimbursement equivalent to the actual amount paid by the Student.

Hopefully this will cover everyone's butts, and the cheques will be in the second week in November at the very latest. These can be picked up at the Student Union Office, 4th floor Rosaria. Please bring your student I.D. and for heaven's sake, be nice to Jean, Christina and Cathy. They've all worked very hard to make the administration of your health plan as smooth as possible in the face of a badly needed and major policy change.

Lock Them Out -- Not Us!

by Susan Zwicker

Evaristus residents are upset over security measures they feel aren't fair.

"We just want other people locked out, not us," says Kimberly Redden, a second year resident in Evaristus Hall.

As of September 30, 1992 the front doors of Evaristus residence are locked from 7:30 pm to 7:00 am on weekdays. On weekends the doors are locked from 4:30 pm Friday to 7:00 am Monday.

However, the security doors to an underground tunnel which connects Evaristus to two other buildings, Assisi Hall and Rosaria Center, are not locked until 10:00 pm. This means that Evaristus is accessible to non-residents for two and a half hours after the front doors are locked.

The reason, says M.S.V.U. Housing Officer Barbara Crocker, is that the front doors are much more accessible than the tunnel.

"People can come in the front doors and get on the elevator very quickly", says Crocker.

One of the main concerns residents have is that the tunnel is not always locked at the designated time. It has been closed as late as 11:00 pm, one hour late. Crocker said that twenty

minutes either way would be acceptable, but an hour is too long. She said these things should be reported to security as soon as they are discovered.

*Some residents feel
they're being treated
like children*

Some residents feel as though they are being treated like children. Others are understanding of the decision, although they would like to see changes made. A lot of the residents have discussed having a key for the front doors but were told it wouldn't be safe. No one that lives in the building has a key to those doors, says Crocker. This prevents loss of keys that would provide access to the entire building.

The inconvenience of this situation is a sore point with residents.

"I think it's infuriating for both the students and the people who try to get in to see them," says Christy Larade, a first-year student.

Friends who come to visit after 7:30 pm have to page a student in Evaristus from the lobby of Assisi Hall. Said student then has to walk through the tunnel to bring their friends back up to Evaristus.

Stay Tuned: CANADA AFTER NEWSWORLD

Has *Newsworld* changed the way national politics operate?

by Bob LeDrew

I am a poor student. So I don't have cable TV. So I didn't get to enjoy the spectacle of The Great 1992 Yes/No Listen-to-Joe Referendum/Plebiscite/Opinion Poll campaign played out live on CBC *Newsworld* -- except for the CBC referendum night special that we all watched as the country voted No (except for our Atlantic neighbours).

But the rumblings that have come to my ears, via discussion and other media, indicate that CBC *Newsworld*'s coverage may have signalled a change in the way politics operate in this country.

What's the big deal about *Newsworld*, you may ask? Well, there are several things that set *Newsworld* apart from the other news sources on the dial, for referendum news and for other news too. First, it's a 24-hour news service. Second, it has no resources.

The fact that *Newsworld* runs news 24 hours a day means that there is a gaping maw into which programming must be stuffed continuously. *Newsworld* is an information glutton. Ever see films of robins feeding their young? Gaping beaks, continually open, waiting for the next helping of half-eaten worm? That's *Newsworld*, waiting for the next press conference.

And a great deal of the news that the station carries is political news.

And the fact that *Newsworld* is poor (relatively) means that it can't do what CNN does, which is have cameras everywhere, all the time.

Newsworld, in fact, doesn't own any cameras, camera operators, or reporters. It doesn't own an editing suite. Everything *Newsworld* does is 'piggybacked' from CBC Network coverage. This means that *Newsworld* must make good use of the network's resources, and in many cases, that means *Newsworld* does things like carry debates between Preston Manning and Audrey McLaughlin live and uninterrupted.

Some people are saying that such coverage, long on talking heads, speeches and proceedings and short on investigative work, is not reporting, but merely a variation of electronic news-gathering. Others argue that the broadcast of events in their entirety is a new trend towards people actually watching the whole event and not the 15-second 'bite' that would make it to *The National*.

Both viewpoints might be valid, but neither is proven as of yet. The difference between the two: one concentrates on the journalistic value of *Newsworld*, and one on the effect on the viewer.

The first flexing of muscles on *Newsworld* was during the Oka crisis. The country was glued to the television as hours of raw, unedited videotape of the scenes in the silent woods were aired. Then, the Meech-a-thon of 1989 showed us how *Newsworld* would cover politics: indeed, the drama of the negotiations was played out as much on television and in studios as it was in the back rooms.

One anecdote: Don Newman, who owned the network during Meech, was the first in line as limousines rolled up. He would call a premier over, talk to them, then say "They're waiting for you inside, Mr. Premier, thank you," and push them towards the doors. Most of the premiers obediently walked directly past the other reporters and into the centre. Pretty cool, huh?

By the time of the referendum campaign, it was known that most premiers and leaders constantly tuned-in to *Newsworld*. *Newsworld*, for its part, covered the story intimately from start to finish.

What does it all mean? If it is true that people are listening more to the political discourse, the federal election campaign to come will be played out more on *Newsworld* more than anywhere else, live and uninterrupted.

Larry King Live has changed the U.S. political spectrum in their election, and we're bigger newshounds than the Americans. It's hard to not believe that the first *Newsworld* election will be a new and unpredictable animal. Stay tuned.

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IT'S CALLED EPIPHANY**
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views and opinions on life in general.
Submit your poems, stories and
articles to:*

Epiphany Magazine
P.O. Box 62065, Arbutus Postal Outlet,
Vancouver, B.C. V6J 1Z1

ANOREXIA & BULIMIA: BREAKING THE SECRETS

by James Quinn and Paula Pinchin

Janet Beaton has an unusual dream. It's probably not a dream that most people have. But then again, Janet isn't like most people. For 15 years she suffered from anorexia and bulimia and now, having controlled her disorder, Janet's dream is to simply reach a weight of 100 lbs.

Beaton, a nurse at the Grace Maternity Hospital, would constantly check her weight and vomit about 15 times a day. Her weight plummeted from 148 lbs. to a scant 71 lbs. before she began to receive therapy.

In fact, Beaton's body image was so distorted that at one time during her therapy she pushed out the screen from a 9th floor window at the Victoria General Hospital, just to vomit the half a piece of toast and orange juice she had forced down her throat.

Almost three and a half years later and weighing only 85 lbs., Beaton admits that it can still be a struggle sometimes.

"It's very, very hard because of what I've done. I have to eat every three hours because I only absorb half the amount of calories that an ordinary person does. I have to eat about 4000 to 5000 calories a day and only half of those are absorbed.

That's because of the damage that I've done to my system. So, it is still very hard," says Beaton.

For 5000 Canadian women between the age of 14 and 24 it is even worse. These are the young women who have not controlled their eating disorder and are currently suffering from anorexia or bulimia.

Bulimia, the more prevalent of these two disorders, is characterized by periodic food binges and self-induced vomiting, laxative-abuse or fasting. Anorexia Nervosa, on the other hand, is literally starving yourself to death.

For many university women this may sound very familiar. It certainly does for Ann Wetmore, M.Ed., the psychologist and assistant director for Student Affairs at MSVU. She has

counselled a number of students with these disorders and is concerned with the high percentage of cases at the university level.

"In any university you would expect to find at least 20 percent of your female population probably suffering from an eating disorder or at least so severely unhappy with some part of their bodies that they resort to extreme measures...Not all will vomit, but many will. The ones who are unsuccessful are probably the lucky ones," says Wetmore.

There is no one reason why so many women develop anorexia or bulimia. Wetmore mentions that the media's portrayal of women, such as in the Buffalo Jeans billboard on the Bedford Highway, certainly plays a part. But she says it's more than just the media. It's also about society's unreasonable expectations of women.

"The main problem is that women are often not allowed to have negative emotions and they don't know how to handle them. They're not encouraged to make a fuss," says Wetmore. "This is a problem that the 'good girls' have. They don't know how to cope with boredom, they don't know how to cope with anxiety and they start to substitute food as a way of coping."

It is exactly this type of behaviour that the Eating Disorders Clinic at the Victoria General Hospital tries to modify. Since it opened almost six years ago, 95 percent of the clinic's patients have been women. Dr. Neil Dahr, a psychiatric consultant for the clinic, says many of these patients are so obsessed with food that it rules their entire lives.

"Between Dalhousie, Saint Mary's and Mount Saint Vincent, we do see a fair number of people from dietetics; a lot of people from psychology as well. It's very interesting, we do see a lot of people from university settings. These are two areas that I know a lot of patients at the Eating Disorders Clinic are involved in. You see, food is an obsession, so they even take it to the point where they're working in food related jobs," says

Dr. Dahr.

Although Dr. Dahr estimates the clinic is successful in helping about 30 to 40 percent of its patients control their disorder, there is a fairly long waiting period. Wetmore says that off-campus sources of support, like the VG clinic, are excellent but can sometimes be limited in terms of availability.

She points out that university women suffering from anorexia or bulimia have the advantage of easy access to on-campus therapy.

Such therapeutic programs are not cure-alls, but they do provide the needed steps to control the disease and move towards a productive future.

Janet Beaton is proof of this. As a one-woman organization for eating disorder awareness, Beaton is determined to take her message into the community.

She wants to open people's eyes to the realities of anorexia and bulimia...before it's too late.

You might wonder why Janet hasn't put her eating disorder completely behind her. To this, Janet calmly answers, "Somebody has to break the secrets."

If you think you have anorexia or bulimia, or know someone who does and would like to get help, please contact Janet Beaton at 423-0360 or call the VG clinic.

How Does Your University Rate?

Find out in Maclean's
November 9 issue.

Maclean's

CANADA'S WEEKLY NEWSMAGAZINE

ON SALE NOW.

CHOOSING A CAREER:

WHAT SHOULD I DO?

by Catherine MacIsaac

What do I want to study in school? Where do I want to study? And of course, How do I get a job when I finish? These questions can be raised at any point in one's career journey. Although they are complex, there are answers to be found. A good place to start looking is the Career Resource Room.

The Career Resource Room is a great source of information for any student at any point in his or her career path. To help illustrate what is available let's go through a sample career-journey.

Step one: The first question we are often faced with is "What kind of career do I want to have?" Those lucky few who already know what they want to do can skip to step two.

Now, for those still reading, there are several options open to you depending on how well you feel you know what you want.

If you feel totally lost and have absolutely no idea where you are headed, this would be a good time to try *SIGI Plus*, a computerized career guidance program or the Strong Interest Inventory.

An interest inventory is a self-analysis of your personal interests and what "type" of person you are.

For example, you could find out your main interests lie in the social arena or perhaps, in the entrepreneurial world.

Knowing what fields you are strongly interested in helps you decide what types of careers would suit you. To try out an interest inventory or the *SIGI Plus* program, make an appointment with Career Counsellor Jill Curley.

Step two: If you feel you have a general idea of what careers interest you, try looking in the *Career/Occupational Information* section, colour coded blue for info on the required educational background.

Step three: Okay, now you know what you want to take in school, based on what is needed for your chosen career. It's time to decide where to go

to University. This information is found in the very large *Education--University Calendars* section, colour coded red. In this section are university calendars for all provinces and many for the United States too. Also, look here for information on alternative education such as community colleges. This section also has books which list all programs and where they can be taken.

Pitstop: You've been in school for a while now and you're starting to go slightly stir-crazy. Maybe you've just graduated and it's time to take a break before entering the working world. Come to the Career Resource Room and look at the *Study/Work Abroad* section, also coded red. In this section you will find information on how to study at educational institutions abroad, volunteer in developing countries with organizations like *Canada World Youth* or travel and work in foreign countries with groups like SWAP. Now, back to school or onto the big job hunt.

Step four: Let's say you've finished school. What a relief. Now it's time to embark on your job search. Head for the yellow section, *Career Planning*. Here you will find informa-

tion on resume writing, interview skills and how to plan the search.

Try the purple *Labour Market Information* section again as well. Here you can find the outlook for the career you have chosen and often the best way to get into the field.

Look in the green section, *Employer Directories/Annual Reports* to find out how to contact the employers you would like to work for. Often these directories contain contact names for job interviews.

Step five: Now that you've secured a few job interviews why not come to the Career Resource Room to prepare. Return to the *Employer Directories/Annual Reports* to gather information about your prospective employer. Learn as much as you can beforehand so you can breeze through the interview.

So there we have it: How the Career Resource Room can be useful to you in your career journey. This is only a sample of how you can make use of all the information that's available.

No matter what step you're on the Career Resource Room has what you're looking for to help you on your journey.

Career Corner

November 15 - deadline for applications for Student Placement Officer positions for summer 1993 in Nova Scotia.

November 20 - deadline for applications for Student Placement Officer Positions for summer 1993 in New Brunswick.

Friday, November 6 - Resume Writing Workshop from 1:00 - 2:00 pm in the Career Resource Room. Bring your resume!

Thursday, November 5 - 9:00 - 1:00 pm there will be an information session and videos on working abroad. Topics - SWAP, Au Pair and Canada World Youth.

The Department of *Veterans Affairs* is recruiting bilingual Post-Secondary Students to work in France for the summer of 1993. For more information, visit the Career Placement Centre.

K-Mart Drugs is looking for a part-time cashier in Dartmouth. See the job board outside the Career Placement Office.

Chintzy's is looking for a decorators helper to work on Saturdays. To find out how to apply see the job board.

There are many other part-time, full-time and child care positions posted on the job board. Summer positions are starting to come in as well. See the job board. Summer positions are starting to come in as well. Applications for Student Placement Officer positions for summer 1993 in Nova Scotia.

Canada Career Week

"A Step in the Right Direction"

November 1 to 7, 1992

Events

Wednesday: 11:30 - 1:30 - Information Booth in the SAC Foyer (first floor)

Thursday: 12:00 - 2:00 - Information Booth in Rosaria
3:00 - Children from MSVU Child Study Centre discover a world of careers in the Resource Room.

Friday: 9:00 - 5:00 - Canada Career Week Open House in the Resource Room.

12:00 - 1:00 - Resume writing workshop in the Resource Room

Take a step in the right direction ... visit the Career Resource Room"
Rosaria, room 110

THE MOUNT'S GALLERY: Diverse Art

Two new exhibitions featuring diverse artmaking by women are on exhibit at the Mount Art Gallery to November 22.

The exhibit (*K*)*ein Vergleich* is in the downstairs gallery. The exhibit's German title translates to (*Dis*)*similarities* in English. The exhibit reveals both striking similarities and strong differences in the use of drawing by three women.

The artists, Therese Bolliger and Cathy Daley Toronto and Swiss artist Silvia Bachli, use drawing as a tool to explore the signs, symbols and cultural artifacts of our age. Present in the work of all three artists is a primitive child-like quality.

Upstairs, pottery made by Nova Scotia's Alice Hagen is highlighted in the second exhibit in a 2-part series. Featuring works from the Mount Art Gallery's permanent collection, *Alice Hagen (1872-1972), Part II* is a further survey of Hagen's life and work.

Hagen, a graduate from Mount Saint Vincent's Academy in the 1880s, learned to make pottery at the age of 60. Her early work in china painting, in on-glaze enamels and low-fire lustre decoration is recognized internationally as some of the finest examples of

hand-painted ceramic wear. Her pottery shows her interest in form, decoration and the use of local materials. In 1966, the artist presented to the Mount the collection featured in this exhibit.

On Sat., Nov. 21, from 2 to 5 p.m. in the gallery, a panel chaired by Heather Jane McCormick, exhibitions curator, with Marie Elwood, ceramics artists and teachers Homer Lord and Walter Ostrom will discuss Alice Egan Hagen's career, her production and her contemporary significance.

UNCONVENTIONAL BEHAVIOUR

IT'S CLICHE BUT: Let's Rock!

by Jeff(Jazz) & Steven Murphy

Harem Scarem, a Toronto-based band, headlined a high-energy show Friday, October 30 at Vinnie's.

The show, one of the last of a very long tour, has hit cities across the country, from Victoria to St. John's. The band is promoting their first, self-titled album. And if the crowd response at the Mount was any indication, the show was a definite success.

After the tour wraps next week, the band returns to the studio to start work on a new album. What can the public expect?

"Something deep -- an album from the heart," they say. With the new album, the band hopes to achieve the success of their influences -- *Def Leppard, Van Halen, and Queen*.

Some might deem Harem

Scarem an overnight success, but in reality the band has been working together for over four years.

For those wondering where the name *Harem Scarem* comes from, it was taken from the very first *Bugs Bunny* episode "Harem Scarem".

The opening act, *Sarjani Rock*, warmed up the crowd of 300+ with renditions of music by top Canadian artists and some strong original material. The band's put some hard work into their sound and the result is amazing! Band leader Scott Cheverie, a public relations student at the Mount, says: "The groove we're looking for is a cross between the Blues, Motown and Rock and Roll".

This Maritime based band is a must see and you can catch them at the New Misty Moon November 26-29 with Doug and the Slugs. And, by the way, watch for an upcoming album.

FUN!



The Palladium

Great
Dance
Music!

No Cover
Charge with
Student I.D.!

Mystery
Blues Band!
Saturdays, 4pm

Sexiest Man in
Metro Contest!
Wednesday
nights!

Book your
society party &
socials with us!

Miss Fall
Bikini
Contest!
Thursdays



The Palladium

Where good times start!
Near the corner of Blowers & Argyle. Be there!

423-2717



SHUFFLE DEMONS

AT VINNIES

FRIDAY,
NOVEMBER 13
8 P.M.

LATE NIGHT (AND MID AFTERNOON) WITH *David Letterman*

It was over that raunchy pasta salad in the sacateria that we first brought up the question: "I wonder if we called NBC if we could actually get through to David Letterman. I mean, can just any sick-o get through?" It was Tuesday, Oct. 27 (late night) that we actually thought we'd give it a try. It went surprisingly well.

NBC PERSONNEL:

Hello. NBC Manhattan.

JOE:

Can I have the Letterman set, please?

NBC:

Name, please.

JOE:

Strolz.

NBC:

One moment, please.

JOE:(to himself)

*Good Lord...it's ringing on the Letterman set!
It is ringing... and ringing and ringing ... on the
Letterman set.*

NO ANSWER, 30 MINUTES LATER, Attempt #2

JOE:

Can I have the Letterman set, please?

NBC:

Hold, please.

JOE:(to himself)

The phone is ringing on the Letterman set!

NO ANSWER, Attempt #3

JOE:

Look, I called for the Letterman set and no one answered. Is there another line I can call?

NBC:

Their office is empty, sir.

JOE:

David Letterman isn't there? They're not taping tonight?

NBC:

(slowly becoming irritated)

No. There's no one there at this hour.

JOE:

How about Paul Schafer ... or any other members of the world's most dangerous band?

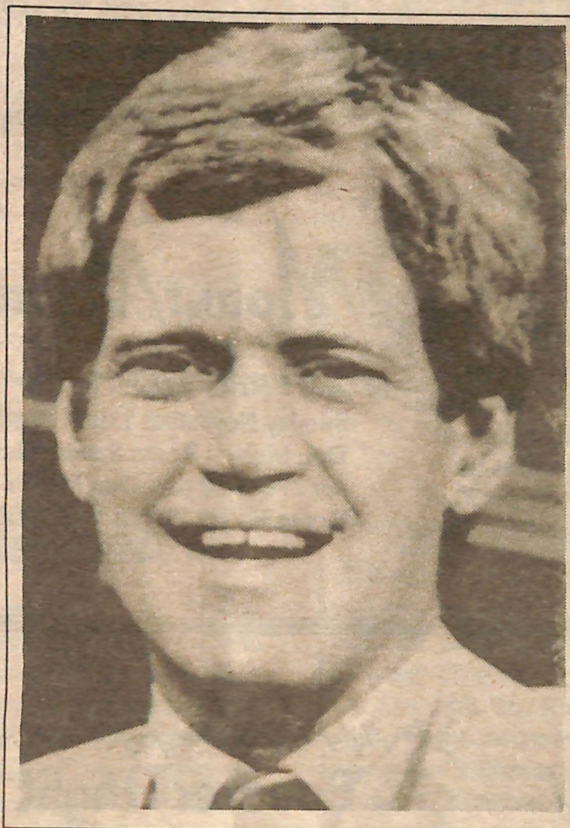
NBC:

No ... NO! ... NO!!

JOE:

So what you're telling me is David Letterman isn't there.

An engaging interview by Joe Strolz



NBC:

No.

JOE:

Well, look, I have to talk to him before his next show.

NBC:

Why do you want to speak to him?

JOE:

Well, that, my friend, is really none of your business.

'CLICK'

JOE:

Hello?...NBC?... Is anyone there?

Attempt #4: moments later ...

NBC:

Hello. NBC.

JOE:

Yah, look, man. Sorry I blew up at you. It's been a long night. Can I leave Dave a message?

NBC:

Yah, hold, please.

ANSWERING MACHINE:

Leave a message after the tone and it will be forwarded to the proper NBC department.

JOE:

Dave! I'm in town. I lost your number. Maybe we can get together sometime this week and do lunch. It's Joe Strolz from the Picaro calling. I'll catch you later, big guy.

*Attempt #5: The next afternoon
Also titled: How low can you go?*

JOE:

Letterman set, please.

NBC:

Just one moment.

LETTERMAN SET

Hello! Late Night!

JOE:

Can I speak to Dave?

L. SET:

Dave who?

JOE:

Letterman. David Letterman. Sheesh.

L. SET:

May I ask who's calling?

JOE:

It's Jerry Seinfeld.

L. SET:

(Sucking up big time)

OH! Just one moment, please!

JOE: (to himself)

Good Lord. They think I'm Jerry Seinfeld.

L. SET:

Dave's not in right now.

JOE:

How about Paul Schafer... or any other members of the world's most dangerous band?

L. SET:

No, sir. He's not in either. Can I take a message, Mr. Seinfeld?

JOE:

Yah. Tell Dave I've got to talk to him. Tell him to call me tonight ... late tonight.

L. SET:

Yes, sir.

NEXT ISSUE:

**ANOTHER ENGAGING INTERVIEW
ATTEMPT WITH ONE OF
TODAY'S BRIGHTEST STARS**

Upcoming Events

Wednesday November 4th

"Come and Meet The Halifax Citadels" at Vinnie's Pub during Victory Pub Night. A few of your favorite Citadels will be at the Pub for you to meet and to party with throughout the evening (around 9:00 p.m.)



Saturday November 7th

"University Night with the Halifax Citadels". We are all taking part - MSVU, TUNS, DAL & SMU - Pub Party before the game begins at 6:00 p.m. with the game following at 7:00 p.m. against St. John's!

Limited free tickets available in Athletics Office - first come, first serve!

Wednesday November 11th

"Booster Night" 6:00p.m. Mystics women's volleyball vs. Acadia & 8:00p.m. Mystics men's basketball vs. NSAC Face painting, noise makers, prizes & FUN!!

Thursday November 19th

Games Night Challenge 8:30 p.m. in the Games Room (Rosaria) Pool Tournaments, Ping Pong Tournaments & lots of fun. Free of charge!!

Friday November 20th

" Bowling With TUNS " 9:30 p.m. Bayers Road Bowlarama \$4.00 per person with a team of four. Sign up your team at the Custodian Desk - If we get 50 people signed up we will put a bus on for transportation!

MOVIES at VINNIE'S PUB

9:00 p.m. Friday 6th "Lethal Weapon" Friday 13th "Pretty Woman" Friday 20th "Death Warrant" (Don McNeil Room) Friday November 27th "Dead Poet's Society"



ATH/REC MEETINGS

Sunday November 15th 7:00 p.m. Don McNeil Room Sunday November 29th 7:00 p.m. Don McNeil Room EVERYONE WELCOME!

Men's Basketball League

Sunday's

6:00- 7:30 p.m.

Rosaria Gym

Interested?

Join in or call

457-6420 for info

INTRAMURALS

Sunday

6:00 - 7:30 p.m.

Men's Basketball

7:30 - 9:30 p.m.

Co-ed Volleyball

9:30 - 10:30 p.m.

Women's Intramurals

Monday

12:00 - 2:00 p.m.

Co-ed Badminton

Tuesday

8:00 - 11:00 p.m.

Badminton Club

Wednesday

12:00 - 2:00 p.m.

Co-ed Volleyball

Thursday

7:30 - 9:30 p.m.

Co-ed Volleyball

9:30 - 10:30 p.m.

Women's Intramurals

Friday

1:00 - 2:30 p.m.

Co-ed Basketball

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"Booster Night"

Wed. Nov. 11th

6P.M. WOMEN'S VOLLEYBALL
VS. ACADIA

8P.M. MEN'S BASKETBALL
VS. NSAC

ROSARIA GYM- STUDENTS FREE

FACE PAINTING !

NOISE MAKERS !

T-SHIRTS !

PRIZES !

and lots of FUN !

Join the crowd !!!

Athletics/Recreation council
needs you! Get involved with
campus activities and join us at
our meetings.

Sunday, Nov. 1 7 p.m.

Don McNeil Room

Men's B-Ball: Off to Montreal

by **Dyrick McDermott** and **Wayne Keddy**

The Mount Saint Vincent Men's Basketball team travels to Montreal this weekend to participate in the John Abbott Islander Classic Basketball Tournament.

This year's team will be the defending tournament champions and will have their hands full with teams such as Humber College, last year's national champions, Sheridan, Dur-

ham and host team John Abbott.

Not only does the Mount look to defend its title, they also want to send a statement to the rest of the teams in the country that Mount Saint Vincent is a national contender.

This year's team has a strong core of nine returning players and good prospects in three first year players.

With hard work and a good team effort, the Mount's Men's Basketball team looks to start the year on an extremely positive note by taking home a second straight title.



Women's Soccer: Undefeated

Mount Saint Vincent University Women's Soccer team heads into another NSCAA Soccer championship at Nova Scotia Agricultural College in Truro this weekend. The Mount has won three NSCAA Championships in the past four years.

This year the Mount is going into the championships undefeated as they have in the past. "Our first game of the season was anything but starry and we drew to a tie with Kings," said Head Coach Patsy Pyke. "But we have defeated everyone else in regular season play by deciding victories."

"The team is anxious to get to playoffs. They really are looking forward to playing and taking the championship and a the subsequent trip to Nationals in Montreal."

Last year the Mount represented the NSCAA at the first ever CCAA Women's National Soccer Tournament. "We know what to expect this year now that we have experienced a national tournament, in terms of the pressure and the level of play at other schools in the country. We hope to improve our sixth place finish this year. But we have two games to go before we make the trip," Pyke adds.

The Mystics play TUNS at 1pm on Saturday October 31 and the winner will play the winner of the NSTC

and Kings game at 2pm on Sunday Nov 1. All games are being played at Nova Scotia Agricultural College.

All Conference Awards will be presented at the NSCAA Championship Banquet Saturday evening. Selected to the team from the Mount are Shelley Snair, Darcie Moore, Audrey Norman and Karen Pottie. Audrey Norman has also been selected the recipient of the Gerry LeBlanc Award for team leadership and sportsmanship. Shelley Snair has also been selected as a member of the CCAA All Canadian Team.

The Athletic/Recreation Council is well underway doing a great job in planning campus recreation activities. We had a successful Pumpkin Carving Contest & Barbeque on October 28th. The first prize went to Jason Wingo, second went to Sandra Webb and third was won by Carolyn. A special thanks to Karen Pottie for helping in coordinating this event. The next main attraction will come on Wednesday November 11th with our Diet Pepsi Booster Night. The women's volleyball team will be playing Acadia at 6:00p.m., following with the men's basketball team taking on NSAC at 8:00p.m.

WORK IN JAPAN FOR ONE YEAR

Over 300 Canadians will have the chance to experience Japan as Assistant English Teachers beginning Aug. 1/93.

THE 1993 JAPAN EXCHANGE AND TEACHING (JET) PROGRAMME

The JET Programme is an international youth exchange sponsored by the government of Japan. To qualify, candidates must have a university degree by the end of July 20, 1993, hold Canadian citizenship and preferably be under 35 years of age. Applicants must use the official application forms. Please **do not** send resumes. For more information and an application form, please contact:

The JET Office
Consulate-General of Japan
600, rue de la Gauchetiere Ouest, Suite 1785-
Montreal, QC H3B 4L8
The Application Deadline is December 4, 1992.

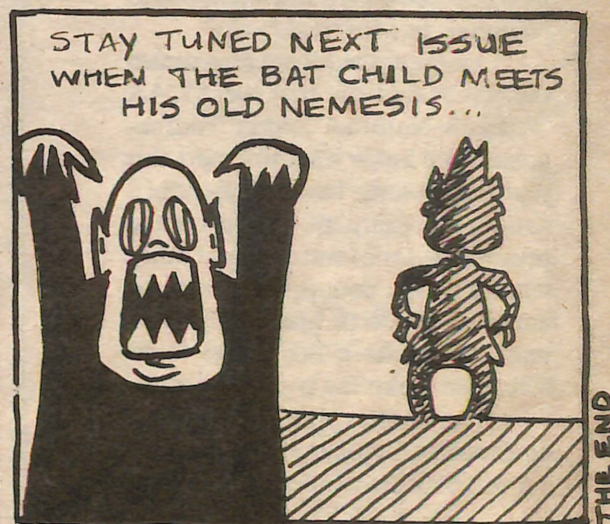
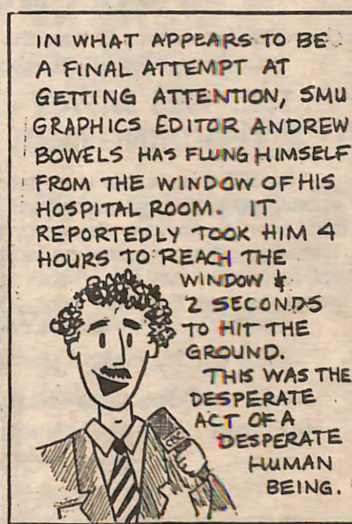
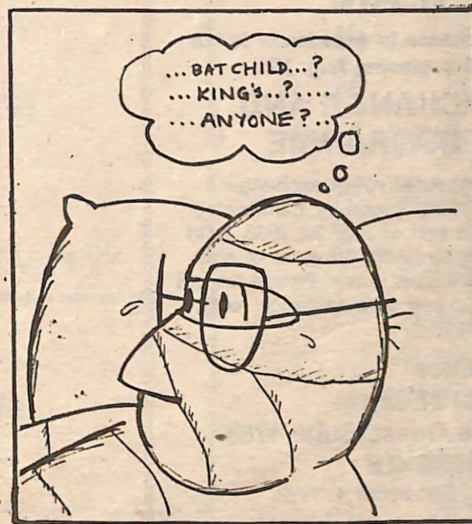
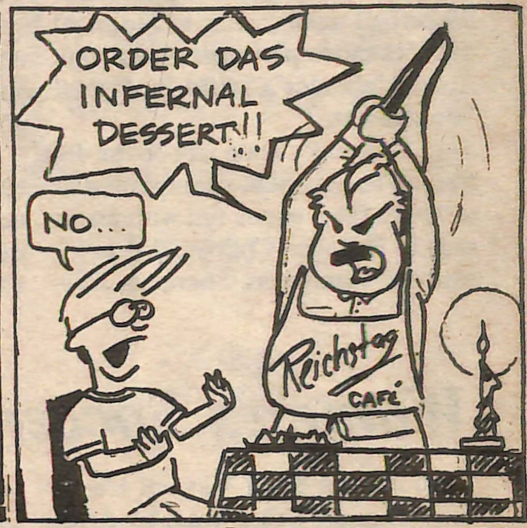
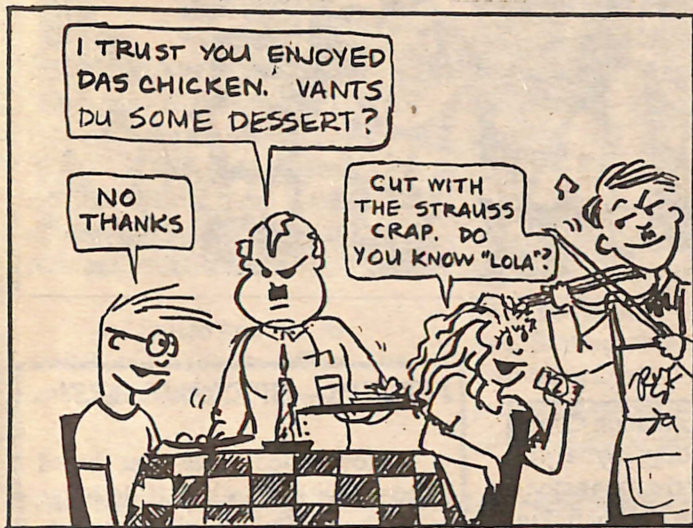
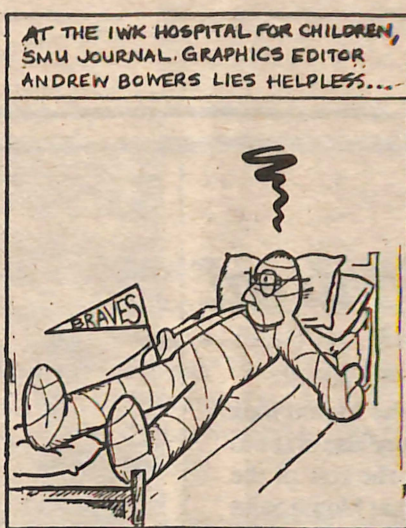
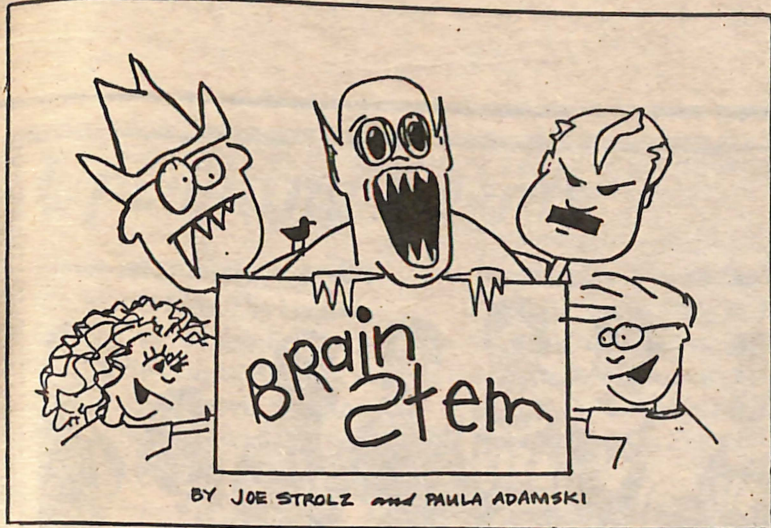
FIT TIPS--AWESOME ABS!

How often have you heard someone wish away that little bulge below their belly button? Or perhaps you have thought of the same thing yourself? Many people strive for that perfectly flat tummy hoping that sit up after sit up it will flatten itself out.

Well, as desirable as it sounds, it isn't quite as simple as taking 'a little off here' or 'a lot off there'. Muscle and fat are two separate tissues; one cannot be turned into the other nor vice versa. While it is important to strengthen and tone the underlying muscles, it is also important to reduce the fat tissue above by incorporating aerobic activities such as walking, cycling, stairclimbing, or aerobics with a cardiovascular component. These aerobic activities should raise the heart rate enough so that you remain in your heart rate target zone for 15 - 20 minutes / 3 - 4 times per week.

By now, you may be thinking 'all this for my stomach?' Well the result of this effort of incorporating aerobic activity with a variety of abdominal exercises such as crunches and reverse curls will be an overall total body fat loss and some AWESOME ABS!

For more information on fitness programs and Active Living please contact Tracey O'Sullivan in the Ath/Rec Office at 457-6563.



SUBMISSIONS

The Picaro welcomes submissions of all kinds and we will greedily grab them out of your hands as soon as you enter the office. Here are a few guidelines and suggestions:

News

Come up with your own story or ask our news editor for an idea. Stories should be at least 750 words in length. Our news editor is fun, hip, well-dressed and water-skiis like a demon.

Entertainment

We need some funky people to write us some funky stuff. Bring us your movie, theatre, band or book reviews. We'll take anything (well, almost anything) that you think might be entertaining. There could be some free passes in it for you, too...if you're nice.

Sports

Wanted: someone who's great at sports photography. Unfortunately, the only payment you'll receive is our undying love and devotion, but isn't that enough?

Etc.

Creative writing
Personals
Letters to the editors
Travel anecdotes
Interviews
Lusty secrets

Bring your submissions to the Picaro office, Rosaria room 403. If we're not here, slide it under the door or put it into our mailbox in the student union office. Deadline is the Wednesday before publication.

The Animal Defence League of Canada wants your letters in support of the whales and dolphins to protect them from being captured for aquaria. Write to Mayor Jean Dore and Council Members, City of Montreal, 275 Notre Dame St. East, Room 205, Montreal, P.Q. H2Y 1C6.

The Canadian Mental Health Association, Halifax Branch, 2786 Agricola Street, invites you to join their team of volunteers. Volunteer opportunities include one-to-one friendship and fund-raising events. For more information call 455-5445.

There will be a panel discussion with the three leading authorities on the work of Alice Egan Hagen on Saturday November 21 from 2-5 pm at the Art Gallery, MSVU. For more information call 457-6408 or 457-6160.

Are you a Billy Bragg fan well now you can subscribe for your very own newsletter about him. Each copy is \$2 or for a one year quarterly subscription it is \$8. Send your check or money order to The Mailman of Human Kindness, 703-50 Conway Drive, Ontario, Canada, N6E 2X1.

"Living With Cancer" is a support for cancer patients their families and friends who meet on the first Wednesday of every month at 7:00 pm to 8:30 pm at the Nova Scotia Cancer Centre, Dickson Building, 5820 University Avenue, Halifax, Nova Scotia.

NOVEMBER 9 IS THE LAST DAY TO APPLY FOR CO-OP. For more information on the co-op program check your calendar page 130.



HELP!

I NEED PERSONALS
FIND SOMEONE WHO TURNS
YOUR CRANK AND WRITE
THEM A PERSONAL, thankyou.

The Sacred Heart School of Halifax is having its annual christmas fair on Saturday, November 14 from 1:00 to 4:30. For more info call 422-4459. All are welcome!

The Business Society needs a VP of Management. If interested there will be an election on Monday, November 9 at 4:30pm the Room number will be announced at a later date.

SCHOLARSHIPS/BURSARIES: There are now three bulletin boards available containing Scholarship/Bursary information. The boards are located outside the Housing office, Rosaria 116, EMF link and outside the MPR in Rosaria.

HELP LINE is a 24 hour counselling, information and referral service. Any support group or Service agency who wishes to be enlisted on the line's referral service write or call the Help Line Office, 5711 Sackville Street, Halifax, N.S. B3H 2C9, 422-2048.

The Nova Scotia Coalition committee heads will report on plans for the ARTS FOLLY in the VIA Rail station next January as well as the results on the province-wide education for the ARTS FORUM. For more information call Mary at 457-6408 or Andrew at 423-4694.

Halifax Dance is offering Creative Movement Workshops for students age 5-12 on November 11 Remembrance Day. for more information contact Beth Windeler at 422-2006.

The Copper Penny Beverage Room

Upcoming Events

Karaoke every Wednesday!

Bands

November 5 - 7 OUTHERE

November 12 - 14 INTRO

November 19 - 21 MIND OVER
MATTER

November 26 - 28 BOOT HILL

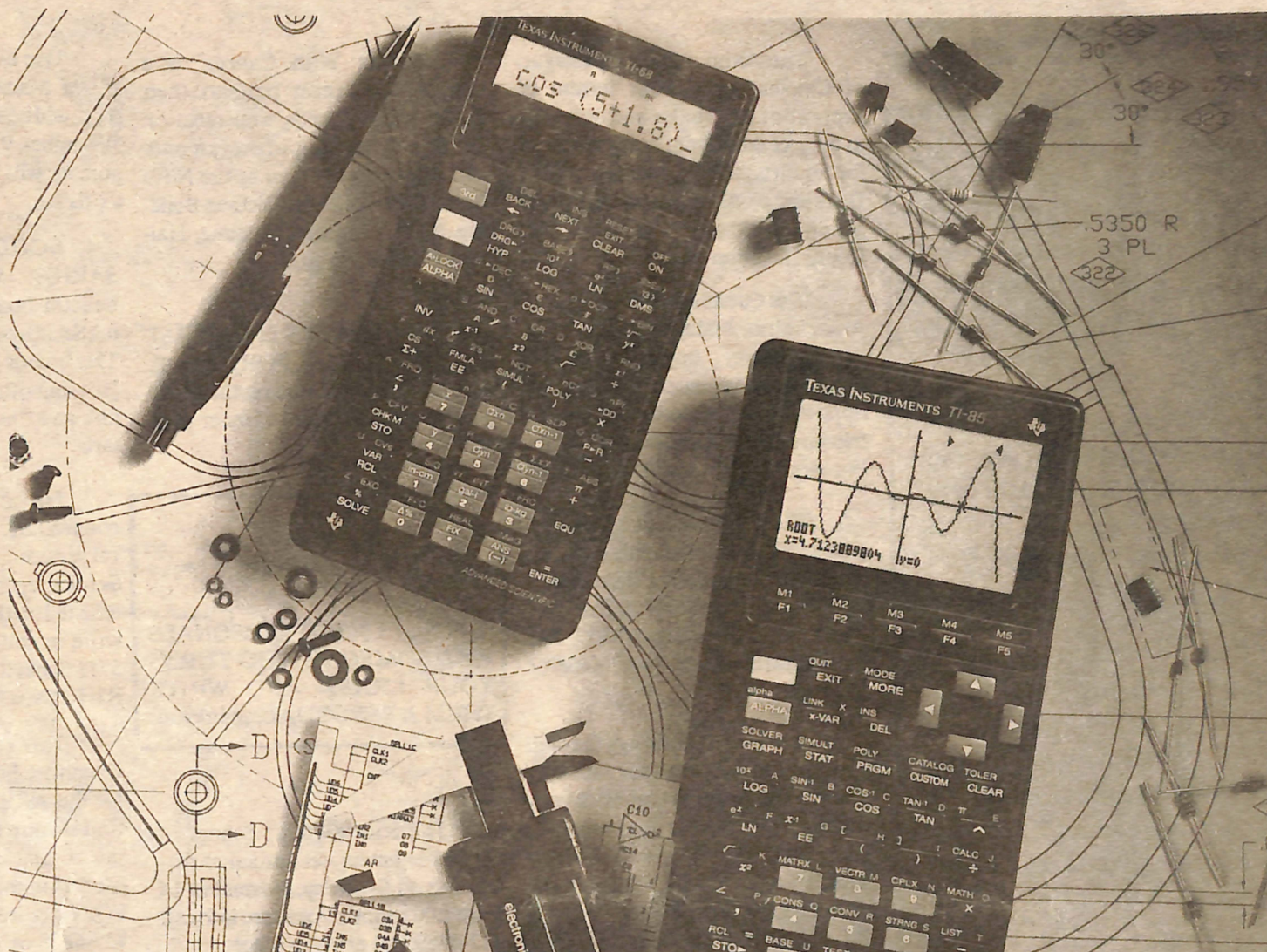


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